

# ‘NiceTri Club’ Code of Conduct

All members are expected to follow the Club's Code of Conduct when conducting themselves in training and racing:

## General

All members shall:

- The Club does not condone transfer of race places. This should be taken up with race organisers;
- Abide by the Club Constitution and the code of conduct and rules laid down by the sports' governing body, the British Triathlon Federation (BTF);
- Encourage and commend fellow members in their training, competition and participation;
- Uphold the good name and reputation of Nicetri, 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 Welfare Officer;
- Report any grievances or complaints to a member of the Committee;
- Be encouraged to join the BTF and receive the personal insurance cover which BTF membership includes.

## 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;
- If possible, bring a pull buoy to all pool sessions;
- 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;
- 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;
- 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;
- Dress appropriately for the weather conditions;
- Wear reflective clothing and carry bike lights during evening and night sessions;
- Respect the rules of the public highways;
- 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;
- Not use tri-bars within the pack;
- Where possible, appoint a group leader and sweeper 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.

## **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 the public highways.