

Tri20 Triathlon Club



RULES

Tri20 Triathlon Club is committed to providing our members with high quality, safe training sessions. All our volunteer coaches are Triathlon England qualified and our training sessions are open to all abilities. We are passionate about our sport and we strive to project a positive image of the club to the general public.

These rules may be amended from time to time at the discretion of the committee. All changes will be publicised to members.

Serious disregard or breaches of these rules reported to the committee may result in the offending member being expelled from the club. The club's disciplinary procedure will be applied when rules are breached.

General

By joining the club you agree to:

- Not bring the club into disrepute.
- Obey all rules of any event you are competing in.
- Behave in a sportsman like way to other competitors and accept the decisions of race officials and referees.
- Abide by the rules of Triathlon England and the club Code of Conduct.
- Take responsibility for your own personal health, and report to a coach before every training session any known medical condition, illness or injury that may affect your ability to participate in any club activity, or endanger yourself or those around you.
- Avoid any actions that may endanger other club members and to make a coach aware of any actions that might be endangering another club member.
- Ensure good time management, so as not to delay the start times of the sessions you attend.
- Only train within your abilities and level of fitness, taking care to warm-up adequately prior to participation and cool-down when finished.
- Take your litter home with you.
- Enjoy being part of the club!

TRAINING (CLUB ORGANISED ACTIVITIES)

Coaches must be shown and given respect at all times.

Junior members (under 18 years old) must be accompanied by a parent or guardian at all training sessions.

Swimming

- The rules of the lake or pool must be adhered to at all times.
- Make yourself aware of all specific dangers relating to open water swimming; wear bright coloured swimming hats.

- Take your own appropriate safety precautions and ensure reasonable safety cover is in place (see Triathlon England Open Water Guidelines, T17).
- Do not swim in prohibited areas.
- Do not enter the water until the appropriate number of lifeguards is present.
- Do not enter the water until the coach starts the session and asks members to start the warm-up.
- Swim in the appropriate lane and followed the designated lane rotation; this will be directed by the coach.
- Wear appropriate swimming attire and wear goggles where possible.
- Members are encouraged to bring a drink to poolside in a sports bottle.
- Members are welcomed and encouraged to bring their own pull buoys, fins and floats to training.

Cycling

- Helmets must be worn at all times: no helmet – no ride.
- Obey the Highway Code, including bicycle lights in low light conditions and at night.
- Be courteous to other road users and familiarise yourself with guides to etiquette for group cycling, for example as published by the Cycle Touring Campaign.
- Ensure that all bicycles and cycling equipment are in good working order and will satisfy the BTF rules for competition.
- Always carry a pump, spare inner tube and tools.
- Always carry a mobile telephone with an ICE (In Case of Emergency) number programmed in.
- Be appropriately prepared for the planned distance, intensity and weather conditions of a ride with regards to hydration, nutrition and clothing (including visibility).

Running

- Have due regard for other pedestrians and legitimate users of footpaths, roads and bridleways and any other users of the land especially farmers.
- Do not run on private property and stick to public rights of way.
- Always carry a mobile telephone with an ICE (In Case of Emergency) number programmed in, or alternatively an ICE number wristband/necklace or attached to their shoe.
- When taking part in a long run, notify the lead coach and one other person if you do not intend to complete the session in full i.e. once you begin a session, you will be expected at the finish.

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