

YORK TRIATHLON CLUB – SESSION REQUIREMENTS 2024

| Session | Session Leader Level of Qualification | Environmental Provision | Number of Attendees **** | NOTES |
|--|--|--|-----------------------------|---|
| Strength & Conditioning | Level 2/3 /Group Coach with S&C Specific qualification | Managed Venue Provision required | 3+ | |
| Spin Cycling | Level 1*/ 2/3/ Foundation*/ Group Coach | Managed Venue Provision required When delivering virtually, Sign-up procedure along with risk management is still required. | 3+ | |
| Pool Swimming | Level 1*/ 2/3/ Foundation*/ Group Coach | Managed Venue Provision with lifeguard and First Aid provision | 3+ | |
| Open Water Swimming | Level 2**/ Group Coach***/ Swim Leader | Managed Venue Provision with lifeguard/ rescue team and First Aid provision on site. | 3+ | L1(pre & post 2016)/ Foundation Coach may assist only. Participants must have attended a Coached pool session and be judged competent to attend. Water Quality testing compulsory |
| Coached Running (Hill or Track Session) | Level 1*/ 2/3/ Foundation*/ Group Coach | First Aider and First Aid Kit required for unmanaged venue | 3+ | |
| Chaingang | Level 1* 2/3/ Foundation*/Group Coach/ Tri- Activator / Bike Leader | First Aider and First Aid Kit required for unmanaged venue | 3+ | Most detailed risk management process in place comprising additional check lists and additional disclaimer at sign-up. |
| Social Ride | Level 1*/ 2/3/ Foundation*/Group Coach/ Tri- Activator / Bike Leader | First Aider and First Aid Kit required for unmanaged venue | 3+ | |
| Coached off road Cycling & Brick session | Level 1*/ 2/3/ Foundation*/ Group Coach | Managed Venue Provision OR First Aider and First Aid kit required | 3+ | BTF advises more than one Coach to be present. |
| Social Runs | Level 1*/ 2/3/ Foundation*/ Group Coach/ Tri- Activator/ Run Leader | First Aider and First Aid Kit required | 3+ | |
| Excursion (Parkrun/ Velodrome/ AGM or such like) | Club Officer (Coach or Committee) | Managed Venue Provision required | N/A | Risk management process must still be carried out to ensure venue has safety appropriately managed |
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This document has been produced in accordance with:

- British Triathlon Guidance for Coaches / Activators/ Leaders (2023)
- British Triathlon Coaches Code of Practice/ Activator Standards/ Coaching Standards/ Coaches Code of Ethics and Conduct/ Coach & Activity Guidance (ratios)
- YTC Policies and Practices
- BTF Guidance for Club Management
- Consideration of UK legislation relating to Employer's Duty of Care

For each scenario above a process of risk management is compulsory by the Officer/ Coach responsible for the activity and a Risk Assessment and Emergency Action Plan will be forwarded to the Welfare Officer ahead of the event.

YTC will not run activities where BTF advises against such activity (Eg, Open Road Coached Cycle Sessions and such like)

Activities must take place in locations where access is permitted.

The above applies in all locations – local or other.

All activities will be advertised with clear information around the requirements of the activity and will include the following disclaimer: **Please ensure if there are any changes to your health/medical form - that you let your coaches/session leader know ahead of the session and please only attend if you are fit and well. In attending this session you are expected to engage in accordance with York Triathlon Club's policies and practices.**

This policy does NOT apply for member led activities that are not listed in MyClubHouse which fall outside of York Triathlon Club's jurisdiction and, therefore, for which York Triathlon Club does not hold Duty of Care.

*L1/ Foundation Coach must have their session signed off by L2/ L3 Group Coach and can only Coach where a L2/L3/Group Coach is present. Level 1 gained between 2016 & 2023 may coach unsupervised following a L2/ L3 Coach signing off their sessions.

** L2 obtained after 2011 OR L2 who has obtained the bolt-on BTF OWS Module

*** Group Coach advised to obtain the bolt-on BTF OWS Module

**** YTC is insured should there be circumstances leading to BTF Coaches with Level 2 Diploma or Level 3 qualification coaching fewer than 3 participants in a session. This is to be checked annually, by YTC, with the BTF insurer.