

President: Mark Jordan
Juniors Secretary: Rose Ryan
Email: juniors@midsussextriclub.com



To all GoTri! 2015 Participants

Thank you very much for wanting to come to the Mid Sussex Tri Club GoTri! Junior Training Camp at Great Walstead School. We are really pleased that you will be joining us. Our main aim to is to give you an enjoyable introduction to triathlon for some and to further develop skills for others in a safe environment. We really want you to have fun as well as learning from the experience.

Please ask your parents to take some time to read through what is set out below, this includes our terms of conduct which we expect everyone to abide by. **It is important for the first session to arrive at 9.30 am so we can be ready to start at 10am. Please meet at the Dining Hall which is by the main entrance.**

A few reminders

- **All the bike this year is on grass so if you have a hybrid or a MTB please use them. Can you ensure that you have checked your bikes for any mechanical problems before you arrive. Ideally your bikes should have quick release skewers rather than nuts as we have had to change tyres in the past and quick release allows it happen quickly and effectively. Red group ensure you have a spare tube with you as we will be showing you how to replace a tube. We have some tubes for sale if you don't have one.**
- **The red group are spending the second half of Saturday out in the woods so ensure you have a rucksack so you can carry your lunch (which is provided) whilst out.**
- **We are providing lunches and snacks for you. Please bring a water bottle so you keep hydrated, it was very hot last year!**

- **With weather in mind, bring sunscreen and a hat. Equally wear lots of layers and have a waterproof to hand, as we know the British weather can be unpredictable**
- **Parents and family you are welcome to join us to watch the Triathlon at 2pm on the front field on the Sunday. If you would like to take pictures you will need to sign our photography form and pick up a pink wristband. You can do this at registration on either the Saturday or the Sunday.**

You are divided into 3 groups by age, I will send you a copy of the groups and a schedule so you know what you are doing. We are very aware that a number of you have been training with us for a period of time so we hope we have designed the weekend to develop and stretch you and so continue your journey as a triathlete. A British Triathlon Federation qualified coach will lead each session. Each session will be geared towards the capabilities of the children in each group. Those in the younger age groups will have different sessions from those in the older age groups. The coaches will also make sure that they work with you personally to try to help you to get the most out of each session. Please do ask questions or speak up if you have a concern.

The schedule may be changed because of circumstance. There is an alternative schedule already drawn up in the event of bad weather. That schedule has similar timings but will be based in doors rather than outdoors.

You will need to bring sufficient clothing and equipment with you. The following is **compulsory**:

- A bicycle – in good working order
- A bicycle helmet
- Swimming costume
- Swimming goggles
- Flip/flop/sandals
- Towel
- Wash gear

- Training shoes
- 2 tee-shirts
- Shorts
- Socks
- Waterproof jacket
- Warm clothing – top and bottoms
- Water bottle

We would appreciate it if you can make sure that suitable arrangements are made for you to be collected at the end of each day. Please ensure that your parents/guardian park their car in the car park at the front of the school.

We are looking forward to seeing you on Saturday the 4th of July. It is important to sign in and out each day. Please feel free to contact me if you have any questions. I can be contacted at juniors@midsussextriclub.com or call me Rose on 07949200773

Notice to the parent or guardian of

Please read through the following carefully.

You are presumed to have given permission for your child to participate in the Mid Sussex Tri Club GoTri! training

Personal loss or injury

The Mid Sussex Tri Club, its members and agents accept no liability in respect of any personal injury to participants or spectators, or any loss or damage to property of any participant or spectator that may occur during or as a result of attending and/or participating in the event.

Insurance

The Mid Sussex Tri Club has public liability insurance

Cancellation

The Mid Sussex Tri Club reserves the right to cancel GoTri training. Full refunds will be paid.

Behavioral expectations

Triathlon is a sport that prides itself on the culture that demands respect for everyone, whether participants, organizers or spectators. It is also a sport that focuses on safety and providing an enjoyable and secure environment for all of those involved. We, therefore, expect everyone to behave responsibly at all times and to comply with the directions of the coaches and the organizers. We also expect all participants to treat each other with respect and politeness and to be encouraging and helpful at all times. We have every expectation that these standards will be met but, should there be any serious deviation from them, we reserve the right to ask the person failing to meet those standards to leave the event. If that happens, no refund will be given. Please ensure that the code of conduct is read.

Photographs/Images:

The event is being held in accordance with the British Triathlon Federation's Child Safety policy. This policy protects the participants by ensuring that all necessary steps are taken to protect children from the inappropriate use of their images. You can view this policy at: <http://www.britishtriathlon.org/about/page.php?article=253&category=/about/&folder=policydocuments/&sub=childprotection/&>



GoTri! Code of Conduct

Mid Sussex Triathlon Club is fully committed to safeguarding and promoting the wellbeing of all its participants. The club believes that it is important that all participants, members, coaches, administrators and parents associated with the club should, at all times, show respect and be encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with Julie Williams our Welfare Officer

As a member of GoTri! you are expected to:

- Have fun!
- Be friendly.
- Arrive and leave on time.
- Be kind to your fellow junior triathletes.
- Show respect to your coaches and team leaders.
- Behave and listen to instructions from your coaches and team leaders.
- Keep yourself safe and help to keep others safe.
- Keep to agreed timings for coaching sessions.
- Wear suitable kit.
- Be responsible for looking after your own kit.
- Not cheat, be aggressive or use bad language.
- Talk to your Team Leader about anything that makes you feel uncomfortable or unhappy.
- Or talk to the Welfare Officer Julie Williams.

Any discriminatory, offensive and violent behaviour is unacceptable and complaints will be acted upon in accordance with our Safeguarding and Protecting Children Policy.

The address for **Great Walstead School** is:

Great Walstead School, East Mascalls
Lane, Lindfield, West Sussex RH16 2QL

