



Worthing Swimming Club & Junior Triathlon Club

Affiliated to Southern Counties A.S.A., R.L.S.S & British Triathlon

Welcome / Renewals Letter

WORTHING OTTERS JUNIOR TRIATHLON CLUB

Date 21st June 2016

Dear *NAME OF PARENT/CARER*,

On behalf of Worthing Otters I would like to welcome your child to the club and provide you with some information about our activities. The Club provides opportunities for young people between the ages of 8 and 16 to receive coaching and competition in Aquathlon, Duathlon and Triathlon. All coaching is by qualified coaches who are trained and have been screened for their suitability for working with young people.

The Club is has been accredited with Sport England's Clubmark, which is awarded to clubs by Triathlon England when the club is able to demonstrate that it meets the Triathlon England's criteria. Clubmark is an acknowledgement that we take these issues seriously and that we are striving to provide a high quality and welcoming environment for young participants in the sport. Our club Welfare Officer, Ann Maloney, is responsible for ensuring that our child protection policy is implemented, and can be contacted on 07951 935374 should you have any concerns.

We welcome parents to all training and competitions and value your support. We are keen to try and involve parents in the club. .

2015/2016 Membership

I am writing to let you know that the new subscription period for membership of Worthing Swimming Club will run from **1 July 2016 to 30 June 2017.**



There are four categories of membership:

Swimming* & Triathlon	This is for those members who are also WSC members and swim in lanes during the week with WSC and are also Otters members. Entitled to attend all WSC swimming, diving & water polo training and all Otters sessions. Membership of ASA. Entitled to represent WSC in Galas and diving & water polo competitions. Entitled to represent Worthing Otters at triathlon and multisports events**	£70.00 (includes £10 to Otters and £60 to WSC) Annually plus £5 per month standing order. Your WSC membership card will have "OT" added to signify Otters Triathlon Club
Triathlon Only	Entitled to attend all Otters sessions. Entitled to represent Worthing Otters at triathlon and multisports events**. Entitled to represent WSC in Galas and diving & water polo competitions.	£25.00. (includes £10 to Otters and £15 to WSC.) annually plus £10 per month payable by standing order. You will have a WSC membership card with "OT"

* Family Memberships for 3 or more children aged 4 – 16 inclusive also available.

** Race entry fees are additional.

Arrangements should be made for your child to travel to and from training sessions and matches. We appreciate it if children can arrive promptly and are collected promptly at the end of the session, if they are not making their own way home. If you are going to be late picking your child up, please contact the relevant coach – details are below.

We would be grateful if you could complete the attached junior club membership form. For the safety of your child it is important that the club is informed of any medical condition or allergies that may be relevant, should your child fall ill or be involved in an accident while at the club.

If you would like to talk to someone at the club about this information or your child's involvement with the club, please contact the Clifford Thomas on 07787566001.

We thank you for your cooperation and look forward to meeting you at some point in the future.

Kind Regards

Clifford Thomas



Welcome / Renewals

Who are the Worthing Otters?

We were set up during the summer of 2005 in order to enter a team in the Sussex Youth Games Aquathlon. Now we operate under the umbrella of Worthing Swimming Club but we have links with Worthing Harriers, Worthing Excelsior Cycling Club and VC Jubilee Youth Cycling Development Club. Our aim is to offer young people aged between 8 and 16 the opportunity to participate in the sport of triathlon.

We have Clubmark accreditation, which is awarded to clubs that are able to demonstrate sound procedures and good practice with regard to

[Duty of Care and Child Protection](#)

[Training](#) & Competition Programmes

[Sports Equity and Ethics](#) and

[Club Management](#)

Clubmark is an acknowledgement that we take these issues seriously and that we are striving to provide a high quality and welcoming environment for young participants in our sport.

What is triathlon?

Triathlon is a multi-discipline sport that involves the athlete swimming, cycling and running during the course of a race. Children's Triathlons are exciting multisport races, which give 8 to 16 year olds the opportunity to have a go at this fast growing sport. Competitors for these events are split into different age groups (Tristar Start - 8 years, Tristar 1 - 9/10 years, Tristar 2 - 11/12 years, Tristar 3 - 13/14 years & Youth - 15/16 years) with each group racing over different swimming, cycling and running distances. The 8 year old category is run over very short distances to introduce young athletes to the sport. There are two events associated with triathlon and these are Aquathlon and Duathlon races. Aquathlon races are a combination of a swim followed by a run. Duathlon races are a combination of a run followed by a cycle and then another run.

Who are the Otters' coaches?

Our Head Coach is Niki Treacy, who is a past winner of the Worthing Triathlon and 2010 European Age Group Sprint Champion, is a Level 2 Coach. Ann Maloney, Andrew Moulding BTA Level 2 and Clifford Thomas BT Level 1 Coaches and training for Level 2.

Do you have insurance?

Worthing Swimming Club is affiliated to British Triathlon which provides insurance cover for our triathlon related activities. Each qualified coach is also covered by their respective licences.

Do I need to buy lots of expensive specialist equipment?

No, you need some basic equipment such as a roadworthy bike of any description & an approved cycle helmet but there is no need to splash out on expensive gear.

Where and when do you train?

Our main base is at Worthing Splashpoint, Brighton Road, Worthing. We hold weekly sessions on Monday's and Saturdays throughout the year with the exception of short breaks at holiday times (e.g. Christmas, Easter etc). However, the venues that we use do vary depending on which discipline we are featuring for each age group. We publish a 12-week programme in advance of each quarter so that everybody knows where to go. Most sessions are one hour long but the joint bike sessions with VC Jubilee Youth Development Cycling Club are two hours.



How good do you have to be at each of the disciplines to join the Otters?

We welcome all standards of ability to join us and you can do as much or as little as you want. You must be able to swim 50 metres though. Most people who come along haven't done anything like this before and you may find it a little difficult at first but don't worry - everybody does. It is still fun to have a go and if you decide to go in for a race the satisfaction of completing your first multi-sports event will be immense what ever position you come or time you do. Our aim is to offer everybody the chance to take part in an organised race but if you just want to come along to training that is cool too.

A Membership Category

I do not wish to continue my membership of Worthing Otters
Please tell us so we do not continue to send reminders.

I would like to continue /start my membership of Worthing Otters

Please indicate what type of membership subscription you want to take out:

Swimming & Triathlon Member WSC Membership No. -----
Triathlon Only Member Associate Member

B Personal Information

Last Name			
Forenames			
How do you like to be addressed (e.g. Michael, Mike, Mick)			
Address 1			
Address 2			
Address 3			
Postcode			
Day Telephone			
Evening Telephone			
Mobile No.			
Email address			
Emergency Contact & details of where s/he can be reached during the session times if different from above			
Year Group Sep 2015		Date of Birth	
Age as at 31.12.2015		School	



Medical information

Please detail below any important medical information that the Club should be aware of (e.g. epilepsy, asthma, diabetes etc.)

Emergency contact details

Please insert the information below to indicate the person(s) who should be contacted in event of an incident/accident.

Contact name e.g. spouse/parent

Emergency contact number

We need the following information in order to help the club monitor its membership to ensure it is meeting the needs of the community and for annual returns to Triathlon England / ClubMark.

Ethnicity

In order to help the club monitor its membership to ensure it is meeting the needs of the community please will you tick one of the following boxes to identify your ethnic group/origin.

A. White

British

Irish

Any other white background (please specify)

B. Mixed

White & Black Caribbean

White & Asian

White & Black African

Any other mixed background (please specify)

C. Asian or Asian British

Indian

Pakistani

Bangladeshi

Any other Asian background (please specify)



D. Black or Black British

- Caribbean
 - African
 - Any other Black background (please specify)
-

E. Chinese or other ethnic group

- Chinese
 - Any other (please specify)
-

Disability

The Disability Discrimination Act 1995 defines a disabled person as anyone with ‘a physical or mental impairment, which has a substantial long-term adverse effect on his or her ability to carry out normal day-to-day activities’.

Do you consider yourself to have a disability? Yes No

If yes, what is the nature of your disability?

Please detail below any important medical information that the Club should be aware of:

- Visual impairment
- Hearing impairment
- Physical disability
- Learning disability
- Multiple disabilities
- Other (please specify)

Sporting information

Have you taken part in Triathlon before? Yes No

If yes, where have you done so (please indicate below)

- Another club
- Recreational
- Local authority session(s)
- Club
- County
- Other (please specify)



C DECLARATION

I acknowledge receipt of the rules of Worthing Swimming Club / Junior Triathlon Club and confirm my understanding and acceptance that such rules (as amended from time to time) shall govern my membership of the Club. I further acknowledge and accept the responsibilities of membership upon members as set out in these rules. I agree to abide by the Members' Code of Conduct and uphold the highest possible level of sportsmanship.

.....
Signature **Date**

D PARENTAL CONSENT

I wish my child to be allowed to take part in all club / triathlon related activities. I further consent to any emergency medical treatment necessary during the course of any authorised club activity. I understand it is the responsibility of the Parent/Guardian to ensure that any necessary medication relating to the above stated conditions is made available and that any club official is NOT permitted to administer any drugs/medication I understand that whilst Team Managers and Assistants in charge of teams will take all reasonable care of children, they cannot be held responsible for any loss, damage or injury suffered by my child whilst travelling to or from, or taking part in any club activities. I agree to abide by the Code of Conduct for Parents & Carers.

On occasions we use photos/video footage for promoting the club. If you do not want images of your child published **including on our website** please tick the box.

.....
Parent / Guardian's Signature **Date**

Full Name of Parent / Guardian











Address (if different from above)

.....
Please return to: Clifford Thomas, Ann Maloney at any session by 15th November **2015 or post to Clifford Thomas at 18 Ruston Park, Rustington West Sussex BN11 1HR**

Please see contacts and codes of conduct below:



Code of conduct for parents/carers
WORTHING OTTERS JUNIOR TRIATHLON CLUB

-  Encourage your child to learn the rules and play within them.
-  Discourage unfair play and arguing with officials.
-  Help your child to recognise good performance, not just results.
-  Never force your child to take part in sport.
-  Set a good example by recognising fair play and applauding good performances of all.
-  Never punish or belittle a child for losing or making mistakes.
-  Publicly accept officials' judgements.
-  Support your child' involvement and help them to enjoy their sport
-  Use correct and proper language at all times.
-  Encourage and guide performers to accept responsibility for their own performance and behaviour.



Code of conduct for junior members

WORTHING OTTERS JUNIOR TRIATHLON CLUB

Worthing Otters Junior Triathlon Club is fully committed to safeguarding and promoting the well-being of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are 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 Ann Maloney – Welfare Officer.

As a member of Worthing Otters Junior Triathlon Club, you are expected to abide by the following junior code of practice:



All members must play within the rules and respect officials and their decisions.



All members must respect the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background, religious beliefs or sexual identity.



Members should keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late.



Members must wear suitable kit for training and match sessions, as agreed with the coach.



Members must pay any fees for training or events promptly.



Junior members are not allowed to smoke on club premises or whilst representing the club at competitions.



Junior members are not allowed to consume alcohol or drugs of any kind on the club premises or whilst representing the club.



Bullying of any sort will not be tolerated.



KEY PERSONNEL

Welfare Officer

Ann Maloney 07951 935374

Triathlon Coaches

Level 2

Niki Treacy (Head Coach) 07957 406775
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Ann Maloney 07951 935374
Clifford Thomas 07787 566001

Management Group Members

Robert Downham (Kit Secretary)
Peter McCallum (Finance Secretary)
Niki Treacy (Head Coach)
Ann Maloney
Clifford Thomas (Comms)

Discipline Reps. & Other Roles

Swim	Bike	Run	First Aiders	Referees
Ann Maloney	Robert Downham	Ann Maloney		Niki Treacy
		Clifford Thomas Becky Thomas	Ann Maloney	

Training Equipment Check List

Be aware of the prevailing weather conditions. Avoid discomfort in winter months by bringing sufficient clothing to keep warm whilst training and to change into to travel home if you get wet. In summer bring cooler clothing & wear a hat with a brim if training when the sun is hot. **Bring plenty to drink (water or squash – no fizzy drinks) to every session whatever the season.**

Swimming

Swim wear	
Towel	
Goggles	

Running

Base Layer Top (T-shirt, long sleeve thermal)	
Mid Layer Top (Rugby shirt, Sweatshirt, Fleece)	
Outer Layer Top (Waterproof jacket)	
Base Layer Bottom (Shorts, thermals)	
Mid Layer Bottom (Tracksuit bottoms)	
Outer Layer Bottom (Waterproof trousers)	
Socks	
Trainers	
Hat (with a brim in summer, woolly in winter)	
Gloves	
Socks	
In wet weather bring a change of clothing - top, trousers, shirt, socks, trainers etc	
In hot weather bring sun block & wear a light long sleeve top to avoid sun burn.	

Cycling

The same clothing etc as for running	
Helmet approved to National Standard	
Bike in roadworthy condition	

Club Kit

We hold a stock of clothing items in the Club's colours including **fleeces** (adults & children sizes), **T-shirts** (adult & children sizes), **trisuits** (small adult & children sizes), **cycle tops** (children sizes) and **number belts**. Please ask a member of the management group for details about prices and how to obtain these items. If you choose to take part in any races we would be grateful if you would wear club kit to help raise our profile in the area.

Training Venues

The main venues for our training sessions are:

Venue / Activity	Location	Notes
Worthing Splashpoint Brighton Road, Worthing Swimming / Running	On the seafront – just east of Worthing town centre. Free car parking available in the former Aquarena car park	If swimming use your membership card to get a token to enter the new turnstile then change and meet the coach on poolside.
Worthing Leisure Centre Shaftesbury Avenue, Worthing Running	On the west side of Worthing and close to Durrington Station and Worthing College. Free parking available.	Please pay for a casual track session at Reception and meet the coach outside on the track. If the track is unavailable we meet in the foyer and use West Park – no fee required.
Adur Outdoor Activities Centre Brighton Road Shoreham-by-Sea TQ212051 Cycling	Go east out of Worthing on A259. Just before crossing the River Adur turn left into the AOAC car park (beware height barrier)	Please note that the sessions with VCJ are 2 hours long.

Multisport Age Group Events

Maximum race distances.

Age groups are based on the age as at 31 December in the current year

Triathlon

	Swim	Swim Open Water	Cycle Grass	Cycle Tarmac	Run
Tristar Start Age 8	50m	Min 50m Max 100m	800m	1500m	600m
Tristar 1 Age 9- 10	150m	Min 150m Max 200m	2000m	4000m	1200m
Tristar 2 Age 11 - 12	200m	Min 200m Max 300m	4000m	6000m	1800m
Tristar 3 Age 13-14	300m	Min 300m Max 350m	6000m	8000m	2400m
Youth * Age 15-16	400m	750m	20km	20km	5km

* Standard Sprint Triathlon Distance

Duathlon

	Run	Cycle Grass	Cycle Tarmac	Run
Tristar Start Age 8	400m	800m	1500m	200m
Tristar 1 Age 9- 10	1200m	2000m	4000m	400m
Tristar 2 Age 11 - 12	1600m	4000m	6000m	600m
Tristar 3 Age 13-14	2000m	6000m	8000m	800m
Youth Age 15-16	Up to distances allowed for standard Sprint events			

Aquathlon

	Swim	Swim Open Water	Run
Tristar Start Age 8	50m	Min 50m Max 100m	600m
Tristar 1 Age 9- 10	150m	Min 150m Max 200m	1500m
Tristar 2 Age 11 - 12	250m	Min 200m Max 300m	2000m
Tristar 3 Age 13-14	400m	Min 300m Max 350m	3000m
Youth Age 15-16	Up to distances allowed for standard Sprint events		