Members Code of Conduct

Tri Lakeland Juniors 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 the Club Welfare Officers listed on the website under Club Information.

As a member of Tri Lakeland Juniors you are expected to abide by the following Code of Conduct :

**All members** must compete within the rules of the sport, respecting officials and their decisions.

**All members** must respect the rights, dignity and worth of all participants regardless of gender, ability, cultural background or religion.

**All members** should keep to agreed timings for training.

**All members** must wear suitable kit for training i.e. Swim:- swimming costume or trunks, and goggles are useful. Running:- fully laced running shoes or trainers, t-shirt and shorts in warm weather and long comfortable tracksuit bottoms or similar with a couple of thin layers on top in colder weather and a jacket for wet weather. Cycling:- a correctly fitting helmet, cycling shorts / pants or trousers that are narrow round the ankles so they do not get caught up in the bike chain, and a suitable top and or jacket. Sports sun glasses are useful as they stop insects flying into your eyes whilst riding.

**All members** must register and pay fees for training prior to each session.

**All members** are not allowed to smoke during a club training session or whilst competing under the name of the club at competitions.

**All members** are not allowed to consume alcohol or take drugs of any kind, other than medication prescribed to you by your doctor, during a club session or whilst competing under the name of the club at competitions.

**All members** must not disrupt coached sessions and should listen carefully to coaches instructions