



These rules may be amended from time to time at the discretion of the committee. All changes will be publicised to members.

Serious disregard or breaches of these rules reported to the committee may result in the offending member being suspended or expelled from the club. The Club's disciplinary procedure will be applied.

GENERAL

- Members agree not to bring the Club in to disrepute.
- Members agree upon the Code of Conduct.
- Members must abide by the rules and articles of British Triathlon.

TRAINING (Club Organised Activities)

SWIMMING

- The local swimming pool rules must be adhered to.
- Members must not enter the water until the appropriate number of lifeguards is in place for all swim sessions.
- 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 in in place.
- Members must not swim in prohibited areas.

CYCLING

- Helmets must be worn and securely fastened.
- Cyclists must obey the Highway Code.
- Cyclists must be courteous to other road users.

RUNNING

- Members must have due regard for pedestrians and other legitimate users of foot paths, roads and bridleways and any other users of the land, especially farmers.
- Members are requested to be aware of the Country Code and respect its principles when running off road.

COMPETITION

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

SOCIAL EVENTS

- Members agree to behave in a dignified manner and not to do anything likely to cause offence and/ or bring the Club in to disrepute.



CODE OF CONDUCT FOR CLUB MEMBERS

Ely 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 and administrators 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.

As a member of Ely 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 must support and encourage good practice and correct actions at all times.
- Members must pay any fees for training or events promptly.
- Members and their supporters should not smoke at Club venues or whilst representing the Club at competitions.
- Members and their supporters are not allowed to consume non-medication drugs of any kind at Club venues or whilst representing the Club and shall not consume alcohol to excess.

DISCIPLINARY PROCEDURE

- Members are encouraged to report any disregard or breaches of the Ely Triathlon Club rules and Code of Conduct to the committee.
- Any member or members reporting such behaviour to the committee has the right to remain anonymous providing their claims can be substantiated to the satisfaction of the committee.
- The committee must convene at least three members of the committee of which one must be the Chair or Vice-Chair, within one week of receiving a report or complaint.
- Any report or complaint against any member or members must be treated as confidential information until such a time as the committee deem the overall interest of the membership has been compromised.
- Any member or members subject to a report or complaint will be advised by the committee that such a report or complaint has been received and is under investigation. The committee may request the attendance of relevant members where such attendance is deemed necessary in providing a fair and balanced outcome.
- The committee has the right to take appropriate action to enforce Club rules.
- Serious disregard or breaches of these rules reported to the committee may result in the offending member being suspended or expelled from the Club.
- Frivolous or malicious reporting of members to the committee may result in action being taken against the offending member.



SOCIAL MEDIA

- Views and comments expressed on any Club Social Media do not represent anything other than the view of the person posting them; either directly or by implication.
- Members agree to post and reply in a dignified manner and not to express views or comments that are likely to cause offence and/ or bring the Club in to disrepute.
- The nominated Administrators have the authority to edit or remove any comments or material deemed by the committee as likely to cause offence and/ or bring the Club in to disrepute.
- To help protect privacy, members are advised not to include any personal information (Address, email, phone numbers, Credit Cards etc.)
- Advertising or endorsements of any service or product is only permissible on Social Media at the discretion of the committee and Administrators. Persons deemed to be posting inappropriate services or products to Social Media may have their posts removed and potentially be blocked or removed from the Social Media platform.
- Only members of Ely Triathlon Club and known acquaintances can post items for sale on Social Media.