

# Coventry Triathletes Members Code of Conduct

**This code of conduct has been prepared to provide guidelines and as such exists in addition to other documents such as the club constitution, cycling code of conduct and Junior/Parents code of conduct etc. The aim of Coventry Triathletes is to be a friendly accessible club that encourages and makes provision for all members to recognise their potential. By signing the membership form, you agree to abide by these guidelines:**

1. Members should take care to train within their own abilities and levels of fitness. This should include adequate care to conduct a structured warm-up adequately prior to sessions and a cool down when finished, to reduce the risk of injury.
2. When cycling and running members must obey the rules of the public highways, and show respect for other users of the highway.
3. When cycling all members must adhere to the cycling code of conduct *with particular attention to the wearing of an approved helmet*
4. When cycling and running at night or in reduced visibility during a club session, wearing adequate reflective clothing and the use of lights is strongly recommended.
5. When swimming at a club pool session, members should consider safety at all times and ensure that their behaviour is considerate of others. This includes observing lane etiquette, ensuring that help is given to those in need of assistance and following other specific instructions given by the coach at the session.
6. Members should wear appropriate attire at all times during club sessions, including suitable swimwear in the pool.
7. Members must communicate to the Committee any reasons why they should not be eligible to train with or coach (where applicable) junior members under the club rules and those of the sporting bodies to which the club is affiliated.
8. Members will abide at all times with the club constitution
9. Members will entrust the administration and organisation of the club to the elected club committee.
10. Members should encourage and show recognition of achievement to all, whether this be fellow members or other competitors
11. Members will raise any significant queries or concerns with the Club Committee in order that they may be addressed on a timely basis
12. Members will uphold the good name and reputation of Coventry Triathletes, when involved in any activities internal or external to the club.
13. All members/guests must respect the rights, dignity and worth of all participants regardless of gender, ability, cultural background or religion.
14. Members will accept the responsibility to oppose discriminatory behaviour and promote equality of opportunity.
15. Members are advised that whenever children are also attending club sessions they should ensure that at least two adults are present whenever a child remains in the changing facilities to comply with child welfare good practise

I .....declare that I have read and accept all of the items listed overleaf as the Coventry Triathletes Members Code of Conduct. I hereby agree to uphold the good name of the club when training or representing the club at any competition or other event.

Signed.....Date.....