



Members handbook 2010

Welcome to the Gunnedah Cycling & Triathlon Club

The Gunnedah Cycling and Triathlon Club has been active since 1999. It was formed from the union of the Gunnedah Amateur Cycling Club and members of the community interested in triathlon.

The Club promotes both Cycling and Triathlon within the Gunnedah and North-West regions of New South Wales.

The Clubhouse is situated beside Gunnedah's indoor heated pool and these facilities are utilised to enable local competitors to achieve many varied goals from personal best times, success at State and National levels and general health and wellbeing.

Our mission is to provide a family friendly environment for people to achieve fitness while enjoying the sports of triathlon and cycling.

This handbook is designed to provide the member with information about:

- The general running of the club and club officials
- The club's Code of conduct and rules for racing in all club events
- Junior Development Programs
- Training and coaching
- List of club events

General running of the club and club officials

The Gunnedah Cycling and Triathlon club is a not for profit sporting association that is affiliated with Cycling NSW and also Triathlon NSW.

The club is run by volunteers and relies on Sponsorship, race entry fees and membership fees to fund the activities of the club.

The Club committee is also voluntary and is elected at the Annual General Meeting by the financial members. All positions on the committee are for a 12 month tenure.

The current committee is made up of:

President:	Patrick Maher	patrick.maher@joblinkplus.com.au	(Ph) 0427 263 873
Vice President:	Chris Reading	chritan@bigpond.net.au	(Ph) 0448 420 635
Secretary:	Sandra Donnelly	SDonnelly@whitehavencoal.com.au	(Ph) 0411 175 237
Treasurer:	Tania Reading	chritan@bigpond.net.au	(Ph) 0448 420 635
Club Coach	John Hickey	trihickey@iinet.com.au	(Ph) 0427 423 251
Committee	Stewart Michel	stewart@semichelandco.com.au	(Ph) 02 6742-3111
Committee	Garry Turner	gusturn@dodo.com.au	(Ph) 02 6742-1397
Committee	Andrew Higham	hig18@bigpond.com	(Ph) 0428 431 688

The committee meets on the second Wednesday of each month to discuss club matters and review the general operations of the club.

Club's Code of Conduct and rules for racing in all club events

To be a member of the Gunnedah Cycling and Triathlon Club the member needs to abide and agree to all the adopted policies of the club. These are represented by but not limited to:

- Code of conduct
- Grievance Policy
- Members Indemnity Declaration for all club races. (This is a legal document and must be accepted by all members or parent/guardians for children under 18 years of age.)
- Race rules and condition of entry as directed by the approved club officials

Club Code of conduct

At the November 2008 Club meeting the committee adopted the Triathlon NSW Code of Conduct and the Triathlon NSW Member Protection Policy as the direction that the Gunnedah Cycling and Triathlon Club and its members will interact with each other, the community and the sporting environment.

The full documents are held by the committee located on this link:

<http://www.trinswrace.org/default.asp?PageID=11954>

Grievance Policy

At the November 2008 Club meeting the committee adopted a shortened grievance policy to handle general complaints for its members. This policy is detailed below:

GENERAL COMPLAINTS:

The intention of this procedure is that it is to be flexible and dealt with in a fair and just manner.

1. If a person, group or external company has a genuine grievance about the club, its officials or members then effective notification, preferably in writing, is to be addressed to the Club President. (Note verbal and electronic communication will be accepted).
2. After receipt of this notification the President will communicate the grievance to the Vice President and they will assess what course of action that the club will need to take.
3. If the grievance is in relation to a member, junior member or official of the club, the President, or in his absence the Vice President, will notify that other party involved, and in the case of a junior, the juniors parents. If the matter cannot be fixed immediately then the President, or in his absence the Vice President, will organise a mediation session to resolve the matter.
4. If the grievance is in relation to the club in general the President, or in his absence the Vice President, will firstly contact the generator of the grievance to discuss the matter and if necessary organise a mediation session.
5. If any of the above matters are resolved they will be noted by the President, or in his absence the Vice President at the next available committee meeting.
6. If these grievances cannot be resolved by mediation and there is potential that the club will be impacted financially, ethically or legally, then the matter is to be tabled at the next available committee meeting.
7. The Committee will then agree on proposed course of action. This course of action may vary depending on the need for more information or further advice from external parties.

Members Indemnity Declaration, agreement to race and abide by Club policies

ALL Competitors MUST be members of the Gunnedah Cycling and Triathlon Club

GUNNEDAH CYCLING AND TRIATHLON CLUB INC

CONDITIONS OF MEMBERSHIP, RACE ENTRY & ACCEPTANCE OF RACE CONDITIONS
(MUST BE ACCEPTED BY ALL COMPETITORS OR PARENT/GUARDIAN)
COMPETITORS WARNING: THIS IS A LEGAL DOCUMENT THAT AFFECTS YOUR RIGHTS

I agree to compete in any event run by the Gunnedah Cycling and Triathlon Club on the following basis:

1. I acknowledge that competitive triathlon, cycling & duathlon involves the real risk of serious injury or even death from various causes including overexertion, equipment failure, dehydration, accidents with other competitors, spectators & road users and course weather conditions to name a few.
2. By competing, I accept all risks necessarily flowing from my participation that could result in loss of life or permanent injury. Accordingly, I release all people associated with the conduct of the event from, and will indemnify them against, liability for all injury [including liability for negligence], as well as loss or damage arising out of, or connected with, my participation in the events. For clarification, the people released include event organisers, volunteers, promoters, sponsors, managers, government & public authorities. This release & indemnity continues forever & binds my heirs, executors, personal representatives & assigns.
3. I understand that I should not compete in these events unless I have trained appropriately & a medical practitioner has verified my physical condition.
4. I consent to receiving any medical treatment that event organisers deem necessary during or after an event
5. I understand that compulsory insurance cover affected for competitors in these events may not cover me for injury, loss or damage sustained by me.
6. Safety precautions undertaken by organisers are a service to me & other competitors, but are not a guarantee of safety.
7. I am fully responsible for the security of my personal possessions at the events.
8. I consent to the event organisers using my name, image & likeness, before, during & after the events for event promotion & reporting in any media.
9. I agree to abide by all of the Club's policies covered in this handbook and also the race rules & directions issued by the event organisers & their appointed race officials.
10. I acknowledge that failure to observe & obey all road rules will result in my disqualification from the event & immediate suspension from the Gunnedah Cycling and Triathlon Club.
11. I acknowledge that abuse of a club / event official will result in my disqualification from the event & immediate suspension from the Gunnedah Cycling and Triathlon Club.
12. I certify that I am 18 years of age or older & have read this document & fully understand it.

I accept the Indemnity Declaration and the Clubs policies.

Signed: _____ Date: _____

Junior Development Programs

“To introduce and educate children and young adults into the sport of Cycling & Triathlon, addressing the skills and requirements of cycling, swimming, running, strength training, flexibility, transitions and personal management using a club coaching structure.”

DEVELOPMENT PROGRAMME:

- (1) The project of junior development will at all times revolve around the club coaching structure with its pathways to regional, state and national coaching structures;
- (2) The program will therefore revolve around the weekly programs of the head coach and the Gunnedah Clubs race days;
- (3) These programmes will evolve or change depending on region, state or national requirements of coaching or racing programmes;
- (4) The availability of coaches at regular sessions is the predetermining factor to the pattern or programming of training;
- (5) The National Coaching Guidelines will establish maximum levels of workload for each age group;
- (6) Each coach will have a copy of the National Guidelines of Workload;
- (7) Coaching will take place twice per day Monday to Thursday, unless racing on Sunday, in which case Saturday becomes a rest day and Friday a training day.

There will be regular time slots of 5:30am Saturday and 6:30am Sunday unless otherwise notified.

Training and Coaching

Head Coach, John Hickey, is highly decorated Triathlete and has coached a number of people to State, National and World championship levels in Triathlon and cycling. He offers training to members committed to the sport. The schedule training sessions for his coaching are listed below and the training function is totally at the Head Coach's discretion.

Training Schedules - Coach approved sessions

Monday	<ul style="list-style-type: none">• 5.30am• 5.15pm• 6.00pm	swim heated pool hunts lane 15km cycle race (summer only) hill run session meet at heated pool (winter only)
Tuesday	<ul style="list-style-type: none">• 5.00am• 5.45am• 6.00pm	50km ride meet at corner Edward & Bridge Sts 30km ride meet at the heated pool car park run training Wolseley Oval
Wednesday	<ul style="list-style-type: none">• 5.30am	swim heated pool
Thursday	<ul style="list-style-type: none">• 5.00am• 5.45am• 5.45am• 6.00pm	50km ride meet at Edward & Bridge Sts 30km ride meet at heated pool car park (summer only) rim trainer session in the clubhouse (winter only) run training Wolseley Oval
Friday	REST DAY	for athletes & coaches
Saturday	<ul style="list-style-type: none">• 5.30am• 2.00pm	swim-ride-run heated pool Hunts Lane 40km cycle (winter only)
Sunday	<ul style="list-style-type: none">• 6.30am	50 – 100km cycle meet at McDonalds

*** If racing on Sunday the rest day will be Saturday & Friday will be swim ride run.

CONTACTS

JOHN HICKEY	(HEAD COACH)	0427 423251
MICK LUDLOW	(ASSISTANT COACH)	0428 668837
TAMMY WHITE	(CYCLE SKILLS COACH)	0428 425636

If you are interested in attending any of the above sessions please contact one of the above coaches.

Social Rides - These are not coached or organised by Club coaches

On Tuesday & Thursday mornings there is a social ride that starts at 5.30am on the Corner of Edward and Bridge Streets, Gunnedah. It is up to 30km.

On Tuesday & Thursday lunchtimes, there is a social ride that starts at 12.15pm from the Rugby Park. It is up to 40km.

On Saturday mornings there is a social ride that leaves the Rugby park at 7.00am. It is up to a 40km ride.

On Sunday afternoons there is a social ride that leaves the Rugby park at 3.30pm in winter and 4.00pm in summer. It is up to a 40km ride. Rug up for winter as it gets cool at the end of the ride. Membership Information