



**WELLAND VALLEY  
TRIATHLON CLUB**

**Good Conduct & Training Guidance  
January 2020**



# WELLAND VALLEY TRIATHLON CLUB

Welcome to WVTri. We hope you have a safe, enjoyable and successful time training and racing with the club. The coaches spend a lot of time planning and delivering great sessions and we take your health and safety very seriously when you are training with us.

There are a number of areas where we all need to take action to ensure club sessions run smoothly and safely.

## General/Medical

WVTri does not ask for a medical examination prior to joining our training sessions. We do ask, however, that if you are in any doubt about your fitness to partake in triathlon, or you have long term medical conditions, you seek advice from your GP.

Some people, due to other illnesses, medication or genetics, have higher risk when partaking in strenuous exercise. It is a good idea for all members to have a resting ECG (heart tracing) to see if you have a higher risk. Cardiac Risk in the Young is a charity offering subsidized screening for people aged 14-35. <https://www.c-r-y.org.uk/>

If you opt not to tell us your medical conditions, please let us know. It is then your responsibility to wear a wrist band with emergency details when training with the club.

Your details will be kept securely on the coaches Dropbox according to GDPR. They can be accessed by all coaches, ride leaders and the club chairman. They are only used in case of emergency.

All of our coached sessions are covered by BTF insurance. This does not include the social bike rides. We strongly recommend that you have your own bike insurance: this is available at reduced rates for members of BTF.

Please do not train if you are ill. Training is unlikely to be effective and might prolong your recovery and will definitely increase your risk of injury or collapse. If you are injured, make sure the coaches are aware and stop the activity if there is any worsening of your condition. Also avoid activities that you think might make the injury worse.

If your details change during the course of the year, please let us know.

## Bike

Please refer to page 4 for document "WVTRI Social Ride: Guidance/Rules". In addition to this document, please refer to:

'M' check link here <https://www.youtube.com/watch?v=cLB5mz0Sa5g>.

Please carry a mobile phone with the app What3words downloaded. Link here <https://what3words.com/about-us/>.

## **Track running**

Be aware that we use the athletics track at the same time as the junior club CorbyTri. Adults must use the toilets in the stadium nearest the track entrance. Enter through door A and turn R. The other toilets in the stadium are strictly for use of the children only. Keep interaction with the children to a minimum; even attempts at friendly chat could be misinterpreted.

Avoid running in lane 1. Hurdles are often placed in this lane to discourage use as otherwise this lane becomes worn most quickly. If a faster runner is approaching you from behind they should shout “track” so that you move to an outer lane to let them pass on the inside. The track can be cold and exposed in the winter so please wear several layers. Bring hydration for the session. The stadium has full floodlighting.

## **Road running**

Our technical sessions away from the track carry additional risk. Running is often in the dark. Please wear a head torch. Take extra care when crossing roads and carry a mobile phone with the coaches number in it. High visibility clothing is advisable.

## **Swimming**

Get changed quickly and gather at the poolside waiting to enter the water. At Corby, make sure that the lead coach has given permission to enter the pool before you walk onto the boom with your kit. We must ensure CorbyTri are clear of the pool before we start our session. Please observe lane etiquette.

If a swimmer taps your toes, make way for them to pass you on the next turn. Don't crowd the lane ends; give swimmers completing the session plenty of room to turn and push off the wall.

Please remember that mobile phones are not allowed poolside.

## **First Aid**

The coaches will ensure that a trained first aider is available at every session. The club defibrillator is at track and there are public access defibrillators at East Carlton Park and the swimming pools. Please watch this video so you know how to use a defibrillator if you need to. <https://www.youtube.com/watch?v=gHy3YwoO3c8>

Wishing you happy and safe training with WVTRI.

## WVTRI SOCIAL RIDE: GUIDANCE/RULES

- The social rides are not a coached session, and do not carry any club insurance. Riders may wish to take out their own personal insurance for protection in the event of an accident
- Riders must ensure their road bikes are in good order and in a road-worthy condition (perform 'M' check before ride). MTBs are discouraged as they are generally heavy and you will find it hard to keep pace with those on road bikes
- Please bring your medication with you and inform the Ride Leader of any illnesses/injuries etc
- No tri bars are to be used during group riding
- You must wear a helmet at all times on the ride
- Always be courteous to other road users, allowing plenty of space for horses, pedestrians, runners etc
- No headphones allowed
- Please bring a mobile phone
- Ensure you carry sufficient spares to mend a puncture or make necessary bike adjustments (CO2 gas, inner tubes, tyre levers, puncture repair kit etc). We may have other riders who can assist, but you should be able to at least change an inner tube if necessary
- If appropriate, ensure you have sufficient lighting on your bike for the weather/lighting conditions. We recommend a good quality rear light at all times
- Bring sufficient drinks and nutrition for the duration of the ride
- Never drop litter
- Wear appropriate clothing taking into account potential changing weather conditions. Wear highly visible/reflective clothing on winter rides. It is also advisable to wear eye protection (glasses)
- You are responsible for knowing the route
- If the ride specifies a minimum average speed requirement, please be realistic about your abilities. That said, if you pick a group that's too fast, you won't be left behind. Equally, if you pick a group that is too slow, please do not ride off trying to push the pace. These are social rides and not training rides!
- Please arrive promptly or inform the Lead Rider if you are going to be late or unable to attend or cancel on the booking system
- Ensure the lead rider has your emergency contact details
- Always adhere to the Highway Code at all times. NEVER run a red light. Use common sense
- Be responsible for your own safety and those around you. DO NOT half wheel
- Check behind and around you before changing your position on the road. Be aware of others around you
- Do not ride more than two abreast, and keep to single file on narrow roads or where the Lead Rider deems necessary. Try your best to stay in a tight group
- Use appropriate cycling verbal/ hand signals to warn other cyclists of dangers ahead
- If you are accidentally dropped, or decide to leave the group and take a different route please be courteous and contact the Lead Rider as soon as possible so they know you are safe
- Should the ride need to be cancelled for any reason, the Lead Rider will post a message on the club's closed Social Facebook page by 8:00am on the morning of the ride, ie. due to fog, ice or snow etc
- The lead rider has the final say on the ride and may ask you to leave the group if you do not adhere to these rules and guidance notes
- We always include a coffee and cake stop at the end! Please bring some cash for refreshments, parking (if specified) and emergencies

Although there may appear to be a lot of rules here, they are for your safety and all generally follow common sense and day to day good riding practice which you no doubt adhere to now anyway. (Updated December 2019)