

# Stanford Triathlon Team Rules

## General

- All participants in all Stanford Triathlon activities must consent in writing to the Club Sports Waiver.
- All participants in all Stanford Triathlon activities must read and consent in writing to all supplemental safety rules set forth in this document.
- All team members must ensure that their guests at any team activities read and consent to both documents listed above.
- If a team member suspects that someone is participating in any Stanford Triathlon activities without consenting to the above documents, you must inform the President, Coach, and Officer, or activity leader immediately.
- Participants in all Stanford Triathlon activities must use their judgment to act as safely as possible at all times.
- In order to drive oneself or team members to a Stanford Triathlon activity, one must be licensed to drive a motor vehicle in the United States, drive a legally registered vehicle, and not be under the influence of any medications, drugs, or alcohol that in any way impair one's ability to safely operate a motor vehicle.
- Since team members may derive value from exchanging experiences regarding their injury history and injury prevention, they may do so with precaution. However, the shared experiences and beliefs of team members are not and should not be considered as professional medical advice or treatment recommendations. All team members should visit an appropriately licensed medical professional for such advice.

## Swimming

- Only swim if a coach or designated team supervisor is supervising you from the pool deck in accordance with Stanford University pool policies.
- Only swim if you are certain of your ability to safely complete a swim workout.

## Cycling

Every participant in every team activity involving cycling must:

- Prior to riding, verify the safety of the bicycle before riding, including – but not limited to – the wheels, brakes, tire pressure, headset, chain, and integrity of all cables.
- Wear a certified protective helmet.
- Bring safety equipment a necessary, including a health insurance card. Food, a tire repair kit, tire pump, cell phone, and basic first aid supplies are strongly recommended.
- Understand road hazards, cycling safety, hand signals, and safe group riding.
- Feel comfortable with their cycling ability, ability to ride in a group, ability to safely interact with motor vehicles, and ability to climb and descend hills.
- Tell a member of the main workout group if you must drop back or turn home, or choose to leave the workout route. The workout route is the route dictated by the coach, or through the coach's liaison for the workout when the coach is absent.
- Communicate to other team members, including all leaders on the activity, whether someone has dropped back, turned home, or left the workout route.
- Do not draft or tailgate behind any motor vehicles.

## Running

- Be aware of potential hazards on the ground including roots, rocks, marsh, and animals.
- Be aware of the risk of overuse injuries and other running injuries.

I have read the above rules and understand that my participation in all activities related to the Stanford Triathlon club/team is conditioned upon my following these rules.

**Participant Signature**

\_\_\_\_\_

**Printed Name of Participant**

\_\_\_\_\_

Parent Signature (if Participant is under the age of 18 years) and Printed Name

\_\_\_\_\_

\_\_\_\_\_

**Date**

\_\_\_\_\_

**SUnet ID (NOT your student ID #; usually the first part of your Stanford email address)**

\_\_\_\_\_