



Phoenix Triathlon (Guildford)

Coached and Un-coached club activities

Phoenix Triathlon Club (Guildford) “the Club” prides itself on being a relaxed and relatively informal club, and we look to keep rules to a minimum, preferring to rely on knowledge, courtesy and common-sense.

The above said, we operate within the framework of Triathlon England, and need to make certain points clear for everyone’s benefit.

This document should be read in conjunction with the **Club Constitution** and **Training Etiquette**.

We hope you find the following useful.

The Phoenix Tri Committee

Prior to taking part in any coached club session you must ensure that you are physically fit enough and that you are not aware of anything medically that would prevent you from safely participating. If you are aware of anything medically relevant, you must make the coach aware of this. The coach may at their discretion prevent you from participating.

For all coached and un-coached sessions you should ensure that you have appropriate clothing, equipment, hydration and nutrition. If you have any doubts, you should raise them before starting.

You should carry some form of identification on all Club sessions and activities, with details of any medical conditions and emergency contact information.

You should consider insurance for training and events, for your equipment and yourself.

We encourage club members to wear club kit when training.

Coached sessions

Our coached training sessions are held at facilities such as the Surrey Sports Park, Guildford Spectrum, Guildford Lido and Charterhouse.

Coached sessions are conducted by qualified coaches who hold insurance for their activities. The venues have Emergency Accident Procedures that the club operate within.

Our coaches are able to provide qualified advice and guidance.

Un-coached sessions

In addition to our coached sessions, we also publish details of un-coached activities where club members can train together. As they are not held at a venue, and are un-coached, we need to make you aware of certain facts.

All participants should view un-coached sessions as informal gatherings of people who train together. It is the member’s decision alone as to whether they are fit and able to participate.

Every participant attending must take full and complete responsibility for their actions.



Activity leaders have the right to deny or suspend the participation of any participant for any reason whatsoever.

Un-coached rides

Beginner cycle sessions will be held as often as practically possible and as required and it is preferred that all members attend such a session prior to attending a Club bike ride.

- Club rides generally have a leader who will determine the structure of the ride.
- They are not coaches and their role is limited to choosing the route and so far as is possible, making sure the group stays together and respects other road users.
- They are NOT responsible for your safety. You are.
- You are required to wear a cycling helmet. This is mandatory.
- You are also responsible for the cohesion of the Group and helping keep it together.
- Experienced Club members may ask you to adjust your speed, road position or style.
- Club rides go out in many conditions, but there will be circumstances where weather conditions may require cancellation. Cycling in conditions viewed as too poor for a club ride is at your decision and risk.
- Club rides can be lengthy. You are responsible for checking the weather and wearing clothing appropriate for the expected conditions.
- Club rides are published with a planned distance, profile and average speed. To every extent possible, we take into account the abilities of those attending. By participating in a ride, you are confirming that accident or injury aside, it is within your capabilities.
- Road surface and traffic conditions can be very variable, and you have responsibility for being able to ride your bike safely.
- Wear reflective clothing and carry bike lights during evening and night sessions;
- Respect the rules of the public highways;

Un-coached runs

- Un-coached runs generally have a leader who will determine the structure of the run, which may include stretching, circuits, intervals and running.
- Runs may be in part, or fully, in unlit or poorly lit areas.
- Road runs generally take place on, or adjacent to, public highways, and may involve crossing road junctions. Due caution must be exercised.
- Trail runs take place off road on uneven and rutted tracks and paths, with unpredictable surfaces.
- Weather conditions can be variable, and you must have appropriate clothing, including high visibility clothing/ reflective bands/ head-torches in dark conditions
- Appropriate footwear must be worn, in keeping with the planned terrain and duration.

Un-coached open water swims

- The Club may publish dates and times for open water swims in order that members can share transport, train and socialise together.
- Open water swims published by the club have no coach nor leader, unless expressly stated.
- Open water swims arranged between Club members are gatherings of friends wishing to train together.
- You are entirely responsible for your safety and well-being, including your fitness and ability to swim in open water.
- You are advised to attend a coached open water swimming session prior to open water swimming.
- The Club only publishes details of gatherings at recognised open water swimming venues or events that hold appropriate insurance and have safety measures in place.