



CLWB TRIATHLON CERIST MACHYNLLETH



Club Rules & Codes of Conduct for Cerist Triathlon Club Members

See below Codes of Conduct for Adults, Juniors & Parents/Guardians. Failure to abide by these rules could result in your membership being terminated.

Cerist Triathlon Club is fully committed to safeguarding and promoting the wellbeing of all its members. The club believes that it is important that members, coaches, parents and administrators associated with the club should at all times show respect and understanding for the safety and welfare of others, and be encouraged to be open - sharing any concern or complaints that they have about any aspect of the club with coaches or the Club Welfare Officer.

When joining Cerist Triathlon Club you must disclose relevant medical conditions, e.g. asthma, that club coaches may need to be aware of. This information is strictly confidential and would only be accessed in the event of an emergency.

All information disclosed during the signing up process is similarly confidential and will never be shared with any third parties.

Adult Member Code of Conduct

- All members must play within the rules and respect officials and their decisions
- All members must respect the rights, dignity and worth of all participants regardless of gender, ability, cultural background or religion
- Members should keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late.
- Members must support and encourage good practice and correct actions at all times
- Members must wear suitable kit for training sessions, as agreed with the coach/team manager. Approved helmet **MUST** be worn for all cycling activities
- Members must pay any fees for training or events promptly
- Members must not use foul and abusive language during club activities
- Members are not allowed to smoke during club activities or whilst representing the club at competitions
- Members are not allowed to consume, or be under the influence of, alcohol or drugs of any kind during club activities or whilst representing the club
- Members are encouraged to communicate with leaders and all other club members



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Junior Member Code of Conduct

All junior members **MUST**

- Keep to agreed timings for training and competitions or inform the coaches if they are going to be late
- Pay any fees for training or events promptly
- Register before every session
- Wear suitable kit, for training and events, as agreed with the coaches
- Wear an approved cycle helmet during cycle training sessions (ANSI Z90.4, SNELL B90, EN1078 or equivalent national standard). In the event of you not having a helmet you will NOT be able to partake in the session
- Play, train and compete within the rules and respect opponents and officials and their decisions
- Display high standards of behaviour during training and events
- Behave in a friendly, sensible and appropriate manner to other junior members, parents, coaches and visitors to the club and other that they may come into contact with while representing the club
- Help and support other members of the club in so far as possible
- Not leave a training session without first informing the coaches
- Advise the coaches immediately if they feel unwell

Junior members are not allowed to smoke or consume alcohol or drugs whilst attending training sessions or representing the club at competitions.

Verbal or physical bullying of any kind will NOT be tolerated by the club; any member involved in this kind of behaviour will be asked to leave the session.

Breaches of the Junior Member Code of Conduct shall be dealt with in the first instance by the Senior Coach. Any incidents will be reported to the committee through the Welfare Officer and the committee will take further action as deemed necessary.

Parent & Guardian Code of Conduct

British Triathlon is committed to maintaining the highest possible standards of behaviour and conduct at all Triathlon, Duathlon and related multi-sport events.

The British Triathlon 'Code of Conduct for Parents' summarises the essence of good ethical conduct and practice within Triathlon. This applies not only to parents, but also to guardians, carers, families and spectators alike.

All such individuals have a responsibility to act with integrity, in accordance with the standards set by British Triathlon below. Any discriminatory, offensive or violent behaviour is unacceptable, and



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complaints will be acted upon under the procedures of our Safeguarding and Protecting Children Policy.

Code of Conduct

- Respect the rights, dignity and worth of every person, within the context of the Sport
- Treat everyone equally and sensitively, and do not discriminate on the grounds of age, gender, ethnic origin, religion, sexual orientation or disability
- Encourage your child to learn the British Triathlon rules and to compete within them
- Publicly accept officials' judgements and abide by their instructions, providing they do not contradict the spirit of this code
- Teach your child to respect the event officials
- Help your child to recognise good performance, not just results, to avoid undue disappointment
- Never punish or belittle a child for losing or making mistakes
- Support your child's involvement, and help them to enjoy their sport
- Remember that the aim of the Sport is for the children to have fun, improve and feel good
- Set a good example by applauding all good performance, whether by your child or by another
- Use correct and proper language at all times
- Remember that young people learn best by example
- Recognise the value and importance of volunteers, coaches, referees and event organisers – it is their time and dedication that keeps the Sport alive
- Young people are involved in organised sport for *their* enjoyment not *yours* – do not force your child to take part