

# TriClub Doha

## CLUB RULES

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 expelled from the club. The Club's complaints procedure will be applied.

TriClub Doha will adhere to federation rules.

## GENERAL

1. Members agree not to bring the Club into disrepute.
2. Members agree upon and have signed a Code of Conduct and Club Wavier
3. Members must abide by the rules and articles of the Federation
4. No participation in club events (training or otherwise) without club membership.

## TRAINING (CLUB ORGANISED ACTIVITIES)

### SWIMMING

1. The local swimming pool rules must be adhered to.
2. Members must not enter water until appropriate number of lifeguards is in place for all swim sessions.
3. Members swimming at partner swimming clubs will adhere to the swimming clubs rules and do not bring their own ad tri club activity to those external sessions.
4. In open water members must make themselves aware of all specific dangers relating to the chosen location.
5. Members must take their own appropriate safety precautions, and ensure reasonable safety cover is in place.
6. Members must not swim in prohibited areas.

### CYCLING

1. Helmets must be worn at all times. No helmet no ride.
2. As a minimum after dusk front and back cycle lights must be on and working.
3. Cyclists must obey the Highway Code.
4. Cyclists must be courteous to other road users.
5. Cyclists are responsible for their own safety.
6. If taking part in group rides, members must be happy that they are competent enough to ride with the group they have chosen to ride with.
7. Members must familiarise themselves with the riding etiquette with regard to riding in groups (see Cycle Etiquette & Guidance on the website).



## TriClub Doha

8. Where possible a support car should be arranged by the group leader, with a donation from each rider.

### **RUNNING**

1. Members must have due regard for pedestrians and other legitimate users of footpaths, roads and bridleways and any other users of the land.
2. Members must obey the Highway Code and it is advised to dress so as to be seen in reflective clothing and mindful of local dress culture.

### **COMPETITION**

1. Members must obey all rules relating to the event they are competing in and compete in a sportsman like manner.
2. All members will enter recognized triathlon races as club members of TriClub Doha.
3. Wherever possible members will race in club kit.

### **CLUB PROMOTIONS**

1. Members are welcome to compete in events organised by the Club but must try and provide a replacement volunteer where possible and or volunteer at another club event.

### **CODE OF CONDUCT FOR CLUB MEMBERS**

TriClub Doha 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 Tri Club Coordinator As a member of TriClub Doha you are expected to abide by the following member's Code of Conduct:

1. All members must abide by the rules and respect officials and their decisions.
2. All members must respect the rights, dignity and worth of all participants regardless of gender, ability, cultural background or religion.
3. Members must support and encourage good practice and correct actions at all times
4. Members must pay any fees for membership, training or events promptly.



## TriClub Doha

### CLUB EQUITY POLICY STATEMENT

This Club is committed to ensuring that equity is incorporated across all aspects of its development. In doing so it acknowledges and adopts the following Sport England definition of sports equity:

Sports equity is about fairness in sport, equality of access, recognising inequalities and taking steps to address them. It is about changing the culture and structure of sport to ensure it becomes equally accessible to everyone in society.

The Club respects the rights, dignity and worth of every person and will treat everyone equally within the context of their sport, regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.

The Club is committed to everyone having the right to enjoy their sport in an environment free from threat of intimidation, harassment and abuse.

All Club members have a responsibility to oppose discriminatory behaviour and promote equality of opportunity.