

Joining STC Juniors

If you and your child are considering joining Sheffield Triathlon Junior this letter should give you all the information you need. British Triathlon Federation recommend that children join a club from 7 upwards as children are not covered to take part in permitted events if they are under 8 (age on the 31st December). They are welcome to start from 6, however they cannot compete, even in club events, until they reach the TriStart Age Group (will be 8 on the 31st December of the year they race).

Competencies

ANY children joining MUST meet some basic competency criteria - it's important to remember that we are coaches and not teachers. These will be assessed by coaches on their first session and any recommendations for skills to practice will be made:

- MUST be capable of listening to and following instructions;
- IDEALLY happy to run a junior parkrun without stopping;
- MUST be able to ride a bike safely and stay in control with use of brakes, self-start and good handling skills;
- IDEALLY be able to change gears on a bike;
- MUST be able to swim a minimum of 100m using front crawl without stopping; and
- IDEALLY have used a pull-buoy and fins to swim with before.

What to bring

- A drink of water in a plastic bottle;
- A small snack, such as a banana;
- Clothing appropriate to the weather and session ie: layers and trainers with grip for run and bike, swimming costume, hat and goggles, bike helmet and bike (you can borrow one at Forge Valley sessions);
- Any inhalers or medication that they may need during the session in a named bag. Children MUST be able to administer it themselves, coaches cannot assist;
- Membership card (after 2 trial sessions);
- Money for session: £2.50 for each one hour run or swim, £5 for 90min bike or swim sessions.

Continued overleaf...

Guide to Age Groupings for Competition

TriStar Start (8 years old): 50m (swim), 800m (grass cycle), 600m (run)

TriStar 1 (9-10 years old): 150m (swim), 2km (grass cycle), 1,200m (run)

TriStar 2 (11-12 years old): 200m (swim), 4km (grass cycle), 1,800m (run)

TriStar 3 (13-14 years old): 300m (swim), 6km (grass cycle), 2,400m (run)

Youth (15-16 years old) can compete up to sprint distance: 400m (swim), 10km (bike), 2.5km (run)

Junior (17-18 years old) can compete up to standard distance: 1500m (swim), 40km (bike), 10km (run)

Junior (19 years old) can compete up to middle distance: 1.9km (swim), 90km (bike), 21km (run)

Membership

Children may attend sessions for 2 weeks before they must join as a member. After that membership cards need to be presented at sign in to attend a session (from 1st February 2020). All children and parents will also be asked to sign a code of conduct as part of this membership, along with our photographic and social media policies. See all links below.

Follow this link to our ClubSpark site to sign up:

<https://clubs.britishtriathlon.org/SheffieldTriathlonClub>

For Policies and code of conduct, please bring a signed copy of these to your first session:

<http://www.sheffieldtriathlon.com/junior-triathlon-training-and-racing/junior-policies-protocols/>

For more information about sessions:

<http://www.sheffieldtriathlon.com/junior-triathlon-training-and-racing/>

Once you are a member you will receive training session news and important information by email, we also have a Facebook site which is useful to follow:

<https://www.facebook.com/groups/554511698256422/>

Follow us on Twitter: @SheffTriClub

If you have any further questions about membership, please complete our online query form:

<http://www.sheffieldtriathlon.com/sheffield-triathlon-club-contact-details/>

Thank you for taking the time to reading this and we look forward to seeing you at our next session.

Carl Edgell
Junior Coordinator

Liz Parkes
Welfare Officer

Club Rules – Important please read

These rules may be amended from time to time at the discretion of the committee. All changes will be publicised to members. Serious disregards or breaches of these rules reported to the committee may result in the offending member being expelled from the club. The club's disciplinary procedure will be applied.

General

Members agree not to bring the club into disrepute
Members must abide by the rules and articles of British Triathlon Training (Club organised activities)

Swimming

1. The local swimming pool rules must be adhered to
2. Members must not enter the water until the appropriate number of lifeguards are in place for all swimming sessions
3. In open water members must make themselves aware of all specific dangers relating to the chosen location. Members must take their own appropriate safety precautions, and ensure reasonable safety cover is in place
4. Members must not swim in prohibited areas

Cycling

1. Helmets must be worn
2. Cyclists must obey the Highway Code
3. Cyclists must be courteous to other road users

Running

1. Members must have due regard for pedestrians and other legitimate users of footpaths, roads and bridleways, and any other users of the land especially farmers

Competition

1. Members must obey all rules relating to the event they are competing in and compete in a sportsman-like manner