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Tri Surrey Triathlon Club - Rules & Regulations

Welcome to Tri Surrey Triathlon Club

Dear Member,

On behalf of the Committee, welcome to the Tri Surrey Triathlon Club. This pack is designed to give you as much information as possible so you can get the best training and information from the club and its members. We hope that it will give you an idea of the club standards and expectations when you partake in club activities, training sessions and races. The Committee will aim to update this guide each year so members will benefit from most up to date information. Whether you are a new or experienced triathlete, this sport and club welcomes you into an arena that is currently growing bigger every year. More and more people around the UK are getting themselves involved in this new and exciting sport. It is our aim that all of our club members benefit from the knowledge of all of the coaches available to the club from all three disciplines regardless of ability. The club also believes that the discipline, principles and respect set from our coaches and triathletes are paramount to improving performances both in races and in training. Whatever your standard, from novice to experienced triathlete, welcome to our club and welcome to a great sport.

Ken Kennison - Chair

Essential Information for Members

Tri Surrey Triathlon Club was founded during the summer of 2012 by a small group of athletes inspired by the London Olympic Games. Jonathan Wilden, Matt Hutchings and Ken Kennison were Tri Surrey's founding members. The club has a very diverse flavour with members competing in a wide range of events. These not only include triathlons, from sprint to Ironman but also swimming, biking and running races separately as well as Adventure Races. Our club website highlights members' past and present key achievements and gives all essential information - www.trisurrey.com

The Club Committee

The club is managed through the Club Committee consisting of: President • Vice President (President Designate) • Chair • Club Secretary (which includes Website support) • Treasurer • Membership Secretary • Welfare Officer • Race Co-ordinator • Kit & Equipment Co-ordinator • Head Coach (with a Co-ordinators for each discipline) A list of the current appointed personnel into these posts can be viewed on the Tri Surrey website. The Committee is selected from nominations and elections held at the Annual General Meeting at the end of each season.

Annual General Meetings (AGM)

Notice of the Annual General Meeting (AGM) will be given by the Chairman. Not less than 21 clear days' notice to be given to all members (normally around October). The AGM will receive a report from officers of the Committee and a statement of the audited accounts. Nominations for officers of the Committee will be sent to the Chairman prior to the AGM. Election of officers is to take place at the AGM where all members have the right to vote.

Responsibilities of the Club Committee

The Committee is responsible for adopting new policy, codes of conduct and rules that affect the organisation of the club. The Committee tries to ensure that all the three specific disciplines of our sport are given a focus. Most of the committee are experienced triathletes / runners / swimmers / cyclists with varying levels of achievement in the sport. The nominated committee positions have the right to vote when a committee vote is formally required. The Committee meetings are quarterly, no less than four meetings per year. The Committee have powers to appoint working parties and sub-committees as necessary and appoint advisers to the Committee as necessary to fulfil its business. The Committee is responsible for disciplinary hearings of members who infringe the club rules / regulations / constitution. The Committee is also responsible for taking any action of suspension or discipline following such hearings.

Club Rules

The Tri Surrey 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 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 Chairman. As a member of the Tri Surrey Triathlon Club members are expected to abide by the following club rules:

- All members must comply with the rules of the club and BTF and respect officials and their decisions.
- All members must respect opponents and competitors.
- 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 wear suitable kit - for training and races, as agreed with the coach/team manager.
- Members must recognise the importance of the fifth rule of the club - MTFU. When things are challenging whether in training or in races members must always man the fuck up. Members must always do their best! (The word 'man' in this rule applies to all members - men and women)
- Members must pay annual subscription and any fees for training or events promptly.
- Members are not allowed to abuse illegal drugs of any kind when on club business or whilst representing the club at training or races. The club does not support the use of performance enhancing drugs.
- Members must uphold the discipline, principles and respect that the club requires and expects whilst at training and races.
- Members must see the Tri Surrey - Trilluminati Rules for a wider summary of what is expected of Tri Surrey Triathletes. These are available on our website. They are reviewed each year by the club Welfare Officer to ensure they are supportive in nature.

British Triathlon / Triathlon England Membership

To race triathlon it is not necessary to be a member of a club or of British Triathlon Federation (BTF) although there are benefits to both. Tri Surrey Triathlon Club is a BTF registered club and so you can enjoy a reduction in the British Triathlon subscription - quote club name as TRI SURREY TRIATHLON CLUB when joining. British Triathlon is the governing body organisation working for triathletes and duathletes. By joining, you enjoy a range of benefits including reduced entry fees to races, insurance and you contribute towards the sport's present and future development. Full details of membership and a current race calendar can be found at www.britishtriathlon.org.

Benefits of membership

- Reduced entry fees at all events sanctioned by the association
- Copy of association handbook which includes the year's events calendar
- Copies of association magazine Tri-News
- Appropriate liability insurance both in training and competition
- Personal accident insurance for training and competition
- Discounts on bike and travel insurance from organisations who offer such discounts
- Eligibility for selection for national squads and teams (Note: it is the responsibility of each individual member to decide whether to accept a place if offered)
- Advice and information on triathlon training competition etc
- Eligibility to compete in the National Championships and the Challenge Series
- Free car sticker for all new members
- Special offers and discounts exclusive to members
- Access to the members only section on the association web site Please check the BTF website for an up-to-date list of benefits.

Indemnity

It is important that all members note that the Tri Surrey Triathlon Club will not be held responsible for any accident or incident which may cause injury or death whilst members are either training or competing in a race whilst representing the Tri Surrey Triathlon Club or otherwise. If you have any questions regarding this, please contact the Committee.

Membership and Club Bank Account

Annual membership for 2017 has been set at £40.00 which will be asked for between 1st January and 1st March. This window is for existing members. New members will be allowed to pay their annual membership subscription at any point during the season. Should new members be looking to join after 31st August then the annual membership subscription will be reduced to £20.00.

Members will pay as you go for all training events and will manage the finances for any races using their own bank account. Money raised through training events will be used by the club to pay for the hire of facilities such as swimming pool lanes, sports halls for circuits etc.

Members will have the opportunity to take part in an annual Triathlon Training Camp. Funds for this event will be paid into the Tri Surrey Bank Account by those members taking part and invoices for the event will be paid for from here.

There will be one signatory for the Tri Surrey Bank Account:

Ken Kennison - Chair

The Tri Surrey Bank Account is to be held with HSBC.

Account details:

SORT CODE - TBC

ACCOUNT NUMBER - TBC

2017 Club Committee Members and Co-ordinators

The following Committee members are voted in during the AGM. Should there be any reason to remove a Committee member then this can be done by majority vote from the other Committee members. There must be good reason to do this. Concerns can be expressed to the Chairman. Should concerns be about the Chairman then the President should be informed.

The Committee will meet at least 4 times during the season to ensure the club business is carried out in an efficient manner always with the intention of benefiting the members of the club.

President - Guy Hainsworth (Life Membership)

Vice President (President Designate) - Jolene Bull

Chair - Ken Kennison

Head Coaches - Ken Kennison / Matt Hutchison - (Level 2 Triathlon Coaches)

Sanderstead Training Hub Coordinators - Ken Kennison / Matt Hutchings

Reigate Training Hub Coordinators - Peter Starnes / Guy Hainsworth / Jolene Bull

Club Secretary - Guy Hainsworth

Treasurer- Ken Kennison

Membership Secretary - Graham Mead

Club Welfare and Safety Officer - Matt Hutchings

Social Secretary - Lisa Eckersley

Race Co-ordinator - Paul Leneghan

Kit & Equipment - Leanne Watson-Charles

Club Website Co-ordinator - Matthew Pont

Open Water Co-ordinator - Jonathan Wilden