



BATH AMPHIBIANS

TRIATHLON CLUB

2024 Membership Levels & Pricing

Activity	Associate	Green
Monthly Session Plan generated by Head Coach	*	*
Members 'Facebook Group & WhatsApp	*	*
Bath Amphibians race affiliation	*	*
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	* (£3 per session)	*
Weekly coached indoor bike session		*
Up to 2 coached S&C sessions with Get Fit in Bath Additional cost £7.50 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 +£22 per month

Winter Training Timetable: Jan-Mar

(As at 1st Jan 2024)

Day	Session	Time	Coach	Where
Monday	Swim	20:00-21:00	Stuart Stenhouse	Sports Training Village (50m)
Tuesday	S&C	06:30-07:30	Get Fit in Bath	8 Ferry Court, Ferry Ln, Bath BA2 4JW
	Indoor Bikes	19:30-20:30	Stuart Stenhouse	STV in person + Zoom & Zwift Session recorded
Wednesday	Run	18:45-19:45 STV Track weeks are 19:00-20:00	Tim Hill	Bath Riverside/ University STV Track
	Swim	20:00-21:00	Christian Coates	Sports Training Village (50m)
Thursday	Indoor Bikes	19:30-20:30	Stuart Stenhouse	STV in person + Zoom & Zwift Session recorded
	Technique Swim	20:00-21:00	Shayne Attwood	Sports Training Village (25m)
Friday	S&C	06:30-07:30	Get Fit in Bath	8 Ferry Court, Ferry Ln, Bath BA2 4JW
	Social Run (7@7)	19:00-20:00	Not Coached- Club member led	Various start points in Bath
Saturday	Swim	08:00-09:00	Stuart Stenhouse	Sports Training Village (50m)
Sunday	Social Run	11:00 (Monthly)*	Not Coached- Activator led	Various venues
	Social Bike	11:00 (Monthly)*	Not coached - Activator led	Various venues
	Bike Skills & Transition practice**	10:00 (2 x month)*	Stuart Stenhouse	Odd Down Bike Circuit

*Days and timings vary month to month

** Starting in Feb 2024

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 90 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 2024. 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. 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 as a single payment;
- 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 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 Amphibians 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, Spond.

3. General Session Bookings:

- a. The club uses a system called Spond to manage session booking & attendance. Spond is available as an app for both Android and Apple phones as well as via a website;
- b. All members will be given access to Spond upon joining the club, and all sessions must be booked prior to attending;;
- c. Only members who have booked onto a session will be allowed to take part due to capacity and insurance restrictions;
- 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 booking up to 60 minutes before a session, you must follow the link on the session to register your desired replacement session and the Bookings Secretary will move you to that session. Unfortunately Spond cannot process refunds;
- g. If you are unable to attend a fully-booked session within 60 mins of the session commencing, please post the space on the WhatsApp group. 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 Spond 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;
- 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 sessions based upon swimming speed as well as lane availability. You should only book onto your designated venue sessions in Spond. 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-Sunday).
 - i. A third session can be booked if there is space available on the day 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 Spond;
- g. Due to the increased pace and endurance required for the 50m STV sessions, the following criteria is applied:
 - 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 & Conditioning 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-Sunday).
 - 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 £7.50 per session, payable when booked on Spond.

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 as well as by email and WhatsApp;
- b. On joining, members will be invited to join the club WhatsApp community. This is an informal channel that allows members to chat and connect. The Announcement chat is used by the committee and coaching team for distributing key club information;
- 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.