



## **GOONDIWINDI TRIATHLON CLUB INC. MEMBER INFORMATION AND RULES – 2019/2020**

### **MEMBERSHIP**

A Membership Form must be fully completed and submitted along with full payment to the member on duty or club secretary, treasurer or president.

### **COST**

\$20 – Senior Membership (including ages 12-18 competing in Senior Tri)

\$10 – Junior Membership (competing in Kids Tri only)

\$50 – Family Membership (children qualify for junior membership only)

### **EVENTS**

Goondiwindi Triathlon Club Inc. holds Senior Triathlons (mini-tri's) and Kids Aquathons or Triathlon events every Sunday from October to March at 7:00am, as well as organised training events.

MINI and SPRINT Triathlons – Open Roads

All participants in Goondiwindi Triathlon Club events including mini-tris and sprint triathlons must be Senior Members of The Club as these are held on open road with limited supervision.

- A Senior Member is aged 12 or over at 31/12/2019 - may participate in Senior events
- A Junior Member is aged under 12 on 31/12/2019 - may only participate in Junior events
- All Visitors to the Club must be members to race in our Club events. A Membership Form must be fully completed and Membership Fee must be paid in full before racing.
- Junior events are primarily Aquathons (Swim/Run) of various distances to suit age groups and abilities. The Club aims to hold a Kids Triathlon once a month. All participants in Junior events must be a Junior Club member
- All members attending club events at the Goondiwindi Town Pool must pay pool entry and obey normal pool entry conditions
- Membership stickers will be supplied and must be affixed to bikes to identify members.

### **TRAINING**

All Training organised by the Goondiwindi Triathlon Club is covered under our public liability insurance and as a condition of this, participants must be Senior Members of The Club. Visitors or new members may join training sessions 3 times before Senior Membership must be taken.

### **COMMUNICATION**

- Most communication to members will be via Facebook and Instagram
- All members will be included on Goondiwindi Triathlon Club email list
- Goondiwindi Triathlon Club has a tab on HOTW website [www.hellofthewest.com/goondi-tri](http://www.hellofthewest.com/goondi-tri)
- All event and race results will be posted on RaceSplitter website and personal best spreadsheet will be kept by club emailed to all members from time to time.
- Goondiwindi Triathlon Club Inc. meetings are held on the second Tuesday of each month at 6pm at The Royal Hotel, Goondiwindi. All members are encouraged to attend.

### **RACE RULES**

- All instructions from the Race Captain (rostered committee member) must be adhered to.
- All events are NO DRAFTING (7m gap from back wheel)



- It is competitors responsibility to know the course
- All competitors must have Helmet on with strap fastened before removing bike off the rack
- All competitors must follow road rules and give way to traffic
  - Stay to left unless overtaking
  - No riding two aside unless in motion of overtaking
  - Make sure it is safe before overtaking
- No bikes ridden in transition area – Delegated area for mount and dismount

### **TRAINING RULES**

- All riders must wear helmets.
- All bikes must have rear flashing lights in low light and daylight conditions as it helps rear approaching traffic see riders when driving into the sun.
- Reflective and Light coloured clothing is strongly advised, especially when riding or running in low light conditions.
- Each session will be run by a Senior Club Member and their instructions must be followed.

### **MINI TRI SETUP**

- Members must volunteer at least once per season to assist the rostered committee member with running mini-tri/sprint tri. Contact the Club Secretary to nominate your date.
- Bike Racks
- Road signs indicate Triathlon in progress
- Turn cone at bike turn-around, Bollards and bunting to keep people clear of transitions area

### **MEMBER INSURANCE**

- **SENIOR MEMBERS** (aged 12 or over at 31/12/2019)
  - Covered under Goondiwindi Triathlon Club Inc.'s Public Liability and Personal Accident Insurance.
  - This insurance covers Club triathlon events and organised training
  - Personal Accident Insurance Policy will help cover some costs, but shouldn't be relied on to cover all associated costs, that may be incurred by the member from an accident during a Club Event.
    - The Full Policy can be provided to any Senior Member on request
    - To make a claim please contact Club Secretary or President (refer to Contact List)
- **JUNIOR MEMBERS** (aged under 12 at 31/12/2019)
  - Covered under Goondiwindi Triathlon Club Inc.'s Public Liability Insurance but NOT Personal Accident Insurance
  - Junior members must participate in club junior events and training ONLY

### **HOTW**

- HOTW is run by Goondiwindi Triathlon Club and provides funding for the running of Goondiwindi Triathlon Club including club insurance at a cost in excess of \$4000.
- All members are expected to volunteer for roles in the setup, running and/or clean-up over the whole weekend of HOTW. This season HOTW is on 09/02/2020. Please include this in your calendar and contact a committee member to find out what you can do.
- In order to continue running the HOTW, which is of the oldest most respected races in Australia, we need new members to join the committee each year. Please get involved.



| <b>CLUB CONTACTS</b>       |                                   |
|----------------------------|-----------------------------------|
| <b>Tri Club</b>            | <b>Person</b>                     |
| President                  | Anna Carswell                     |
| Treasurer                  | Paul Amos                         |
| Secretary                  | Sally Poole                       |
| Vice President #1          | Natalie Loughman                  |
| Vice President #2          | Geoff Webb                        |
| <b>Hell of the West</b>    |                                   |
| HOTW President             | Scot McColl                       |
| HOTW Vice President #1     | Brett Corish                      |
| Vice President #2          | Rob Anderson                      |
| HOTW Event Coordinator     | Tim Richards                      |
| HOTW Administration        | Liesl Richards                    |
| HOTW Sponsorship & Media   | Kirsty Dowling                    |
| HOTW Race Director         | Tim Richards                      |
| Volunteer Coordinator      | Chris Leahy                       |
| Swim Leg Coordinator       |                                   |
| Cycle Leg Coordinator      | Ben Loughman                      |
| Run Leg Coordinator        | Scot McColl                       |
| Park set up Coordinator    | Brett Corish / Rob Anderson       |
| Bike Compound coordinator  | Shawn Hyson                       |
| Super Saturday Coordinator | Jason Watts / Lindy Grose         |
| Kids Tri Coordinator       | Dave Capra                        |
| Bag Coordination           | Liesl Richards                    |
| Medical Coordinator        | Amanda North / Alex North         |
| Announcer                  | Terry Gleeson                     |
| Comms Coordinator          | Tim Richards / Trent Murray – TBC |
| Tent and Banner Manager    | Lindy Grose / Anna Carswell       |
| Stall Coordinator          | Sam Heath                         |
| Massage Coordinator        | Sarah-Jane Murray                 |
| Equipment Officer          | Miles McColl                      |