



New Member Enquiry received:

- Normal enquiry through word of mouth or facebook.
- New member may visit any session but cannot take part until google form completed and coaches informed/agreed
- Ability, goals, and expectations ascertained through Google Form
- Google form shared with coach for first night's training
- Swim assessment – Head coach checks 200m swim ability. This can be done on any club night subject to agreement with coach in advance.
- Bike Assessment – All bikes to undergo an 'M Check' by Brian/Karle at Tuesday Youth Training.
- Bike Ability – Cycling ability, fitness, and group selection to be done with Brian/Karle. New member may be offered a number of 1-2-1 sessions or assigned a bike group in agreement with Bike Leaders. Member may be further asked to move up or down groups as necessary.
- Run – Run ability is ascertained from Google form and shared with Run Coaches/Leaders.
- Member is allowed 3 Guest sessions before finalising membership through Triathlon Ireland
- Member joins Ti and Tri Limits.

A process for welcoming new members

1. Welcome email from the Committee signed by the Chairman, this letter will include
 - Organisation chart of all Committee members, photo/name/position
 - Weekly training programme – currently on our members face book page
 - Bike leaders, photo/name/position
2. Assign a buddy (from the committee) for each new member, the buddy will
 - Contact via phone your new member
 - Agree to meet them at one of the training sessions
 - Introduce them to others within the club
 - Understand their aspirations with training/races
3. Add new member to the members facebook & Whatsapp page
 - Welcome to the new member on facebook, picture of the new person attached.

4. After one month of joining the club, catch up phone call or at a training session to see how they are getting on with training, what's next!

Signed on behalf of Tri Limits Management Committee:

Date: 06 February 2024

Name: Sarah Halliday

Position: Chair

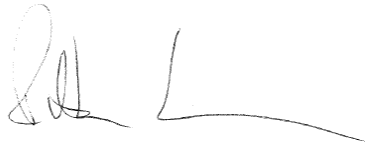
Signature:

A handwritten signature in black ink that reads "S. Halliday". The signature is written in a cursive style with a large initial 'S' and a trailing flourish.

Name: Ruth Lawson

Position: Vice Chair

Signature:

A handwritten signature in black ink that reads "Ruth Lawson". The signature is written in a cursive style with a large initial 'R' and a long horizontal flourish extending to the right.