LEIGHTON BUZZARD TRIATHLON CLUB

TRAINING PROTOCOL for club organised activities

GENERAL

• Arrive before the start of session;
• Bring relevant equipment;
• Bring suitable clothing for before, during and after the session;
• Bring adequate drinks and food where appropriate.

All sessions are run by qualified club coaches or leaders.
At the start of each session the coach will give a briefing and indicate any safety points to be aware of. If you have any medical condition which could affect you during a training session, you must inform the coach at the beginning of each club training session. Any accident that does occur, no matter how minor, must be reported to the coach and the health and safety officer

SWIMMING

• Follow the swimming pool rules;
• Members must not enter the water until the appropriate number of coaches or lifeguards are present for all swim sessions and permission is given;

Swim lane etiquette

• Ensure you are in a lane for your ability and speed;
• Swim in an anti or clockwise direction as appropriate;
• Leave a five second gap between swimmers;
• Allow faster swimmers through at the end of a set;
• If you are getting caught, you should either drop down the order in the group or move into a slower lane;
• Have consideration for others in the lane and pool.

Open water swimming

• In open water, members must make themselves aware of all specific dangers relating to the chosen location.
• Members must take their own appropriate safety precautions and ensure reasonable safety cover is in place;
• Always wear a bright swim cap;
• If you are nervous, or it is your first time in open water, inform the coach prior to entering the water;
• It is recommended that any cuts or wounds are covered with a waterproof dressing.

CYCLING

Safety and risk management

• All riders who take part in group rides do so at their own risk;
• Please consider your own conduct during a ride;
• We will politely point out any deviations to the rider(s) concerned and if we consider there to be a risk of accident or injury, we will exclude offenders from the group ride;

• Consider a suitable public liability insurance policy for cycling;
• Consider joining Triathlon England, which includes 3rd Party insurance and free legal assistance, should you need to claim against someone else (see www.britishtriathlon.org for details).

Warning calls when riding in a group

These calls and signals are universal to all experienced cyclists – please use them at the appropriate times and try to follow hand gestures:

• **"Car up"** There is a vehicle coming up behind the group;
• **"Car ahead"** There is a vehicle approaching towards the group;
• **"Single out"** Vehicle unable to pass the 2 abreast column safely - outside rider drops back behind the inside rider, slow up and create spaces in the inside file;
• **"Clear"** and **"Car on left/right"** call alerts riders at junctions;
• **"Pothole"** that could cause a rider to fall **"on the left (or right)"**
• **"On the left/right"** a general warning of some kind of hazard;
• **"Stopping" "slowing" "easy"** right hand moving in an up and down action (if you brake without letting those behind know your intention, they can easily run into you);
• **"Puncture"** Let others know and we will wait while you repair it;
• **"Horse(s)"** Take special care -ass as widely as possible, make sure horse and rider are aware of your presence, keep pedalling slowly to keep noise to a minimum;

Let others know if you are unable to keep up

General etiquette

• Ride steadily Keep a steady line and constant speed;
• No racing Only pass the ride leader if invited/directed;
• Do not overtake the rider/riders at the head of the group unless invited/directed;
• Only ride two abreast where it is safe to do so – be prepared to drop back;
• Ride immediately behind the rider in front – do not overlap either forwards or sideways;
• Never ride more than two abreast;
• When approaching a hill, anticipate the gradient, change gear in good time;
• Follow the requirements of the Highway Code as they apply to cyclists;
• Follow guidance from your leaders;
• Treat members of the group and other road users with courtesy;
• Acknowledge with a wave, courteous behaviour by other road users;
• Do not "wave through" a following vehicle;
• Do not react to bad driving incidents with gestures, etc;
• Ride with the group which best suits your ability;
• Visitors and potential members are welcome but should apply for membership after their second Ride.

Helpful hints for new cyclists

• Some general fitness is necessary;
• Don't try to push yourself too hard;
• Carry personal details;
• Carry drinks and food;
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• Wear cycle-specific clothing;
• Carry enough tools, including a spare tube;

ALL RIDERS MUST WEAR A HELMET – no helmet, no ride!

• Mudguards prevent you getting wet and dirty;
• Keep your bike in good condition.

Make sure that you do not provide ammunition to the anti-cyclists lobby and wear your club colours with pride.

Most importantly – ride safe and enjoy!

RUNNING

• Have due regard for pedestrians and other users of roads, footpaths and bridleways and any other users of the land, especially farmers;
• Wear appropriate clothing for the potential weather conditions and length of run.

COMPETITION

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

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Dated: 6 November 2026