



BATH AMPHIBIANS

TRIATHLON CLUB

2023 Membership Levels & Pricing

Activity	Associate	Summer Associate	Green
Monthly Session Plan generated by Head Coach	*	*	*
Members Facebook Group & Whats App	*	*	*
Race as Bath Amphibian	*	*	*
Discounted BTF Membership	*	*	*
New Joiner kit bundle	*	*	*
Club events (including Do a Duo, Duathlons, Annual trophy competitions and virtual challenges)	*	*	*
Social club activities (Including activator-led bike rides & runs, 7@7 runs and social events)	*	*	*
Monthly coached outdoor bike session		*	*
Weekly coached run session			*
Weekly coached indoor bike session			*
Up to 2 coached S&C sessions with Get Fit in Bath Additional cost £5.00 per session			*
Access to library of recorded virtual sessions			*
Up to 3 coached swimming sessions per week Additional cost £3.50 per session			*
Coached summer open water swimming sessions Additional cost per session		*	*
Cost	£30 joining fee + £60 annual fee	£30 joining fee + £60 annual fee + £30 summer charge	£30 joining fee + £22 per month

Winter Training Timetable
(As at 1st Dec 2022)

Day	Session	Time	Coach	Where
Monday	Swim	8.00pm	Stuart Stenhouse	Sports Training Village (50m)
Tuesday	Indoor Bikes	7.30pm	Stuart Stenhouse	STV in person + Zoom & Zwift Session recorded
Wednesday	S&C	6am	Get Fit in Bath	8, Ferry Court, Ferry Ln, Bath BA2 4JW
	Run	6.45pm	Tim Hill	Bath Riverside/ University
	Swim	8.15pm	Christian Coates	Sports Training Village (50m)
Thursday	Indoor Bikes**	TBC	Stuart Stenhouse	STV in person + Zoom & Zwift Session recorded
	Development Swim (Technique focused)	8.30pm	Shayne Atwood	Bath Leisure Centre
Friday	S&C	6.30am	Get Fit in Bath	8, Ferry Court, Ferry Ln, Bath BA2 4JW
	Social Run	7pm	Not Coached- Club member led	Various start points in Bath
Saturday	Swim	8.00am	Stuart Stenhouse	Sports Training Village
Sunday	Social Run	11am (Monthly)*	Not Coached- Activator led	Various venues
	Social Bike	11am (Monthly)*	Not coached - Activator led	Various venues
	Bike Skills & Transition practice**	10am (2 x month)*	Stuart Stenhouse	Odd Down Bike Circuit

*Days and timings vary month to month

** Starting in Jan 2023

Additional Sessions & Events:

- Do a Duo Aquathon series- Swim 400m, Run 5 km- Once a month at STV
- Summer Open Water Swims - Vobster Quay- Time TBC
- Club socials - Quizzes, Drinks, Family fun day

Membership Terms & Conditions

1. Membership Levels:

- a. The club operates 2 membership levels GREEN and ASSOCIATE;
- b. GREEN membership levels are determined by availability of swimming lanes to ensure fair access for all members to swimming sessions. The current cap is 85 Green members. There is no cap for ASSOCIATE membership. When GREEN membership levels are full the club operates a waiting list for new joiners on a first come, first served basis;
- c. The membership year commences on 1st January 2023. New memberships will commence from the 1st of the month;
- d. The club does not offer any form of concessions (eg. Student membership);
- e. The club does not offer a family membership as standard. We will consider requests by members on a case by case basis and such requests will need to be approved by the Committee;
- f. Members can switch their membership level during the course of the year by giving 1 month's notice to the Membership Secretary. The following applies:
 - i. GREEN members moving to Associate will be required to pay a pro-rated Associate fee for the remainder of the membership year;
 - ii. If a member moves to ASSOCIATE membership and then moves back to GREEN within the same membership year, no refund will be given on the ASSOCIATE fee;
 - iii. ASSOCIATE members will only be able to move to a GREEN membership if a space is available.
- g. The benefits associated with each membership level are included above but may change subject to factors such as facility and session availability. Any changes will be discussed and voted on by the Committee.
- h. If you wish to leave the club during the membership year, please give 1 month's notice to the Membership Secretary and stop paying the monthly subscription. To rejoin the club, you will need to join the waiting list and pay a New Joiner Fee.

2. Membership Fees:

- a. New Joiner Fee of £30 is payable by all new members on joining the club. This covers administration as well as a kit bundle;
- b. Associate membership fees are £60 per year, payable on 1st January each year. The "Summer Fee" is optional and payable on 1st April to access additional training sessions over the Summer period (April - September);
- c. New members who join as an Associate member part way through the membership year will pay a pro-rata fee for the remaining months of the year;
- d. The Associate membership fee and Summer fee is not refundable if a member leaves part way through a membership year;
- e. Green membership fees are paid monthly by Standing Order to the Bath Amphibian Club Bank Account by the 5th day of each month;
- f. The Green monthly membership fee is not refundable if a member leaves part way through a month;
- g. If a monthly membership payment is missed, the Treasurer will be in touch to arrange payment. If you have stopped your monthly fee due to leaving, please notify the Membership Secretary.
- h. The club does not operate a break or "holiday" system from the monthly fees. A member can move to Associate membership level if they wish to pause on monthly payments;
- i. Additional payments for Swim and S&C sessions are payable on booking via the club's booking app, GymSync.

3. General Session Bookings:

- a. The club uses a system called [GymSync](#) to manage session booking & attendance.. GymSync is available as an App for both Android and Apple phones as well as via a website;
- b. Only Green members will be given access to GymSync on joining the club. Where sessions are available to Associate members also, alternative booking arrangements will be communicated;
- c. Only members who have booked onto a session will be allowed to take part due to room/swim lane number restrictions which we have to follow;
- d. If a session is showing as full, you can join the Waiting list and will receive a notification if a space becomes available;
- e. If you have to cancel one of your bookings, then please do it as soon as possible. The latest you can cancel a booking is 60 minutes before the session start time;
- f. If you cancel a paid for booking up to 60 minutes before a session, you will be refunded the cost of the session;
- g. If, due to last minute unexpected circumstances, you are unable to attend a session, then please post the space on Facebook. Members on the waiting list can then claim your booked space on a first come first serve basis;

- h. Two late cancellations (within 60 minutes) or non-attendance ("No Show") within any 30 day period will result in a member's GymSync account being suspended for one week;
- i. Spot checks are conducted regularly to ensure members are complying with booking T&Cs.

4. Swim Session Bookings:

- a. Swimming sessions take place at the Sports Training Village at the University of Bath and Bath Leisure Centre;
- b. Only Green members can book and attend swimming sessions. There are currently 4 swimming sessions each week;
- c. Swimming times are subject to change due to facility availability and seasonal timetables. Any changes to swim times will be communicated to members as soon as the club is made aware;
- d. Upon joining, Green members will be assigned swimming venue(s) based upon swimming speed as well as lane availability. You should only book onto your designated venue sessions in GymSync. This is managed by the Head Coach and you will be notified if you are able to change sessions;
- e. Green members can pre-book two swimming sessions per calendar week (Monday-Friday).
 - i. A third session can be booked if there is space available on the day (after 12pm) of the session (or 6pm on Friday evening before Saturday's swim)
 - ii. This also applies for waitlist places - you should not book onto a waiting list until after this time.
- f. Swimming sessions incur an additional cost of £3.50 per session, payable when booked on GymSync;
- g. To be eligible to swim at the Sports Training Village (50m pool) the following criteria is applied to ensure the session are able to be completed:
 - i. The member must be able to swim 400m within 8 mins 30 seconds and 2km within 1 hour;
 - ii. The member has completed a swim trial at the STV;
 - iii. The Head Coach approves the member to swim at the STV.

5. Strength & Conditioning Bookings:

- a. Strength & Condition sessions are provided by an external company, Get Fit in Bath;
- b. Only Green members can book and attend Strength & Conditioning . There are currently 2 S&C sessions each week, with 1 throughout the summer. S&C session times are subject to change due to Get Fit in Bath's availability and timetables. Any changes to session times will be communicated to members as soon as the Club is made aware;
- c. Green members can pre-book one S&C session per calendar week (Monday-Friday).
 - i. A second session can be booked if there is space available 12 hours before;
 - ii. This also applies for waitlist places - you should not book onto a waiting list until after this time.
- d. S&C sessions incur an additional cost of £5.00 per session, payable when booked on GymSync.

6. Member Communication:

- a. On joining, members will be given access to the Bath Amphibians Facebook page. Session plans and events are posted on the Facebook page;
- b. On joining, members will be invited to join the Club WhatsApp group. This is an informal channel allows members to chat and connect;
- c. These groups are for paid club members only, and members will not have access to any of the club's community groups in the event that they discontinue their membership. Members should also not invite any non-members to join the groups;
- d. All formal communication will be via Email;
- e. Members should and follow the Club's Code of Ethics at all times when engaging with others.