



**TUFF FITTY**  
TRIATHLON CLUB

### **Triathlete Training at Southwater Country Park: Summer 2009**

**Triathlon training in Cripplegate Lake is only available to people with current membership with an affiliated triathlon Club** (see below). Triathletes without membership or belonging to non affiliated Clubs cannot use the lake.

**Triathletes may train only during their Club's organised training events.** These will be organised for set days and times. Training outside these times will not be allowed.

**Triathletes must follow the triathlete training code of conduct.** From 2009 this must include wearing a wetsuit and a swimming hat of their Club's colour.

**Triathlon Clubs will be responsible for their members during their organised training events.** This includes making sure that all people in the water are registered members with their club and that they are wearing a wetsuit, the correct colour swimming hat and following the other rules in the code of conduct.

**Do not climb over the gate or fence to get onto the floating jetty.** This is dangerous, may break the gate or fencing and will encourage other Park users to behave in a similar way. Keys are available for a returnable deposit to ALL members of affiliated Triathlon Clubs so each Club can have lots of keys! Any Triathlete found climbing the gate or fencing, will be banned from Southwater Country Park.

**No training before 17.00 on any day.** This is to avoid conflict with other lake users and so that other Park users are not encouraged to join in with the swimming.

#### **WHY ALL THE RULES?**

We are not trying to be awkward. We are proud to be one of the few local authorities that are able to allow triathlon training. The problem is that, with Health & Safety legislation and insurance issues becoming increasingly restrictive on these types of events, we need to make sure that all training follows the set Safety guidelines. An incident in the lake with someone who is not following the code of conduct could spell and end to triathlon training at Southwater Country Park. We do not want this to happen.

**Triathletes breaking any rules within the code of conduct will be banned from the Southwater Country Park.** This will be a total ban, so you would not be able to take part in the September Triathlon.

Affiliated triathlon groups in 2008 included: A2 Tri, Brighton Tri, Crawley Tri, Sussex Police Tri, East Grinstead Tri, Steyning Athletic Club, Tuff Fitty Tri and South London Harriers.

Tuff Fitty's registered swim cap is Blue

### **Triathlete Training Code of Conduct (Southwater Country Park)**

1. Triathlete training is allowed on Cripplegate Lake (the main lake at Southwater Country Park) between 5.00pm and dusk. No training is allowed before 5.00pm
2. Triathlete training is only allowed for people with current membership of an affiliated triathlon club and during their clubs organised training events.
3. At least one person (a 'spotter') must be present at all times during training on the bank or pontoon and this person must have a mobile phone.
4. There must be a minimum of two triathletes swimming at one time (plus one spotter on the bank). Under no circumstances will lone training be allowed.
5. Triathletes must wear wetsuits at all times while training
6. Triathletes must wear a high visibility swimming cap at all times while training. The colour of the cap will be determined by the club they belong to (for example the Amphibians Tri Club will wear orange caps).
7. Triathletes must abide by all rules and regulations relating to general usage of the Southwater Country Park.
8. All triathletes must conduct themselves with due regard for the safety and enjoyment of other users of the Southwater Country Park and must comply with all instructions given by representatives of the Council.
9. Any triathletes under the age of 16 must be registered separately and must be accompanied by an adult (over 18) at all times.
10. Vehicles belonging to triathletes should be parked in the Station Road car park.
11. Persons failing to observe any points within this code of conduct will be liable to be banned from the Southwater Country Park and will not be allowed future use of the lake.