

# CLUB CODE OF CONDUCT

## WATERFORD TRIATHLON CLUB

### CODE OF CONDUCT

#### General

All members shall:

- Abide by *the Club Constitution and* this code of conduct and rules laid down by the sports' governing body, Triathlon Ireland (TI);
- *Be paid up members of TI, to ensure they receive the personal insurance cover which TI membership confers. The Club does not provide any insurance cover to members and will not accept any member who is not a TI member.*
- Wear the appropriate club gear to all triathlon associated events when possible;
- Encourage and commend fellow members in their training, competition and participation;
- Uphold the good name and reputation of Waterford Tri Club, both inside and outside of Club activities, and conduct themselves in an appropriate manner;
- Only train within their abilities and levels of fitness, taking care to warm-up adequately prior to participation and cool-down when finished;
- Ensure good time management, so as not to delay the start times of sessions they attend;
- Report any medical conditions, injuries or incidents whether at training or during events to the club marshal allocated to that session or event;
- Practice good sportsmanship at all times;
- Be responsible for their own safety and the safety of others;
- Treat other members, coaches, competitors, race officials, volunteers, and spectators equally and with respect and courtesy and always behave in an appropriate and ethical manner;
- Avoid the use of abusive language;
- Refrain from harassing any individual or engaging in any unwelcome visual, verbal, or physical conduct; if harassment by others is observed, take appropriate intervening action;
- Consistently display high personal standards and project a favourable image of the sport of triathlon and of Waterford Triathlon Club;
- In a situation where they violate competition rules knowingly, report the violation to a race official, and if necessary retire promptly from the competition;
- Inform race officials after withdrawing from a race for any reason;
- Report any grievances or complaints to the appropriate member of the Committee;

#### Swim

All members shall:

- Observe and respect the pace and workout routines of other swimmers in their lane, avoiding actions that are likely to interfere with those routines, and maintaining good lane discipline;
- Be aware of other pool users who may be in distress, or whose actions may cause risk to the member, and attract the attention of a Club coach or pool life guard in such circumstances;
- Ensure adequate hydration during swim sessions by bringing a drinks bottle to the poolside;
- Be aware that surfaces in the facilities are likely to be wet and slippery and therefore take care;
- Only dive in those areas that are designated safe to dive in.

On open water swims, members shall:

- Wear a wetsuit and brightly coloured swim cap;
- Use a buddy system and swim in pairs based upon speed and ability;
- Swim parallel to the bank/shore unless adequate safety cover exists for areas beyond that;
- Roll on to their back and raise their arm to attract the attention of the safety cover if experiencing any difficulty;
- Provide the session leader with their emergency contact details and information on any medical issues and sign in prior to taking part in any club organised sessions;
- Not enter water space used by other water sports users unless prior communication for the sole use of a designated space over an allocated time period has been arranged;
- Shower after swimming, washing open wounds and ears, etc to reduce the risk of infection.

## **Bike**

All members shall:

- Wear a correctly fitted and fastened cycling helmet;
- Respect the rules of the road at all times
- Ensure that their bike is in good roadworthy condition;
- Carry some cash, mobile phone, spare inner tubes and a mini-pump on all Club rides;
- Ensure adequate hydration and nourishment on long rides by carrying drinks bottles and energy bars/ gels
- Dress appropriately for the weather conditions;
- Wear reflective clothing and carry bike lights during evening and night sessions;
- Slow down, give way or stop in the interests of courtesy, safety or obligation;
- Avoid confrontation with other road users and pedestrians;
- Act responsibly to promote the good image of cyclists.

On group rides, members shall:

- Keep to the left wherever possible;

- Ride two abreast where the conditions allow, and go single file on busy roads;
- Maintain an orderly riding pattern at all times;
- Learn and use common cycling calls to warn other riders in the group of pot-holes, glass, parked cars and other hazards which may require the following riders to alter course;
- Not use tri-bars within the pack;
- Where possible, appoint a group leader and sweeper from the Club coaches or more experienced riders to ensure the group stays together and slower riders are not dropped;
- Take the phone number of the group leader or sweeper so that the member can alert them in case they get dropped, run into difficulties, or do not wish to continue on the ride;
- Pay attention to the route taken on group rides, so that they can retrace their steps should they drop out of the ride for any reason;
- Respect the rules of any club / group / entity that we partner with for cycle sessions.

## **Run**

All members shall:

- Wear reflective clothing during evening and night sessions;
- Carry extra warm/dry clothing to put on following a session, when appropriate;
- Respect the rules of any club / group / entity that we partner with for run sessions;
- Respect the rules of the road.