



LANESBORO TRIATHLON CLUB

# SENIOR CLUB - SAFETY BRIEFING

January 2020

The purpose of this Safety Briefing is to outline the approach of our Club to safety generally and also in the normal course of supporting our Members to train and compete in the sport of Triathlon. Each Member has a responsibility to ensure and promote safety in our Club which includes understanding and complying with applicable Safety laws, rules and guidelines including Club and Triathlon Ireland guidelines and policies.

The following are best practice guidelines for club sessions and reflect Triathlon Ireland guidelines contained in **Triathlon Ireland Safety Guidelines for Club Sessions** (last updated August 2018).

These safety guidelines should be used for all Club sessions with or without a Coach. Specific guidelines for open water and open road sessions are included below.

There will be separate guidance for Junior Sessions.

## PLANNING A SESSION

The following planning and safety information is applicable to all Club Sessions including, track, pool, turbo, open road, open water coached and uncoached.

A club training session (**Club Session**) is defined as being one that is open to a wide range of Members and advertised by Lanesboro Triathlon Club specifically on the club website or other social media.

The LTC Training Committee (or its nominee(s)) will ensure that there is a nominated person or group of people to take charge of organising the particular session (**Session Activator**). Where there is no Coach this may fall to the Training Committee or its nominee(s).

The Session Activator does not have to be a Coach however, they can organise and lead the session but may not coach. This person, if not a Coach, is not responsible for the safety of the participants and this should be made clear to participants, however the Session Activator should be familiar with the Risk Assessment and Emergency Action Plan.

They will send out pre-session information (in the form of Appendix A or as otherwise determined appropriate by the Training Committee from time to time), including safety and logistical information, bring the sign-on sheet, hold emergency contact and medical information.

### Session Activator

*(In order of preference)*

1. Coach
2. Tri Leader
3. Training Committee Member / Experienced Club Member



The following roles need to be understood in the context of planning and running a session.

### **Session Leader**

- Experienced Club Member.
- Can organise and facilitate any adult session but they may not coach.
- Can organise, facilitate and lead a Junior session in an enclosed area using a session plan prepared by a Coach (not open road or open water).

### **TRI Leader**

- Can organise and facilitate any adult session but they may not coach.
- Can organise, facilitate and lead a Junior session in an enclosed area using a session plan prepared by a Coach (not open road or open water).
- Can assist a Coach in other sessions.

### **Level 1 Coach**

- Can coach an adult pool, run or cycle group session in an enclosed area.
- Cannot take part in a session while coaching.
- Can provide a plan and outline what participants should do during an open water or open road session however they may not coach during the session, but they can accompany the group.

### **Level 2 Coach**

- Can plan and deliver group and individual sessions including open water and open road for adults and juniors.
- Can coach during the session but not while taking part.

### **Coaching / Supervision Ratios**

It is the responsibility of the Session Coach / Leader to ensure that the group is adequately supervised. A Coach should not take a dual role of coach and lifeguard and should not take part in the session if they are actually coaching. We will endeavour to comply with the Triathlon Ireland recommendations for Coaching Ratios.



## Adult Sessions Coaching Ratios

Session Delivered	TRI Leader	Level 1	Level 2
Pool Based Swimming Sessions (separate lifeguard present)	Not covered to coach but can facilitate session	1:8	1:16
Open Water Swim Sessions (separate lifeguard and first aider present)	Not covered to coach but can facilitate session	1:6 once Open water CPD completed	1:14
Cycling Enclosed area for example; park, turbo sessions (no traffic)	Not covered to coach but can facilitate session	1:16	1:20
Cycling Open Road	Not covered to coach but can facilitate session	1:6 once Open road CPD completed	1:8
Running Enclosed area	Not covered to coach but can facilitate session	1:12	1:20
Running open road	Not covered to coach but can facilitate session	Not covered to coach but can facilitate session	1:16

### \*UNCOACHED ADULT CLUB SESSIONS\*

Triathlon Ireland insurance allows for Club sessions (including adult open water and adult open road cycles) to be completed in the absence of qualified Coaches.

However, only a Coach can coach during these Sessions. In the absence of a Coach, another Club Member, preferably a TRI Leader can lead or activate a Session. This means they can organise a Club Session following the safety guidelines outlined herein. These Sessions can be either just an unstructured swim or cycle or those in the session can practice skills, drills etc based on a Session Plan discussed with a Coach in advance. Prior to the Session the group can discuss what they will do in the Session but they will not be coached during the Session by the TRI Leader / Session Leader.

**Note: All Club Members must be both LTC and Triathlon Ireland Members in order to have insurance cover for sessions. Individuals can attend up to 3 sessions prior to joining LTC and will be insured for those 3 sessions.**



## RISK ASSESSMENT

The Training Committee has arranged a risk assessment for the following venues/locations:

- Roscommon Leisure Centre (Pool Swimming)
- Lanesboro Harbour (Open Water Swimming) **\*UNDER REVIEW\***
- LTC Club Rooms (Turbo Training / General Training Sessions)
- Lanesborough Community College Race Track (Track Running)

The above Risk Assessments, which are reviewed and updated periodically (including following an incident), take into account the venue, different participant ages and ability levels, weather, first aid availability and equipment to be used. Risk Assessments allow the Training Committee to consider and mitigate potential risks.

Please note that each Session Activator will be responsible for carrying out a risk assessment of the relevant venue/location in advance of the Session commencing to identify any new risks that are not covered by the latest Risk Assessment for that venue/location. The Session Activator will record details of any new risks identified and action taken in the designated risk assessment section of the Senior Session Sign On Form (see Appendix A).

## EMERGENCY ACTION PLAN

The Training Committee has created an Emergency Action Plan for the following venues/locations:

- Roscommon Leisure Centre (Pool Swimming)
- Lanesboro Harbour (Open Water Swimming) **\*UNDER REVIEW\***
- LTC Club Rooms (Turbo Training / General Training Sessions)
- Lanesborough Community College Race Track (Track Running)

The above Emergency Action Plans are reviewed and updated periodically (including following an incident). Each Club session will have a designated lead (Coach or TRI Leader or Session Leader) who will take the lead in the event of an emergency and is noted on the session sign-in sheets.



## ENCLOSED AREA SESSIONS

*These include track training, turbo sessions, park sessions and pool sessions.*

The Training Committee will ensure that there is a Risk Assessment and Emergency Action Plan for each enclosed area used for running a Club Session, where reasonably practicable. Please refer to the Risk Assessments and Emergency Action Plans completed by the Training Committee as listed above.

*If a Member identifies a requirement for the Club to complete further Risk Assessments and Emergency Action Plans for particular areas then please contact the Training Committee.*

### COMMENTS

- A Sign On Sheet will be provided by the Session Coach / Leader and all participants must sign in before the Session starts.
- All participants must be current Members of the Club and hold a Training or Race Licence or be availing of one of the permitted 3 sessions prior to deciding whether to join the Club.
- Participants must wear appropriate clothing and safety equipment and follow instructions of Session Coach / Leader at all times.
- Participants must notify the Session Coach / Leader in advance of any medical conditions and provide emergency contact details in the case of emergency.
- Session Coach / Leader has sole discretion in determining whether a participant is able to participate in the Session having regard to ability, safety and behaviour.
- For Minors between (16 – 18), participation will be at the sole discretion of the Session Coach/Leader. If permitted, the Parent/Guardian must be present throughout the Session. Form 11 must also be completed for the Junior in question.

### Club Room Sessions

For all Club Room Sessions (group and individual training sessions), each Member is required to comply with the Club Room Rules (as may be applicable and revised by the Training Committee from time to time) as part of their Membership of the Club – see Appendix B below.



## OPEN ROAD CYCLE SESSIONS

### COMMENTS

- A Sign On Sheet will be provided by the Session Coach / Leader and all participants must sign in before the Session starts. Session Coach / Leader will carry a phone during the Session.
- A Support Car is encouraged for groups of more than 10 participants, where possible, including for Time Trial Sessions.
- All participants must be current Members of the Club and hold a Training or Race Licence or be availing of one of the permitted 3 sessions prior to deciding whether to join the Club.
- Participants must wear appropriate clothing and safety equipment and follow instructions of Session Coach / Leader at all times. **This includes bike helmet, Hi-Viz and water bottle which are mandatory.**
- Bike safety checks must be completed by each participant prior to beginning.
- Participants must notify the Session Coach / Leader in advance of any medical conditions and provide emergency contact details in the case of emergency.
- Session Coach / Leader has sole discretion in determining whether a participant is able to participate in the Session having regard to ability, safety and behaviour.
- For Minors between (16 – 18), participation will be at the sole discretion of the Session Coach/Leader. If permitted, the Parent/Guardian must be present throughout the Session – as a fellow participant or in an accompanying vehicle (Support Car). Form 11 must also be completed for the Junior in question.



## **INSURANCE**

### **Triathlon Ireland Notice – Cycling Ireland**

Triathlon Ireland has recently been made aware that Cycling Ireland's insurance policy has been modified and does not extend to participant-to-participant incidents. This means legal liability is not covered by Cycling Ireland's insurance policy if a Cycling Ireland member collides with another person in a group cycle.

Triathlon Ireland is regrettably forced to instruct all its clubs not to participate in any Cycling Ireland group sessions. Triathlon Ireland also instructs its clubs to ensure that triathlon group cycling sessions are made up exclusively of Triathlon Ireland licence holders.

Furthermore, Triathlon Ireland members will not be covered under Triathlon Ireland insurance when training with Cycling Ireland members.

### **Lough Ree Orcas**

The Lough Ree Orcas Swimming Group is a separate entity to Lanesboro Triathlon Club. Any swim sessions organised by Lough Ree Orcas Swimming Group are not Lanesboro Triathlon Club sessions and Lanesboro Triathlon Club does not accept any responsibility for or in relation to such swim sessions.



Extract from **Guide to Cycling on the Road** by Cycling Ireland.

### **General Safety**

1. A cyclist should know the Rules of the Road and should understand signs and road markings.
2. Every cyclist should start a cycle by performing four checks – helmet, clothes, bike and conditions. Done in less than a minute, each one adds to safety on the road.
3. Correct road positioning is vital to ensure that other road users are aware of a cyclist and this can vary from being on the left side (but not in the gutter) of a wide, fast moving road, to keeping to the middle of the lane on a narrow, winding, back road to prevent dangerous overtaking. At all times, a cyclist should be where other road users can clearly see them, should cycle steadily and consistently, and should occupy the position that is SAFEST for them.
4. Visibility is always key on the road – this means always being sure to wear bright colours and supplement with Hi-Viz (vests, bands, belts, bag covers etc.).
5. A cyclist should always cycle well within the limits of their vision – this means slowing into corners, allowing for poor weather such as fog, mist and rain, and slowing down at night where vision and visibility is compromised.
6. A cyclist needs to know the road and the weather and needs to constantly adapt their cycling to allow for both these factors in combination.
7. A cyclist always needs to keep a Safe Stopping Distance – this is the space between the bike and whatever is ahead on the road – it varies according to speed and conditions.
8. A cyclist should always LOOK and consider a SIGNAL before moving position on the road – with only time for one or the other, LOOK to be sure not to move into danger.
9. A cyclist should NEVER go up the path side of a large vehicle (bus or lorry) even if there is a bike lane there – wait until it turns or drives away.
10. In stopped or slow-moving traffic, a cyclist should watch out for drivers from the opposing lane turning across the road, through the queue of traffic – they may not anticipate or see the cyclist.
11. A cyclist should always watch out for opening doors when passing stopped or slow-moving vehicles.
12. Crossing rail tracks poses a real danger for cyclists. To avoid getting a wheel caught, cross the tracks at an angle (90 degrees) and avoid braking on them, as they can be hazardous, especially in wet weather.

### **Rules of the Road**

The Rules of the Road apply to all road users – in general terms, for cyclists, this means:

- a. Having a bike that is in proper working order and that fits.
- b. ALWAYS stopping at a red traffic light.
- c. ALWAYS stopping at a STOP sign and yielding appropriately at a YIELD sign.
- d. ALWAYS stopping at pedestrian facilities (Zebra crossings, pedestrian lights etc.) if someone is crossing.





- e. ALWAYS cycling in the same direction as the rest of the traffic (i.e. on the left) when on the road or a bike lane.
- f. ALWAYS obey lane markings, unbroken centre lines cannot be crossed.
- g. ALWAYS use hand signals to indicate your intentions.
- h. Only cycling on the path if there is a suitable bike facility there.
- i. When turning left, giving way to pedestrians who have started to cross the road.
- j. Stopping and pulling in to use a mobile phone.
- k. Cycling no more than two abreast, and, keeping to single file to facilitate flow of other vehicles in traffic, unless it is safer to prevent an overtake where the road is narrow, or there are parked vehicles causing a narrowing effect.

## Basics of Road Riding and Junction Negotiation

### TURNING LEFT

A sequence of actions should be followed by riders turning left

- On approach to the junction **LOOK** over the right shoulder to check what is behind.
- **SIGNAL** for at least 3 seconds if there is anyone who would benefit from the signal.
- Just before turning **CHECK** over the left shoulder.
- Follow the primary **POSITION** line all the way round the corner.

### TURNING RIGHT

When making right turns at a junction riders should move to a position an arm's length from the centre line. They should avoid signalling with their arm extending into the oncoming lane.

A sequence of actions should be followed by riders turning right

- On approach to the junction **LOOK** over the right shoulder to check what is behind.
- **SIGNAL** for at least 3 seconds if there is anyone who would benefit from your signal and move into **POSITION** an arm's length from the centre line.
- Just before turning **CHECK** over the right shoulder.
- Follow the primary **POSITION** line all the way round the corner.
- When turning into a major road the turn should be executed after crossing the centre line of the major road.



## ROUND-ABOUTS

### Negotiating Roundabouts

- When negotiating roundabouts riders should place themselves where other users can see them.
- This means choosing the appropriate lane and riding in the primary position within it.
- Avoid riding round the edge of roundabouts. Riders will not be in the sightline of drivers there.
- Treat each exit as suggested above for passing side roads.
- Riders should signal their intentions on approach but will generally be safer riding round the roundabout with both hands on the handle bars until passing the exit prior to the riders' exit at which point a left signal should be given.
- All round vigilance, planning of road position, clear signalling and confidence are required for busy roundabouts.



### Whilst looking and listening at all times riders should consider:

- Where am I going, where do I need to be on the road?
- **LOOK, SIGNAL, POSITION**
- Is the speed and gear correct
- **LOOK**, (signal if required), manoeuvre

By observing ahead, there is time to plan, adopt the safest position and negotiate the hazard at an appropriate speed and in the correct gear.

### Group Riding Etiquette:

- Each group should have a Session Leader for the session based on experience.
- When cycling in a group, whether for leisure, training, race or event, the Rules of the Road ALWAYS apply.
- Participants must adhere to Leader instructions during spin.
- Participants must notify the Leader in advance or at some point during the cycle if sick, injured or feel unfit for the proposed distance or pace.
- Participants must only cycle in pairs when safe to do so and must single out when asked to do so by the Leader.
- Participants must not make sudden moves that the rider(s) behind have to react to.
- Participants must be aware of fellow Participants – and should look out for someone struggling on a spin – call a slow down if necessary.
- Participants must communicate correctly as follows:



## VERBAL AND NON VERBAL COMMUNICATION i

### **SLOWING**

**CALL:** "Slowing" usually accompanied by a hand signal to indicate that the rider or riders are slowing down for some reason. For example, approaching a signal controlled junction.

**HAND SIGNAL:** Raise your arm, move up and down



### **POTHOLE OR HAZARD**

**HAND SIGNAL:** Extend arm (left or right depending on which side the hazard is on) pointing down at the road, to point out hazards such as pot holes, manhole covers etc. In the event of a pothole rider should shout "Hole" while pointing toward the hazard.



### **STOPPING**

**CALL:** "Stopping" usually accompanied by a hand signal to indicate that the rider or riders are stopping for some reason. For example, approaching a signal controlled junction.

**HAND SIGNAL:** Raise your arm, open palm



### **GLASS OR LOOSE GRAVEL OR UNEVEN GROUND**

**HAND SIGNAL:** Extend arm (left or right depending on which side the hazard is on) with hand open and palm facing the ground. Move hand left and right to indicate gravel or uneven ground, etc.



### **WAIT**

**CALL:** "Wait" typically at a junction to indicate there is a car coming or that it is unsafe to proceed.



### **COME THROUGH**

**HAND SIGNAL:** Hands on the handlebars, flick your left or right elbow away from your body. Flick the elbow on the side that the following riders will come through on.



### **CLEAR**

**CALL:** "Clear" to indicate that a junction is traffic free or that it is safe to proceed. Rider must check themselves and not rely solely on others.



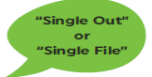
### **CAR UP**

**CALL:** "Car Up" to warn riders that a car is approaching from the rear of the group. Riders should be prepared to single out if riding two abreast to accommodate the car(s) moving through.



### **SINGLE OUT**

**CALL:** "Single Out or Single File" to instruct riders to get into single file.



### **CAR DOWN**

**CALL:** "Car Down" to warn riders that a car is approaching from the front of the group. Riders should be prepared to single out if riding two abreast to accommodate the car(s) coming down, particularly on narrow rural roads.



### **MOVE OUT**

**HAND SIGNAL:** Bring hand behind the back (left or right depending on which side the obstruction is on) and wave or point behind back indicating that there is an obstruction such as a parked car or pedestrian, etc. Riders should move in the direction indicated to avoid the obstruction.



### **PUNCTURE**

**CALL:** "Puncture" to inform riders in the group that rider has got a puncture.  
**HAND SIGNAL:** Raise your hand, stop pedalling and hold in a straight line until everyone has passed. When all the riders are ahead it is safe to pull over.



### **RIDER(S) UP**

**CALL:** "Rider Up" to warn rider(s) that the rider(s) behind intend to pass. Riders should be prepared to move over or single out to accommodate the rider(s) coming through.



- Participants must embrace group riding fundamentals as follows:



## THE BASICS OF GROUP RIDING - UP AND OVER OR RIDING THROUGH AND OFF



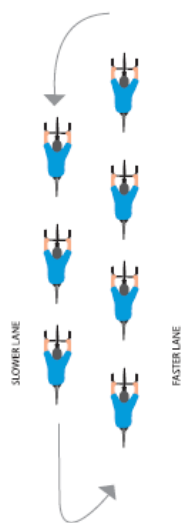
When riding in a paired formation changing the lead rider is achieved by one of the pair (usually the rider nearest the road centre) increasing their speed very slightly and moving over in front of the lead rider in the inner line. When in position at the head of the inner line the rider will ease back to the speed of that line.

Meantime the new lead rider in the outer line will move forward until riding alongside the inner line leader. At the rear of the group the last rider in the inner line will adjust their speed slightly and as a gap appears to their right, move over and join the outer line.

The key to smooth and efficient progress is to ensure that there are no sudden accelerations and that lead riders changing do not sprint through, opening up gaps.

The length of time at the front will vary. In a training or social situation it might be agreed to ride 500 metres or more at the front. In competition it might be less than 100 metres. When learning it might be 5 - 10 pedal turns.

Where possible the resting line should be sheltered from the wind. If the wind comes from the left, the working line would be on the left, the resting line on the right.



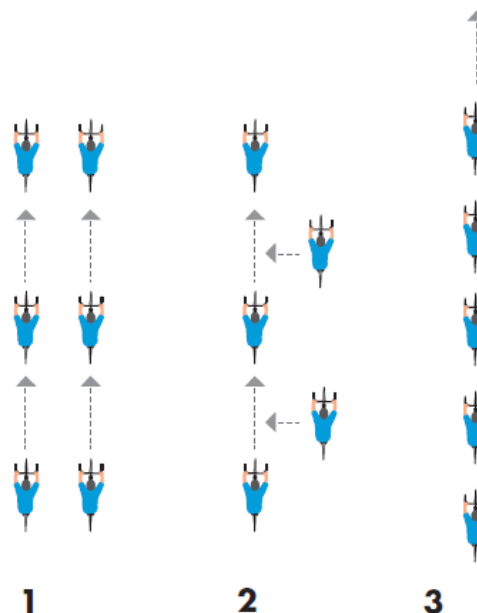
## THE BASICS OF GROUP RIDING - SINGLING OUT



Riding in pairs might necessitate singling out to avoid conflict with traffic. Moving to single file will double the length of the group and may encourage drivers to overtake where it is not safe to do so. Decide what is safest for the group.

When the shout comes to single out the lead rider nearest to the kerb should speed up slightly with the lead rider on the outside slotting in behind. Other riders should follow suit. Unless unsafe to do so everyone should keep speed up, at least until the group is in single file.

To move back into pairs the leading riders position side by side with everyone slotting back into their original positions. It is vital that the lead riders proceed slowly as those at the back will have many bike lengths to make up.





## OPEN WATER SWIM SESSIONS

The Training Committee will ensure that there is a Risk Assessment and Emergency Action Plan for each location used for Open Water Swim Sessions, where reasonably practicable.

Please refer to the Risk Assessments and Emergency Action Plans completed by the Training Committee for Lanesboro Harbour where Club Open Water Swimming Sessions are completed. Lanesboro Harbour has been used for Club Open Water Swimming Sessions for the past several years and the area is well known and familiar to experienced Club Members and the Training Committee.

*If a Member identifies a requirement for the Club to complete further Risk Assessments and Emergency Action Plans for Open Water Swimming Sessions then please contact the Training Committee.*

### COMMENTS

- A Sign On Sheet will be provided by the Session Coach / Leader and all participants must sign in before the Session starts.
- All participants must be current Members of the Club and hold a Training or Race Licence or be availing of one of the permitted 3 sessions prior to deciding whether to join the Club.
- Participants should attend 3 pool sessions with the Club prior to attending an Open Water Swim Session, although this will be at the sole discretion of a Club Coach who may feel the person needs further pool sessions or is more than ready to begin Club Open Water Sessions.
- **Participants must wear a wetsuit, swimming goggles and floatation device at all Club Open Water Sessions** – floatation device to be put on before entering the water.
- Participants must notify the Session Coach / Leader in advance of any medical conditions and provide emergency contact details in the case of emergency.
- Session Coach / Leader has sole discretion in determining whether a participant is able to participate in the Session having regard to ability, safety and behaviour.
- Session Coach / Leader will ensure that everyone knows their role in the event of an emergency including the protocol to be followed in the event that someone needs assistance.
- A **buddy system** will be used for all beginners. Inexperienced or unfit open water swimmers should nominate a buddy to swim with prior to entering the water and should not separate from each other while in the water. If a participant leaves a Session early, their swim buddy should exit the water at the same time and notify the Coach that one participant is leaving early.
- Participants will be required to complete a standard warm up / stretching routine prior to entering the water.
- Participants will be advised by the Session Coach / Leader where to enter and exit the water, what direction to swim, and any tidal or safety information relevant to the Session.
- There must be at least one Spotter on shore with Hi Viz, whistle and phone. Where possible, a second/replacement Spotter should be considered in the event that the original Spotter is called away unexpectedly.
- All participants must be counted in and out of the water.



- A first aider should be present at each session. A lifeguard is recommended where feasible.
- A safety kayak will be used at each session - **the ratio of safety craft to adult participants is 1:20.**
- There must be no swimming within leisure boating lanes.
- For Minors between (16 – 18), participation will be at the sole discretion of the Session Coach/Leader. If permitted, the Parent/Guardian must be present throughout the Session. Form 11 must also be completed for the Junior in question.



## Appendix A

# SENIOR SESSION - ADVANCE INFORMATION

*To be circulated to Members in advance of Session*

Session Activator:	
Session Coach / Leader (if different):	
Session Date / Time:	
Location:	
Route (if applicable):	

### Ability Level:

*(Who is the session is suitable for)*

### Session Structure:

*(If working from a Session Plan)*

### Session Rules:

- All participants must sign in before the Session starts. All participants must be current Members of the Club and hold a Training or Race Licence or be availing of one of the permitted 3 sessions prior to deciding whether to join the Club.
- Participants must wear appropriate clothing and safety equipment and follow instructions of Session Coach / Leader at all times. Participants must notify the Session Coach / Leader in advance of any medical conditions and provide emergency contact details in the case of emergency.
- Session Coach / Leader has sole discretion in determining whether a participant is able to participate in the Session having regard to ability, safety and behaviour.
- For Minors between (16 – 18), participation will be at the sole discretion of the Session Coach/Leader. If permitted, the Parent/Guardian must be present throughout the Session. Form 11 must also be completed for the Junior in question.

### Additional Session Information:









## Appendix B

# CLUB ROOM RULES

- **CONTROLLED ACCESS:** Use your own entry fingerprint every time you visit the Club Room. Do not give access to anyone else using your own fingerprint access. We monitor access to ensure the safety of our Members. Misuse may result in your Club Room access being revoked.
- **INDUCTION:** All new Members to undergo a comprehensive induction on use of the Club Room by a Member nominated by the Training Officer, who will arrange on request.
- **JUST ASK:** If you are unsure as to how to use any piece of equipment, you must seek advice from a Member nominated by the Training Officer before using such equipment.
- **BAGS & CLOTHING:** For safety reasons, bags are not permitted onto the training floor and correct attire must be worn when exercising i.e. suitable comfortable exercise clothing and appropriate footwear. Clothing such as jeans, boots, flip-flops/sandals or work wear are not permitted. Any Member not wearing suitable attire may be asked to leave the Club Room. Members are solely responsible for their own belongings whilst visiting and/or using the Club Room. LTC accepts no responsibility for any loss or damage to personal property.
- **SUBSTANCES:** You may not use the Club Room whilst under the influence of alcohol, narcotics, tranquilizers or any medication or other substance which may affect your ability to exercise safely. If there is genuine reason to believe that you are unfit to use the Club Room for any of the reasons mentioned (or otherwise), you may be asked to leave. Smoking or vaping is prohibited in or around the Club Room.
- **WIPE DOWN:** As a courtesy to other Members, you must wipe down equipment after use. Members are required to carry and use a small towel as appropriate.
- **PUT IT BACK:** If you use equipment then you need to return it to its correct place after use. Please do not misuse weights by dropping them on the floor.
- **NO TECHNOLOGY:** You are not permitted to take photographs/videos in the Club Room or post remarks to the internet that may identify another Member unless they give you express permission to do so. If you need to make or take a phone call then go outside!
- **NO ABUSE:** You must not behave in an aggressive, abusive, anti-social or threatening manner to any other Member or visitor. If you are found to have behaved inappropriately in this regard, you will be asked to leave the Club Room and the LTC Disciplinary Policy will be invoked as necessary. An Garda Siochana may also be formally notified, where appropriate.
- **MEMBERS ONLY:** Only LTC Members may use the Club Room except where LTC is running an LTC event, open evening or education course. No other persons shall be permitted to enter or use the Club Room unless pre-approved by the LTC Training Officer in writing. No Member shall be authorised to provide or run training sessions unless pre-approved by the LTC Training Officer. Pets (other than official aid dogs) are not allowed...this includes the treadmill – we suggest walking your dog down by the Harbour.
- **MINORS:** Minors are not permitted in the Club Room unless supervised as part of an official LTC Training Session or other LTC event, open evening or education course.
- **PERSONAL RESPONSIBILITY:** By accessing the Club Room and using the Club Room equipment, Members are deemed to have read, understood and agreed to these Club Room Rules.