



Plymouth Triathlon Club 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 disciplinary procedure will be applied.

General

1. Members agree not to bring the club into disrepute.

Training (Club organised activities)

2. **Cycling:** Helmets must be worn. Cyclists must obey the Highway Code and be courteous to other road users.
3. **Swimming:** The local swimming pool rules must be adhered to. In open water members must make themselves aware of all specific dangers relating to the chosen location. They must take their own appropriate safety precautions, and ensure reasonable safety cover is in place. Members must not swim in prohibited areas.
4. **Running:** Members must have due regard for pedestrians and other legitimate users of footpaths, roads and bridleways, and any other users of the land, especially farmers.

Competition

5. Members must obey all rules relating to the event they are competing in and compete in a sportsman-like manner.

Club Promotions

6. Members are welcome to compete in events organised by the club but must provide a replacement marshal.