

## Joining STC Seniors

Welcome! If you are considering joining Sheffield triathlon as a new adult member this information sheet should give you all the information you need to know. For junior members or if you are looking to transition from junior sessions to senior sessions please see the appropriate information sheet.

## Competencies

While we welcome novices and those completely new to Triathlon, ANY adult joining **MUST** abide by the club rules (see attached sheet) and meet some basic competency criteria - it's important to remember that we are coaches and not teachers. These will be assessed by coaches on your first session and any recommendations for skills to practice will be made:

### Swim

- MUST be able to swim a minimum of 100m using breaststroke or front crawl without stopping. Where the 100m is in breaststroke then you MUST also be able to swim 50m front crawl as ALL coaching is to develop front crawl; and
- IDEALLY have used a pull-buoy and fins to swim with before – we can loan equipment in sessions.

### Bike

- MUST be able to ride a road bike safely on the road and stay in control with use of brakes, gears, and good handling skills. At certain coached bike sessions only loan bikes are available.

### Run

- MUST have appropriate trainers for the session; and
- IDEALLY be able to run a 5k parkrun comfortably

## What to bring

- A drink of water in a plastic bottle;
- Clothing appropriate to the weather and session ie: layers and trainers with grip for run, swimming costume, hat and goggles for swim, bike helmet, bright layered clothing and suitable flat trainers or bike shoes and bike (you can borrow one at Forge Valley sessions ONLY);
- Any inhalers or medication you may need during the session in a named bag. Please make the coach of the session aware of these and any additional needs;
- Membership card (after 2 trial sessions);
- Money for session: see links below for session costs.

Continued overleaf...

## Membership

You may attend any two sessions as a trial before you must join as a member. After that membership cards need to be presented at sign in to attend a session (from February 1<sup>st</sup> 2020). All members 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.sheffieldtriclub.com/join-the-sheffield-triathlon-club/>

For more information about sessions:

<http://www.sheffieldtriclub.com/triathlon-training-sessions-sheffield/>

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/41984592755/>

Follow us on Twitter: @SheffTriClub

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

<http://www.sheffieldtriclub.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.

Bob Pringle  
Head Coach

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 sportsperson-like manner

