



CERIST TRIATHLON CLUB

Membership Application Form



Cerist Triathlon Club aims to provide quality coaching for adults and young people (5-16) in a safe and friendly environment. The Club is affiliated with the British Triathlon Federation (BTF) and Welsh Triathlon, and has adopted their rules and codes of conduct – **all Cerist members agree to abide by these rules as well as the Club rules and codes of conduct [see below]**. Whilst all Club activities are carefully risk assessed, members understand that in sport there is always potential for injury, and take part at their own risk. Information disclosed here is solely for the use of Cerist Triathlon Club and will not be passed to other parties. Relevant medical conditions, e.g., asthma or diabetes, must be disclosed. For junior members, a parent/guardian must be contactable during training sessions or races if not present, but must attend the entire session if the child is aged 8 or under.

Membership of Cerist Triathlon Club will allow concessions on club activities, e.g. discounted fees for training sessions or club races. If you intend to take part in triathlon events, then we strongly recommend that you join Welsh Triathlon (at a discounted rate as an affiliated club member) in order to benefit from their insurance cover etc. See www.welshtriathlon.org for details.

Cerist Membership fees: Adult **£15**; Junior **£5**; Family* **£30**

*Family membership can include a maximum of two adults and three children

Adult 1		Date of birth	/	/
Adult 2			/	/
Child 1			/	/
Child 2			/	/
Child 3			/	/
Address	Post code:			
Medical Conditions [Please state who]				
Contacts	Adult 1	Emergency Contact Name /Phone N°		
Home 📞				
Mobile 📞				
Email				

I agree to abide by the Club Codes of Conduct [see below] and Club Rules, BTF Code of Ethics, BTF Safeguarding and Protecting Children Policy, BTF Equality and Diversity Policy and if applicable the BTF Coaches Code of Ethics and Conduct [see Cerist Website]. **For family or junior memberships please also complete the form on Page 2.**

Signed: _____ **Date:** ____ / ____ / ____

Please hand completed form to a Cerist committee member along with cash or cheque (made out to Cerist Triathlon Club) for the correct amount, or send to Cerist Membership, Glangwynedd, Ffriddgate, Machynlleth, SY20 8QG





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Family / junior membership – please complete

Tick

I apply for family membership of Cerist Triathlon Club for my child, and understand that members must at all times follow the Cerist Junior Code of Conduct (see below) and Club / BTF rules

Whilst all Club activities are carefully risk assessed, in sport there is always the potential for injury – I understand that junior members participate at their own risk

I agree to abide by the Cerist Parent & Guardian Code of Conduct (see below)

The Club adheres strictly to British Triathlon Guidelines for the Use of Photographic & Video Images of Children / Young people under the age of 18. I consent for images of my child at training sessions or races to be used on occasion by the Club (e.g. Club website / Facebook page) in accordance with these guidelines (consent will *always* be sought again before any photographs are taken or used)

I agree to help out at junior events on occasion (eg. marshalling, or providing a marshal, at races)

Cerist Junior Member Code of Conduct

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 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.

As a member of Cerist Juniors you are expected to abide by the following club rules:

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





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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.

Cerist 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 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





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- 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

Code of Conduct for Adult Club Members

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, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with the club Welfare Officer, Christine Hamilton, or the Junior Welfare Officer, Shoned Rees.

As a member of Cerist Triathlon Club you are expected to abide by the following member's 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
- 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 on club premises or whilst representing the club at competitions
- Members are not allowed to consume alcohol or drugs of any kind on the club premises or whilst representing the club
- Members are encouraged to communicate with leaders and all other club members