



Members Pack

www.tristarsconwy.org.uk

**Please read and keep a copy of the
Parent and Athlete code of conduct on page 3
and the forthcoming events listed on page 4.**

Please complete and return the forms below:

Membership Form (Page 5)

Code of Conduct (Page 6)

Athlete Screening and Activity Form (Pages 7 & 8)

Payment Form (Page 9)

If you also wish to become a member of Welsh Triathlon (£10 per year),

please visit their website www.welshtriathlon.org

Code of Conduct for Athletes and Parents

It is the policy of Conwy Tristars Junior Triathlon club that all participants, coaches, instructors, officials, parents and volunteers should adopt the Olympic and Paralympic core values. These are Friendship, Respect, Excellence, Courage, Determination, Inspiration and Equality.

The aim is for all participants to enjoy the sport of triathlon and to improve performance.

Abusive language, swearing, intimidation, aggressive behaviour or lack of respect for others and their property will not be tolerated and may lead to disciplinary action.

Participants - young athletes and adults

- Listen to and accept what you are asked to do to improve your performance and keep you safe
- Respect other participants, coaches, instructors, officials and volunteers
- Abide by the rules and play fairly
- Do your best at all times
- Never bully others either in person, by phone, by text or online
- Take care of all property belonging to other participants, the club or its members

Parents

- Support your child's involvement and help them enjoy the sport of triathlon
- Help your child to recognise good performance, not just results
- Never force your child to take part in triathlon
- Never punish or belittle a child for losing or making mistakes
- Encourage and guide your child to accept responsibility for their own conduct and performance
- Respect and support the coach
- Accept officials' judgements and recognise good performance by all participants
- Use established procedures where there is a genuine concern or dispute
- Inform the club or event organisers of relevant medical information and provide your contact details
- Ensure that your child wears suitable clothing and has appropriate food and drink
- Take responsibility for your child's safety and conduct in and around the clubhouse/event venue

Coaches, Instructors, Officials and Volunteers

- Consider the welfare and safety of participants before the development of performance
- Encourage participants to value their performance and not just results
- Promote fair play and never condone cheating
- Ensure that all activities are appropriate to the age, ability and experience of those taking part
- Build relationships based on mutual trust and respect
- Work in an open environment
- Avoid unnecessary physical contact with young people
- Be an excellent role model and display consistently high standards of behaviour and appearance
- Communicate clearly with parents and participants
- Be aware of any relevant medical information
- Follow BTF guidelines and policies
- Holders of BTF Coaching qualifications must also comply with the BTF Coaching Code Conduct

If you are concerned that someone is not following the Code of Conduct, you should inform your Club Welfare Officer or the person in charge of the activity.

2014 Upcoming events

Date	Event	Location	Entry details
Sunday 16th March	Leigh Junior Triathlon	Leigh Sports Village	http://www.entrycentral.com/index.php?raceID=101011
Sunday 23rd March	Llangefni Triathlon	Llangefni Leisure Centre	http://www.ruthintristars.co.uk/id2.html
Sunday 6th April	Bro Ddyfi Aquathlon	Machynlleth	http://www.ceristtriatlon.org.uk/index.php/en/cerist-juniors/races/
Sunday 27th April	Swansea Aquathlon	Wales National Pool	http://celtictri.co.uk/
Sunday 27th April	Deva Junior Aquathlon	Christleton Sports Centre, Chester	http://events.chestertri.org.uk/junior-aquathlon/
Saturday 10th May	Ruthin Triathlon	Ruthin	http://www.ruthintristars.co.uk/id2.html
Sunday 11th May	Blackpool Junior Triathlon	Palatine Leisure Centre	http://www.entrycentral.com/May-Blackpool-Junior-Tri
Sunday 1st June	Cadence Tristars Junior Triathlon	Buckley Leisure Centre	http://www.participant.co.uk/participant/arrangement.aspx?id=88572&hash=4DB334630068795E4586EAA560AAC633
Sunday 8th June	Cosmeston Aquathlon	Cardiff	Welsh Triathlon Series Event
Saturday 14th June	St Ambose College Junior Triathlon	Manchester	http://www.man-tri-club.org.uk/Juniors/enter-race/
Sunday 15th June	Conwy Junior Triathlon	Eirias	Welsh Triathlon Series Event
Sunday 6th July	Gemau Cymru Tri	Maindy Leisure Centre, Cardiff	Welsh Triathlon Series Event
Sunday 28th September	Tristars Final	Newtown	Welsh Triathlon Series Event



Membership Form

Child's Details:

Full Name: _____ Date of Birth: _____

Address: _____

_____ Post Code: _____

Parent / Guardian Contact Details:

Name: _____ Mobile: _____

Email Address: _____

Additional Emergency Contacts:

Please provide contact details of **two** people we could contact in the event of an emergency

Name: _____ Relationship: _____

Phone: _____ Mobile: _____

Name: _____ Relationship: _____

Phone: _____ Mobile: _____

Your details are protected by the Data Protection Act 1998 and will be held in the strictest confidence by the club.

Parent / Guardian Signed: _____ Date: _____

Photography Consent

I _____ the parent /guardian of: (child's full name) _____

hereby give Conwy Tristars permission to take any still and/or moving image, including video footage, photographs and/or frames and/or audio footage depicting our child named above during training sessions or competitive events.

Photography and video may be used during the sessions for promotion and publicity purposes. Please tick this box if you **DO NOT** wish your child to be photographed.

Signature of parent/carer: _____ Date: _____



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I agree to follow Conwy Tristars Code of Conduct:

Triathlete Name: _____ Triathlete Signature: _____

Parent Signature: _____ Coach signature: _____



Coaches Form – Athlete Screening

This form collects information for our coaches. Please complete as much of the form as possible. The information collected will be held securely and you can ask for a copy of the information we hold at any time by contacting the Head Coach at Tristars Conwy.

NOTE: If you are unsure about any question or do not wish to complete the form please let us know.

Please talk to the Head Coach if you have any concerns.

Childs Name _____

Parents Name _____

Medical and Specific Needs

Please give details of any medical or health conditions that might affect your participation in triathlon and what support/modifications are needed.
Please list any medications you take on a regular basis.
Please give details of any specific needs that the coach should be aware of and what support/modifications are needed.
What previous triathlon experience do you have?
Please provide any other specific information that is relevant to your participation in triathlon sessions.
Would you like to compete in the Wales regional triathlon series?

Activity table

Please provide details of any regular sport that you do in the table below. Please state the sport and how long the session is; please include school sports as well as any other clubs you go to.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Thank you providing this information, it helps us to plan our training sessions for you.

Tristars Conwy

Payment Form



Child's Name: _____ Date of Birth: _____

Please indicate method of payment:

Annual Payment (non-refundable) £120 (Please make cheques payable to Conwy Tristars)

or

Monthly payment by standing order: £10 per month

Please complete the details below and return to the club for us to send to your bank **or alternatively**

If you would prefer to set up the standing order yourself please complete the details above, tick here and return the form to the club for us to amend our records.

Confirmation:

I understand that I am responsible to ensuring that payments are made every month. I also understand that if my child leaves the club it is my responsibility to cancel the standing order and that if I fail to do this I will not be entitled to a refund.

Signed: _____ Date: _____

Standing Order Instruction

To _____ Bank

_____ Branch

Please set up the standing order below from my bank account

Your Account Details:

Account name (s) _____

Account Number: _____ Sort Code: _____

Payee Details:

Name of the organisation you are paying: Conwy Tristars

Payment Reference (child's name): _____

Account Number: 61771779

Sort Code: 40-30-07

Payment Details: Payments to be collected: **monthly** on **20th** of each month

Monthly payment amount: £10.00 Date of first payment: _____

Signed: _____ Date: _____

