

Trikings Triathlon Club

Adverse Weather Guidelines



This guideline affects organised Club training events only. Where a member enters a competitive event it is up to the rules set in place by the race organiser that apply.

Trikings concerns itself with creating a healthy environment for all members. The Trikings Committee and Coaches advise that although training by individuals may still occur it is done so at the risk of the individual member where that training occurs outside of these guidelines.

Risks

Club training sessions normally pose few concerns in adverse weather except for cycling, which can be particularly hazardous. This guideline is mainly aimed at cycling training outdoors but does not relate solely to it.

Guideline

Swim

All swims (pool, lake or beach) will take place as planned. It will be at the discretion of the coach, or earlier decision by the Committee, whether the session proceeds. A decision will be made in relation to lake or beach swims at the scheduled start time, where the weather is particularly treacherous (ie lightning), unless cancelled earlier. Where the session is at an outdoor swim centre, the Club must abide by instructions given by the staff at the centre.

Ride

For the safety of all, if it is raining heavily at the scheduled start time for an external cycling training session the session will be cancelled. It will then be up to the individual to decide whether they do an indoor trainer session, proceed to cycle on their own or skip the session altogether.

If it starts to rain heavily whilst on a ride, then for the safety of all, members will pull over somewhere safe and wait for the rain/storm to subside.

The guideline does not apply to internal spin cycle classes.

Run

Where the weather and/or running surface is particularly treacherous it will be at the discretion of the coach whether the session proceeds/continues to ensure the safety of all members.

Where applicable any session can be cancelled at the determination of the coach, or a decision by the Committee, at any time. Urgent email (or other) notification to members will be provided as early as possible.