



Club Rules

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.

GENERAL

- 1) Members agree not to bring the Club into disrepute
- 2) Members agree upon and have signed a Code of Conduct
- 3) Members must abide by the rules and articles of British Triathlon

TRAINING (CLUB ORGANISED ACTIVITIES)

A. SWIMMING

- 1) The local swimming pool rules must be adhered to
- 2) Members must not enter water until appropriate number of lifeguards is in place for all swim sessions
- 3) In open water members must make themselves aware of all specific dangers relating to the chosen location. Members must take their own appropriate safety precautions, and adhere to rules of the Open Water venue.
- 4) Members must not swim in prohibited areas

B. CYCLING

- 1) Helmets must be worn
- 2) Cyclists must obey the Highway Code
- 3) Cyclists must be courteous to other road users.
- 4) No more than 2 cyclist abreast for any length of time

C) RUNNING

- 1) Members must have due regard for pedestrians and other legitimate users of foot paths, roads and bridleways, and any other users of the land especially farmers. Please shut gates behind you.

COMPETITION

- 1) Members must obey all rules relating to the event they are competing in and compete in a sportsman-like manner

CLUB PROMOTIONS

- 1) Members are welcome to compete in events organised by the Club but must provide a replacement marshal

Club Commitments

Members are expected to support the club in the following ways:

1. Members will be expected to help cover two open water swim sessions at Ragley. Throughout 1 year.
2. Members will be expected to support EVT organised events by helping with the set up/break down of courses, Marshalling on the day and or promotional activities. Eg Phoenix Sprint Triathlon

Code of Conduct for Club Members

Evesham Vale Triathletes is fully committed to safeguarding and promoting the wellbeing of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with Sara Turner- Chair person.

As a member of Evesham Vale Triathletes *you* are expected to abide by the following member's code of conduct:

- All members must play within the rules and respect officials and their decisions.
- All members must respect the rights, dignity and worth of all participants regardless of gender, ability, cultural background or religion.
- Members should keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late.
- Members must support and encourage good practice and correct actions at all times
- Members must wear suitable kit – swim costume/trunks, a roadworthy bike and helmet and suitable trainers for running– for training sessions, as agreed with the coach/team manager.
- Members must pay any fees for training or events promptly.
- Members are not allowed to smoke on club premises or whilst representing the club at competitions.
- Members are not allowed to consume alcohol in large quantities or take drugs of any kind on the club premises or whilst representing the club.
- Members are encouraged to communicate with leaders and all other club members