



## Harvey Hadden General Squad Athlete Safety Policy

This session is based at Harvey Hadden Sports Village and runs between 4 and 6pm on a Saturday afternoon.

The policy below is when we have bike and run sessions followed by swimming in the pool.

- The session starts at 4pm and it's the parents / Carers responsibility to drop their athletes off at the gate of the cycle track ready to train for this time. At 4pm, Absolute Triathlon Club and the coaches take responsibility for the athletes. Athletes will need to bring bikes and suitable bike and run kit for the outdoor session.
- After the bike / run session athletes will be brought down in groups by the coaches and taken to the leisure centre for the swim. All athletes will be taken around to the front of the building where bikes can either be locked up or parents can collect the bike from their athlete. We recommend athlete shouldn't be going into the carpark to drop bikes at cars, it is the parent or carer responsibility to collect the bike from the front of the building if they are not to be locked up. The collection time will be around 16:50 pm.
- If no bikes are involved the athletes can be taken in through the main entrance and directed into the appropriate changing rooms.
- The session finishes at 6pm and parents / carers are expected to be around to collect their athletes from this time in the main reception area as this the time Absolute Triathlon Club hand back responsibility to the parents or carer.



## **Bingham General Squad Athlete Safety Policy**

This session is based at Bingham Leisure Centre and runs between 5 and 7pm every Friday

- The session starts at 5pm and athletes should be dropped off at the run track ready to train for this time. At 5pm, Absolute Triathlon Club and the coaches take responsibility for the athletes. They will need to bring bikes (during the summer) and bike and run kit suitable for the outdoor session. It is the Parent or carers responsibility to bring them to the run track for the start of the session.
- After the run / bike session athletes will be brought down in groups by the coaches and taken to the leisure centre for the swim.
- If bikes are being used, then all athletes will be taken around to the front of the building where bikes can either be locked up or parents can collect the bike from their athlete. No athlete should be going into the carpark to drop bikes at cars, the parent or carer should collect the bike from the front of the building. The collection time will be 17:55 pm.
- If no bikes are involved the athletes can be taken in through the back door and directed into the appropriate changing rooms.
- The session finishes at 7pm and parents / carers are expected to be around to collect their athletes from this time outside the changing rooms as this the time Absolute Triathlon Club hand back responsibility to the parents.



## Development squad Safety Policy

### Tuesday sessions

Swim session – Harvey Hadden

- Session starts at 18:00 so athletes are expected to be poolside and ready to swim. Session finishes at 19:00 – Absolute Triathlon club and importantly the coach have responsibility for the athlete between these times on poolside

Run session – Harvey Hadden

- Session starts at 19:20 and will finish at 20:00. Absolute Triathlon Club have responsibility between these times. Parents are expected to be onsite ready to collect their athletes at 20:00.

#### Parental responsibility:

Between 19:00 and 19:20 – the swim finishing and the run starting –the athlete is the responsibility of the parent/carer. We strongly advise that the athletes do not leave the premises of Harvey Hadden but to wait in the café area for the run to start after getting changed.

### Wednesday sessions

Bike session – Harvey Hadden

- Session starts at 17:30 and athletes are expected to be ready to ride for this time. The session will finish around 18:40 (when we are cycling) and it is then the responsibility of the parent / carer to get them safely to the run track for this session to start at 19:00. Absolute triathlon Club and importantly the coaches cannot take responsibility for this transfer due to the finishing and starting of the next session.

Wednesday Run session - Harvey Hadden

- Session starts at 19:00 so athletes are expected to be trackside and ready to run. Session finishes at 20:00 – Absolute Triathlon club and importantly the coach have responsibility for the athlete between these times on the run track –

#### Parental responsibility:

The bike session will finish around 18:40 and it is then the responsibility of the parent/carer to get the athlete safely to the run track for 19:00. Absolute triathlon Club and importantly the coaches cannot take responsibility for this transfer. Parents/carers are expected to be at the running track no later than 20:00 to collect the athlete

### Friday Sessions

This session is based at Bingham Leisure Centre and runs between 5 and 7pm every Friday



- The session starts at 5pm and athletes should be dropped off at the run track ready to train for this time. At 5pm, Absolute Triathlon Club and the coaches take responsibility for the athletes. They will need to bring run kit suitable for the outdoor session.
- After the run athletes will be taken down as a group by the coach and taken to the leisure centre for the swim.
- Athletes will be taken in through the back door and directed into the appropriate changing rooms.
- The session finishes at 7pm and parents / carers are expected to be around to collect their athletes from this time outside the changing rooms as this the time Absolute Triathlon Club hand back responsibility to the parents.

Parental responsibility:

- It is the parent/carers responsibility to bring athletes to the run track for the start of the session. The session finishes at 7pm and parents/carers are expected to be outside the changing rooms as this the time when the Absolute Triathlon Club coaches hand back responsibility to the parents.

**Saturday sessions**

Swim session – Harvey Hadden

- Session starts at 14:30 so athletes are expected to be poolside and ready to swim. Session finishes at 15:30 – Absolute Triathlon club and importantly the coach have responsibility for the athlete between these times on poolside.

Bike and run session – Harvey Hadden

- Session starts at 16:00 and athletes are expected to be ready to ride / run for this time and at the appropriate meeting point on the cycle track as notified by the coach.

Parental responsibility:

It is the parent / careers responsibility to ensure their athlete gets from poolside to the cycle track with the appropriate equipment ready to train. The session will finish at 17:00 and it is then the responsibility of the parent/carer to collect the athlete from the same point on the cycle track as the athlete was dropped off. Absolute Triathlon Club and importantly the coaches cannot take responsibility for this transfer due to the finishing and starting of the next session.

The above is based on the normal session times and these are subject to change based on facility changes and coach changes.



## Academy squad Athlete Safety Policy

### Monday session

- Session starts at 6:15 – athlete's / parents responsibility to be poolside ready to swim at 6:15
- Session finishes at 7:45 – any athlete needing to finish early will need to inform the coach and at this time or the finish time of 7:45 the responsibility for the athlete returns to the parents / carer.

#### Parent Responsibility

Once the athlete leaves poolside it is up to the parent / carer to decide where the athlete will be collected, either from the changing room, the reception area or the carpark.

### Tuesday sessions

#### Swim session – Harvey Hadden

- Session starts at 17:00 so athletes are expected to be poolside and ready to swim. Session finishes at 18:00 – Absolute Triathlon club and importantly the coach have responsibility for the athlete between these times on poolside

#### Run session and Lower Limbs – Harvey Hadden

- Session starts at 18:20 and will finish between 19:00 and 19:10. Absolute Triathlon Club have responsibility between these times. Parents are expected to be onsite ready to collect the athletes from 19:00.

#### Parental responsibility:

Between 18:00 and 18:20 – the swim finishing and the run starting –the athlete is the responsibility of the parent/carer. We strongly advise that the athletes do not leave the premises of Harvey Hadden but to wait in the café area for the run to start after getting changed.

### Wednesday sessions

#### Swim session – Harvey Hadden

- Session starts at 06:00 - athlete's / parents responsibility to be poolside ready to swim at 6:00
- Session finishes at 7:30 – any athlete needing to finish early will need to inform the coach and at this time or the finish time of 7:30 the responsibility for the athlete returns to the parents / carer.



#### Parent Responsibility:

Once the athlete leaves poolside it is up to the parent / carer to decide where the athlete will be collected, either from the changing room, the reception area or the carpark.

#### Bike session – Harvey Hadden

- Session starts at 17:30 and athletes are expected to be ready to ride for this time. The session will finish around 18:40 (when we are cycling) and it is then the responsibility of the parent / carer to get them safely to the run track for this session to start at 19:00. Absolute triathlon Club and importantly the coaches cannot take responsibility for this transfer due to the finishing and starting of the next coaching session.

#### Run session - Harvey Hadden

- Session starts at 19:00 so athletes are expected to be trackside and ready to run. Session finishes at 20:00 – Absolute Triathlon club and importantly the coach have responsibility for the athlete between these times on the run track.

#### Parental responsibility:

The bike session will finish around 18:40 and it is then the responsibility of the parent/carer to get the athlete safely to the run track for 19:00. Absolute triathlon Club and importantly the coaches cannot take responsibility for this transfer. Parents/carers are expected to be at the running track no later than 20:00 to collect the athlete

#### **Thursday sessions**

##### Swim session – Harvey Hadden

- Session starts at 06:00 - athlete's / parents responsibility to be poolside ready to swim at 6:00
- Session finishes at 7:30 – any athlete needing to finish early will need to inform the coach and at this time or the finish time of 7:30 the responsibility for the athlete returns to the parents / carer.

#### Parent Responsibility:

Once the athlete leaves poolside it is up to the parent / carer to decide where the athlete will be collected, either from the changing room, the reception area or the carpark.

#### **Saturday sessions**

##### Bike and run session – Harvey Hadden



- Session starts at 15:00 and athletes are expected to be ready to ride / run for this time. The session will finish around 16:00 and it is then the responsibility of the parent / carer to get them safely to the swimming pool and importantly poolside for the swim session to start at 16:30. Absolute triathlon Club and importantly the coaches cannot take responsibility for this transfer due to the finishing and starting of the next session.

#### Swim session – Harvey Hadden

- Session starts at 16:30 so athletes are expected to be poolside and ready to swim. Session finishes at 18:00 – Absolute Triathlon club and importantly the coach have responsibility for the athlete between these times on poolside.

The above is based on the normal session times and these are subject to change based on facility changes and coach changes.