



Tri20 Triathlon Club

Code of Conduct – Members and Coaches

Tri20 Triathlon Club is committed to making triathlon and multisport activities with swim, bike and run as core elements accessible to everyone by providing coached and non-coached group training sessions in a supportive, friendly, and safe environment. The Club also organises the Reading Triathlon which attracts both novice and experienced triathletes.

The Club is fully committed to safeguarding and promoting the wellbeing of all its members. The Club believes that it is important that its members show respect and understanding for the welfare of others that they meet through their association with the Club. The Club has a standalone Safeguarding Adults at Risk Policy.

The Club is fully committed to complying with all applicable government and BTF guidance on measures to reduce the risk of spread of COVID-19. Members must adhere to all instructions provided by the Club and its coaches when booking and attending coached swim and run sessions. In line with BTF guidance, the Club may require members to answer questions related to COVID-19 and their health and the health of those they share a home with before they attend training sessions. All members are expected to answer these questions honestly and fully.

The Club's coaches and committee members, and the race officials and volunteers at Reading Triathlon pride themselves in demonstrating high standards of ethical conduct and always applying best practice with respect to their treatment of others.

Club members are encouraged to be open and to share any concerns or complaints that they may have about any aspect of the Club or the behaviour of any of its members with the Club Welfare Officer or the Club Chairman or, if the concern relates to a particular coach, to the Lead Coach. Their contact details are provided in the Members' Handbook.

Club members should not:

- Take banned substances or use illegal equipment for performance gains whilst training or racing
- Exert undue influence over other athletes to obtain personal benefit or reward
- Smoke at Club coached training sessions or other events organised by the Club
- Consume alcohol to excess where the Club may be brought into disrepute



- Condone rule violations, rough play, or use of banned substances or illegal equipment to gain an unfair sporting advantage
- Attend any Club coached swim or run sessions, organised group cycle rides or other Club events if they or anyone in their household is experiencing any symptoms of COVID-19 or has experienced them in the prior 14 days

Club members are expected to:

- Safeguarding each other by respecting the rights, dignity and worth of others regardless of age, gender, sexual orientation, athletic ability, cultural background, religion, or political persuasion and reporting any abuse by following the procedure set out in the Safeguarding Adults at Risk Policy
- Consider the wellbeing and safety of other participants in coached sessions and races before their own performance. This includes always observing any precautions to minimise the spread of COVID-19.
- Raise any concerns or reports of poor behaviour relating to COVID-19 safe practices with the COVID-19 Officer or other member of the Tri2o committee
- Support and encourage good sporting practice
- Wear and/or bring suitable kit for coached sessions and Club-led group runs and bike rides
- Aim to arrive at coached sessions and group runs and rides on time
- Pay their membership renewal fee and fees for coached sessions promptly

Club coaches are expected to:

- Encourage and support members with training, participation, and competition, including encouraging athletes to value their performances and not just results
- Develop an appropriate working relationship with athletes, based on mutual trust and respect.
- Make sure all activities are appropriate to the age, ability, and experience of those taking part
- Promote the positive aspects of the sport (e.g. fair play, health benefits and social interaction).
- Display consistently high standards of behaviour and lead by example
- Follow the codes of conduct for coaches produced by Tri2O and the BTF, including specific guidelines relating to Safeguarding Adults at Risk and COVID-19
- Produce and/or update risk assessments for the venues in which they will be coaching and implement measures to minimise risk to participants
- Never exert undue influence over athletes to obtain personal benefit or reward



- Never condone rule violations, rough play, or use of prohibited substances to gain an unfair sporting advantage

By joining the Tri20 Triathlon Club or agreeing to coach members of the Club, members, and coaches, respectively, agree to abide by this Code of Conduct.