

**GOONDIWINDI TRIATHLON CLUB INC. & HELL OF THE WEST INC.  
MEMBER INFORMATION AND RULES – 2020/2021**

**MEMBERSHIP**

A membership form must be completed in full, signed and submitted along with full payment to the member on duty or club secretary, treasurer or president.

In the case of new membership, the new member must be proposed and seconded by current club members on the membership form and considered for membership at the next meeting held after the application is received.

The membership year commences on the date of the AGM. This year the AGM date is 8/09/2020.

**COST**

\$20 – Senior Membership (including ages 12-18 competing in Senior Tri)

\$10 – Junior Membership (competing in Kids Tri only)

\$50 – Family Membership (children qualify for Junior Membership only)

**EVENTS**

Goondiwindi Triathlon Club Inc. holds senior triathlons (mini tris) and kids aquathlons or triathlon events every Sunday from October to March at 7:00am, as well as organised training events.

All participants in Goondiwindi Triathlon Club events including mini tris and sprint triathlons must be Senior Members of Goondiwindi Triathlon Club as these are held on open road with limited supervision.

- A Senior Member is aged 12 or over at 31/12/2020 and may participate in Senior events
- A Junior Member is aged under 12 on 31/12/2020 and may only participate in Junior events
- All visitors to Goondiwindi Triathlon Club must be members to race in club events. A membership form must be completed in full, signed and submitted along with full payment before racing.
- Junior events are primarily aquathlons (swim/run) of various distances to suit age groups and abilities. Goondiwindi Triathlon Club aims to hold a kids triathlon once a month. All participants in junior events must be a Junior Member
- All members attending club events at the Goondiwindi Town Pool must pay pool entry and adhere to normal pool entry conditions and rules.
- Membership stickers will be supplied and must be affixed to bikes to identify members.

**TRAINING**

All training organised by the Goondiwindi Triathlon Club is covered under our public liability insurance (\$20,000,000) and as a condition of this, participants must be Senior Members of Goondiwindi Triathlon Club. Visitors or new members may join training sessions 3 times before Senior Membership must be taken.

**COMMUNICATION**

- Most communication to members will be via Facebook and Instagram
- All members will be included on Goondiwindi Triathlon Club email list
- Goondiwindi Triathlon Club has a tab on HOTW website [www.hellofthewest.com/goondi-tri](http://www.hellofthewest.com/goondi-tri)
- All event and race results will be posted on RaceSplitter website and personal best spreadsheet will be kept by club and may be used for the purpose of end of season awards.

# HELL OF THE WEST.



- Goondiwindi Triathlon Club Inc. meetings are held on the first Tuesday of each month at 6pm. Location is advised via email prior to the meeting. All members are encouraged to attend.

## RACE RULES

- All instructions from the Race Captain (rostered committee member) must be adhered to.
- All events are NO DRAFTING (7m gap from back wheel)
- It is competitors responsibility to know the course
- All competitors must have a helmet on with strap fastened before removing bike off the rack
- All competitors must follow road rules and give way to traffic
  - Stay to left unless overtaking
  - No riding two aside unless in motion of overtaking
  - Make sure it is safe before overtaking
- No bikes to be ridden into the transition area. There is a delegated area for mount and dismount

## TRAINING RULES

- All riders must wear helmets.
- All bikes must have rear flashing lights in low light and daylight conditions as it helps rear approaching traffic see riders when driving into the sun.
- Reflective and light coloured clothing is strongly advised, especially when riding or running in low light conditions.
- Each session will be run by a senior club member and their instructions must be followed.

## MINI TRI SETUP

- Members must volunteer at least once per season to assist the rostered committee member with running mini-tri/sprint tri. Contact the Secretary to nominate your date.
- Set up Bike Racks
- Erect road signs to indicate triathlon in progress

## MEMBER INSURANCE

- **SENIOR MEMBERS** (aged 12 or over at 31/12/2020)
  - Covered under Goondiwindi Triathlon Club Inc.'s Public Liability and Personal Accident Insurance.
  - This insurance covers Goondiwindi Triathlon Club triathlon events and organised training
  - Personal Accident Insurance Policy may assist with some costs, but shouldn't be relied on to cover all associated costs that may be incurred by the member from an accident during an event or organised training session.
    - The Full Policy can be provided to any Senior Member on request
    - To make a claim please contact Club Secretary or President (refer to Contact List)
- **JUNIOR MEMBERS** (aged under 12 at 31/12/2020)
  - Covered under Goondiwindi Triathlon Club Inc.'s Public Liability Insurance but NOT Personal Accident Insurance
  - Junior members may participate in junior events and training only

**HELL  
OF THE  
WEST.**

**HOTW**



- Membership of Hell of the West Inc. is concurrent with membership of Goondiwindi Triathlon Club Inc.
- HOTW Triathlon is run by, and provides funding for, the running of Goondiwindi Triathlon Club including club insurance at a cost in excess of \$4000.
- It is an expectation that members will volunteer for roles in the setup, running and/or clean-up in the lead up to, or during the weekend of HOTW and Super Saturday. This season HOTW weekend is 6-7/02/2021. Please include this in your calendar and contact a committee member to find out what you can do.
- To continue running the HOTW, which is one of the oldest most respected races in Australia, we need new members to join the committee each year. The management committee encourage you to get involved.

**To stay safe during the COVID-19 pandemic please consider:**

- not coming to training or mini tri as a competitor or spectator if you are unwell with respiratory symptoms or fever; or have been in contact with someone with COVID or have been travelling to a hotspot or internationally in the previous 14 days
- social distancing - avoid congregating, maintain 1.5 metres
- hygiene - no sharing of equipment, use the hand sanitiser provided
- contact tracing - if we discover someone has been at an event with COVID we need to be able to contact everyone who has been at the event - please use the COVIDSafe app, and if you are not competing in the adult mini tri (and therefore not on the race splitter list) please sign in. You will also need to sign in to the pool on arrival

<b>CLUB CONTACTS</b>	
<b>Tri Club</b>	<b>Person</b>
President	Anna Carswell
Treasurer	Paul Amos
Secretary	Sally Poole
Vice President #1	Sam Heath
Vice President #2	Nick Wadsworth
<b>Hell of the West</b>	
HOTW President	Scot McColl
HOTW Vice President #1	Brett Corish
Vice President #2	Shawn Hyson
HOTW Event Coordinator	Tim Richards
HOTW Administration	Liesl Richards
HOTW Sponsorship & Media	Kirsty Dowling
HOTW Race Director	Tim Richards
Volunteer Coordinator	Chris Leahy
Swim Leg Coordinator	KerryAnne Andrews
Cycle Leg Coordinator	Ben Loughman
Run Leg Coordinator	Scot McColl
Park set up Coordinator	Brett Corish / Rob Anderson
Bike Compound coordinator	Shawn Hyson
Super Saturday Coordinator	Jason Watts / Lindy Grose
Kids Tri Coordinator	
Bag Coordination	Liesl Richards
Medical Coordinator	Amanda North
Announcer	Terry Gleeson
Comms Coordinator	Trent Murray
Tent and Banner Manager	Lindy Grose / Anna Carswell
Stall Coordinator	Sam Heath
Massage Coordinator	Sarah-Jane Murray
Equipment Officer	Miles McColl