



Club Rules & Code of Conduct

Ashurst Bike Club

These rules may be amended from time to time at the discretion of the Management Committee. All changes will be publicised to members through e-mail correspondence or through the club forum.

Serious disregard or breaches of these rules reported to the committee may result in the offending member being expelled from the club.

General

Ashurst Bike 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 Chris Levy our Welfare Officer.

As a member of Ashurst Bike Club you are expected to abide by the following member's code of conduct:

- 1) Members agree not to bring the Club into disrepute.
- 2) All members must compete within the rules and respect officials and their decisions.
- 3) All members must respect the rights, dignity and worth of all participants regardless of gender, ability, cultural background or religion.
- 4) Members must support and encourage good practice and correct actions at all times.
- 5) Members must pay any fees for training or events promptly.
- 6) Members are encouraged to communicate with leaders and all other club members.
- 7) Members must abide by the rules and articles of British Triathlon and British Cycling.

Use of the Club Forum

Ashurst Bike Club shall maintain a web based discussion forum, which shall be managed and moderated by officers of the club. All club members shall be given access to the forum along with the members of St Helens Sutton Athletics Club. Other triathletes and cyclists will be able to access the forum at the discretion of the Web and Forum Master.

Club members must use the forum responsibly and ensure that posted information is appropriate for all to view. Information added by members should not be discriminatory against any person or group irrespective of their age, gender, disability, race, ethnic origin, creed, colour, social status, religious or sexual orientation.



Members that post information contrary to these rules shall receive an initial warning from the moderator team and then may be subject to the disciplinary procedures held within the club constitution. This may lead to ejection from the club.

Club Training Sessions

General

- Arrive before the advertised start of session, where possible advise other members that you will be attending (or use the forum) so session start times are not unduly delayed.
- Bring relevant equipment.
- Bring suitable clothing for before, during and after the session.
- Bring adequate drinks and food where appropriate.

All sessions will be run by either the Head Coach, the Assistant Club Coach or other suitably qualified personal provided by the organisation running the session (where this is not possible club members will be made aware of the situation in advance of the session and it will either be cancelled or other arrangements made).

At the start of each session the coach will give a briefing and indicate any safety points to be aware of. Please ensure you carry your club membership card with you. Any incident will be recorded and if necessary reported to the appropriate body.

Swim - Pool

- Follow the venue rules.
- Only get in the pool if it is supervised (i.e. a coach or lifeguard present).
- Don't dive in at shallow end.
- Do not run on poolside.
- Ensure you are in a lane for your ability and speed.
- Swim in an anti or clock wise direction as appropriate.
- Leave a five second gap between swimmers.
- Allow faster swimmers through at the end of a set.
- If you are getting caught you should either drop down the order in the group or move into a slower lane.
- Have consideration for others in the lane and pool.

Swim – Open Water

- Follow the venue rules and sign any necessary paperwork accepting these rules.
- Wetsuits are compulsory.
- Always wear a bright swim cap.



- You need to be a competent swimmer in a pool.
- If you are nervous, or it is your first time in open water, inform the coach prior to entering the water.
- It is recommended that any cuts or wounds be covered with a waterproof dressing.

Bike – Club Rides and Time Trialling

For club rides, it is recommended that you wear an approved helmet. In general, this is the recommendation at all times whenever out riding your bike.

Always follow the rules of the road and be courteous to other road users. You should make sure that your bike is in a roadworthy condition. You should wear (or carry) appropriate clothing for the potential weather conditions and length of ride. You should carry with you:-

- Spare inner tube and puncture repair kit
- Pump
- Drink & food
- Money
- Mobile Phone (at least one member of the group should carry a phone)

For time-trialling ensure you understand and abide by the rules of the organising club – read these in advance of the race date. Arrive in plenty of time of your allocated start time and ensure you leave time to ride from the registration location to the start line.

Bike - Turbo

- Arrive in plenty of time to set up.
- Ensure your bike is securely attached to the frame of the turbo before getting on.
- Ensure your turbo is set up on a level surface.
- Ensure you have a sweat towel and drink.

Run – General

- Have due regard for pedestrians and other users.
- On dark nights ensure an element of your kit is reflective and use the pavement, where possible. Ideally, fluorescent clothing or arm lights should be worn.
- Wear appropriate clothing for the potential weather conditions and length of run.
- Bring something warm to wear after the run.

Run - Track

- Follow the venue rules.
- Be aware of faster runners behind you, especially during warm up.
- Follow the directions of the coach to ensure session runs smoothly.



- Have consideration for others around the track.

All Competitions

- Obey all rules relating to the event you are competing in and compete in a sportsman-like manner.
- Represent and promote Ashurst Bike Club in a positive manner.
- Offer support and assist other club members that may be less experienced than you.

Club Organised Events or Events Organised in Liaison with the Club

- At the discretion of the Management Committee or Organising Committee, members should make arrangements to provide a replacement marshal, if they wish to race. This may not be the case for all events, please refer to the organiser