

Coventry Triathletes members' and guests code of conduct

Updated December 2018

The aim of the club is to provide a safe and enjoyable environment for adults of all abilities to be able to participate in training, racing and social events. If you have any concerns about or would like to report a breach of this code of conduct, please contact the club's [welfare officer or chair](#).

By attending any club session as a non-member (guest), signing a paper membership form or completing an online membership form, you agree to abide by this code of conduct.

General

1. You represent the face of the club to members of the public, new members and guests. You should behave considerately and respectfully and be welcoming and inclusive at all times.
2. All members and guests must sign in and pay any session fee before commencing the session.
3. You must report all medical conditions, injuries or other issues that may affect your participation in the session to the coach or session leader before commencing **every** session. We do not keep a record of this information or pass it on to other coaches or session leaders verbally. You must also ensure you have any necessary medication with you at all times.
4. If you have to leave a session before the end for any reason, you must tell the coach or session leader before you leave.
5. Members and guests must abide by the club's constitution.

Club pool-based swimming sessions

6. Club pool-based swim sessions are coached sessions, unless specifically stated.
7. You must be mindful of the general public in the foyer, changing areas and on poolside.
8. You must wear appropriate swimwear (ie not board shorts, bikinis etc).
9. You must bring your own goggles and swim hat. These are not provided by the club.
10. All other equipment for the session (kickboards, pull boys, fins, paddles etc) will be provided by the club if needed. If you would like to use your own, please check with the coach beforehand. There is often a specific reason why the club's equipment is being used and the coach is entitled refuse permission for you to use your own equipment.
11. You must get in and out of the water promptly, as instructed by the coach.
12. You must observe appropriate lane etiquette, as instructed by the coach.
13. If you cannot swim 100m freestyle continuously, you must attend the 6:30pm session on Sunday so that you can get "up to speed" with extra attention from the coaches. They will tell you when you are ready to move on to the 5:30pm Sunday session and the 6pm Wednesday session.
14. You must follow the session plan provided by the coach, including the session drills. If there is a medical reason why you cannot do some of the activities in the session, you must have informed the coach before getting in the water. In this case, the coach may discuss alternatives with you that can be done safely at the same time. If there is no appropriate alternative, the coach is entitled to ask you to sit out that part of the session.
15. The coach may adapt the session plan provided to accommodate the numbers of athletes present and their needs and abilities. They will do this to ensure that everyone has a safe and enjoyable session.
16. There may be space to swim your own session at 6:30pm on a Sunday, but this is at the discretion of the coach. You must ask for permission before commencing your own session and the coach is entitled to refuse if there is insufficient space.

Club cycle rides

17. Club cycling sessions are led by volunteer session leaders. They are not coached sessions.
18. You must obey traffic laws at all times. Be considerate of other road users, including horse riders (warn of your approach and pass slow and wide only when safe to do so).
19. You are responsible for ensuring your bike is roadworthy. The club recommends you check your quick release skewers, brakes, tyres (including ensuring they are correctly inflated), handlebars/headset and seatpost before every ride.
20. You must wear a cycle helmet at all times when riding with the club.
21. If riding in the dark, at dusk or in other reduced visibility conditions (eg fog), front and rear lights are compulsory. High vis clothing is also strongly recommended.
22. You must wear appropriate clothing for the conditions and carry food, water and tools (including a spare inner tube, tyre levers and pump).

Club running sessions

23. Club running sessions are usually led by volunteer session leaders. They are not coached sessions unless specifically stated.
24. Club running sessions take place in areas shared with the general public. Be considerate to other users of the space on your way to and from, and during, the session.
25. We appreciate that you may not be able to arrive before the session starts, but if you do arrive late, you must inform the session leader before joining in the session.
26. You must wear appropriate clothing for the conditions and carry water with you. If running in the dark, at dusk or in other reduced visibility conditions, a light and high vis clothing are strongly recommended.
27. Club running sessions take place in public areas with mixed grass, gravel and tarmac paths. The area is not suitable for barefoot running. To participate in the session, you must wear suitable running shoes. We recommend you do not use barefoot type shoes (eg Vibram five fingers).

Club spin sessions

28. Club spin sessions are led by a qualified spin instructor.
29. You must be mindful of the general public in the foyer, changing areas and waiting areas at the gym.
30. You must wear appropriate clothing for the spin session (cycling shorts and a suitable top). Tracksuit bottoms and similar are not suitable.
31. You must wear clean SPD shoes or trainers.
32. You must bring a towel and water to each spin session.
33. You must clean your bike and the floor area around it after the session.

Safeguarding

34. The club has a responsibility to ensure all members and guests participate in club activities in a safe and enjoyable manner, to the best of their ability.
35. If the coach or session leader feels that, for the safety and welfare of you and the other participants, you need an assessment of your needs, they will ask you to attend a safeguarding assessment.

For swimming, this will take place at 6:30pm on a Sunday as agreed with you.

For spinning, cycling or running, the assessment will take place at a time and place agreed with you.

The assessment will be carried out by one of the L2 coaches and the Welfare Officer. The club will store the assessment securely and process it in accordance with data protection rules. It may be passed on the facility provider, our insurers and Triathlon England, but will not be shared with any other third parties. A copy will be provided to you.

The safeguarding assessment will set out the framework in which you are able to participate in club sessions safely, including any conditions we ask you to abide by regarding, for example, medication, medical equipment or a friend or family member being present to assist you.