



CLUB POLICY

TRIATHLON WELFARE AND CHILD PROTECTION

1.0 First Aid Kit

A first aid kit will be available at all club training sessions and competitions and will be located with the Head Coach or Team Manager.

1.1 Welfare Officer

The Clubs welfare officer is:

Ms Jenny Seager
36 St Pauls Road
Burntwood
Staffs
WS7 0DG
Email : jen@staffordtri.com

1.2 First Aid Trained members

Louise Tomkinson-Hill - Denfield House, Stafford Road, Weston, Staffs, ST18 0HX Tel: 07976 721749

1.3 Life Guard Policy

The clubs swim training session will be held at:

Cheslyn Hay Leisure Centre on Sunday evenings from 6.30pm - 8.30pm and
Stafford Leisure Centre on Thursday evenings from 9.00pm - 10.00pm

The leisure centre staff will provide the life guard cover for the training session, adhering to the ratio determined by the facility's normal operating procedures. Under no circumstances will training commence without lifeguard cover.



1.4 Guidelines for dealing with an accident/incident

- Stay calm but act swiftly and observe the situation. Is there danger of further injuries?
- Listen to what the injured person is saying.
- Alert the first aider who should take appropriate action for minor injuries.
- In the event of an injury requiring specialist treatment, call the emergency services.
- Deal with the rest of the group and ensure that they are adequately supervised
- Do not move someone with major injuries. Wait for the emergency medics.
- Contact the injured person's parent/carer.
- Complete an incident/accident report form.

1.5 Location of emergency phones

The location of the clubs emergency mobile phone will be with the Head Coach/assigned coach at training sessions of the Team Manager at competitions

1.6 Code of conduct for club officials & Volunteers

The essence of good ethical conduct and practice is summarized below.

All volunteers must:

- Consider the wellbeing and safety of participants before the development of performance.
- Develop an appropriate working relationship with participants, based on mutual trust & respect.
- Make sure all activities are appropriate to the age, ability and experience of those taking part.
- Promote the positive aspects of the sport (eg; fair play).
- Display consistently high standards of behaviour and appearance.
- Follow all guidelines laid down by the national governing body and the club.
- Hold appropriate valid qualifications and insurance cover.
- Never exert undue influence over participants to obtain personal benefit or reward.
- Never condone rule violations, rough play or the use of prohibited substances.
- Encourage participants to value their performances not just results.
- Encourage and guide participants to accept responsibility for their own performance & behaviour.



1.7 Database of contact details

The Secretary will be in possession of an up to date database containing details of parents/carers of members and emergency/alternative contact.

1.8 Communication process for medical details

When a new junior member joins the club, he/she will be required to complete a junior membership form. This form will contain any medical history that is relevant for competing in triathlon. The person who takes possession of the membership form is ultimately responsible for contacting a club coach and relaying these details and forwarding a copy to the coach.

1.9 Cycle Helmets

The coach for each cycle training session is responsible for checking that all cycle helmets conform with the approved standards (ANSI Z90.4, SNELL B90, E 1078 or equivalent national standards). Cycle helmets MUST be worn at every cycle training session (for Seniors & Juniors)

JUNIOR MEMBERS CODES OF CONDUCT

2.0 Junior Club Rules

Stafford 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 time 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 Lucy Haywood (Junior Head Coach) or Jenny Seager (Welfare Officer)

As a member of Stafford Triathlon Club you are expected to abide by the following junior club rules

- All members must compete and train within the rules and respect officials and their decisions.
- All members must respect other athletes
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- 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 as detailed by the British Triathlon - for training & competing as agreed with the coach/team manager.
- Members must pay any fees for training, membership or events promptly.
- Junior members are not allowed to smoke on or near club premises or whilst representing the club at competitions.
- Junior members are not allowed to consume alcohol or drugs of any kind on the club premises or whilst representing the club.

2.1 Use of Open Water Locations

In order to swim at open water locations as a member of Stafford Triathlon Club (using the clubs insurance policy), members will have to abide by the following policy:

- All members are to have a current paid up membership of Stafford Triathlon Club.
- Members are permitted to swim only at stated club training sessions dictated by the club Chairman.
- Before swimming open water, members must swim 800m no stop in an indoor swimming pool being observed by one of the clubs coaches. On their first visit to Swan Pool, they must be accompanied by the open water rep (s) or one of the assigned coaches to swim their first lap of the pool (before this they must swim for 15 mins in the area adjacent to the jetty), at this point the rep/coach will assess whether or not the member is permitted to swim on his/her own.
- Members must wear footwear from their vehicles to the poolside to prevent injury from sharp objects.
- Swimmers must wear bright coloured swim caps. The caps must be red, yellow, green or orange. Also all swimmers must be in possession of a safety whistle that would be used in an emergency situation.
- At least one person on a club training sessions must not swim, they are to register members in/out of the water, observe members along side the lifeguards on duty, also they must carry a mobile phone and whistle to use in an emergency (there must be at least two members of the club present (one swimming, one observing) for a swim to take place).
- An up to date register must be kept at pool side with emergency contact and medical details for those that are swimming.
- Swimmers must wear wetsuits unless they are a member of Sandwell Long Distance Swimming Club or the British Long Distance Swimming Association.
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- Swimmers enter the pool at their own risk and will not hold Stafford Triathlon Club or any other organization responsible for any accident that may occur. Athletes should be competent swimmers.
- If you feel that you may be in trouble whilst swimming, shout for help, raise one hand in the air or give short repetitive whistle blasts to attract the attention of nearby swimmers, lifeguards and spectators.
- If you hear or see such an emergency, notify a relevant person if available and attempt rescue of the person.
- Only attempt rescue if you are a competent swimmer.
- Always try if possible to inform somebody else poolside that you are attempting a rescue.