

IMPORTANT CLUB POLICIES FOR NEW AND EXISTING MEMBERS

SWIM

The Nacho Average Triathlon Club does not endorse or recommend Open Water swimming in non-life guarded areas of lakes. Members who might participate in this activity are doing so as individuals, not as club members, and assume all of the associated risks.

The Club provides for a fully sanctioned and insured swim for six weeks beginning on Thursday, July 8, 2010 starting at 6:30am. This swim is timed and there are life guards in the water during the event to provide assistance if anyone gets in trouble. Members should attend this event if they wish to practice Open Water swimming.

During this event members are required to wear goggles and a brightly coloured swim cap. Members who show up for the Time Trial swim without this equipment will not be allowed to participate.

BIKE

The Nacho Average Triathlon Club encourages all members to obey traffic rules regardless of whether they are participating in a sanctioned ride or while on a non-sanctioned training ride.

Members must wear a cycling helmet and eyewear (sunglasses or prescription glasses) when on a ride. Members who show up for ride without this equipment will not be allowed to participate.

Members are encouraged to be self-sufficient during all rides. This includes food, drinks and any required items for unexpected bike repairs (e.g. tubes, pump, CO2, etc.) Members should have enough equipment with them to change one flat tire.

Members who participate in non-sanctioned training rides do so at their own risk. These rides are not endorsed or sanctioned by the Nacho Average Triathlon Club.

RUN

The Nacho Average Triathlon Club encourages all members to obey traffic rules regardless of whether they are participating in a sanctioned run or while on a non-sanctioned training run. When running along roadways members should run facing traffic whenever possible.

Members are encouraged to wear comfortable shoes and running clothing for training runs.

Members should take along adequate nutrition and hydration for the length of run.

ALL

Members are encouraged to wear sunscreen when participating in any of the events noted above.

The use of an electronic device (e.g. iPod) is not allowed while participating in events.