



Warner's Lake TRAINING SESSION POLICIES

Warner's Lake: 69 Route 157A, Berne NY 12023
www.BethlehemTriClub.com
880 yard swim, 14.0 mile bike course, and 3.1 mile run

BTC Principles:

1. This is for **TRAINING** purposes only - this is not a race.
2. Athletes of all skills and training levels participate - please respect your fellow club members.
3. We are guests at Warner's Lake - please act appropriately.
4. Our club meets Thursdays only. The lake is not open to the general public any other time.
5. This is for fun and exercise - we want you to have a good time but, to ensure everyone's safety, we do need to follow specific safety guidelines.

PROCESS

1. All participants must sign in BEFORE entering the water.
2. BTC members only will be allowed to participate for free.
A \$20 guest fee is required each visit for non-members and they must have a signed waiver on file.
A \$10 fee is required each visit for members of reciprocal tri clubs with a BTC signed waiver on file.
3. You must be check off as you exit the swim for safety.
4. The swim training starts promptly at 6:00 pm - plan according.
5. Training ends by 8pm. Please be off the course by 7:50pm. You may need to shorten run/ride accordingly.
6. BTC officers will be available - if you have any questions or need assistance please ask.

SWIM

1. The swim portion of training begins at 6:00 PM.
2. You will need to check in and check out of the water with the swim volunteer.
3. Swim Caps are required! The caps increase visibility for lifeguards. This is a USAT rule and the BTC is a USAT club.
4. No swimming allowed before or after practice.
5. If you want to swim only a portion of the marked course, please let us know so the lifeguards will be aware. (All swimmers must be out of the water by 7:30pm)
6. The time allowed for the swim will be weather dependent. This will be discussed dockside.
For evenings with good weather. Lifeguards reserve the right to whistle swimmers back to shore based on safety measures and weather determinations. (Mandatory 30 min wait from last thunder/lightning)
7. Due to weather conditions BTC has the authority to cancel or limit the swim. SAFETY is the first priority.

BIKE

1. A certified bike helmet is required. No helmet no riding. If you forget your helmet, please ask if there is an extra one to borrow.
2. You **must follow the rules of road same as cars**. The bike course is not a closed course – you must stop at stop signs, traffic lights, etc. This is not a race. The course is well marked.
3. CAUTION: These are narrow roads, there will be bikers traveling in both directions, runners finishing up their run, as well as, local vehicular traffic. Please be careful.
4. There is no tandem riding and no drafting.
5. The use of earphones, iPod's, and other similar devices is prohibited.
6. We strongly recommend carrying ID with you. Please consider having a cell phone packed in case you need to call for help.
7. Use the buddy system and be sure to have at least one person who knows your estimated time of arrival at the transition area and has your phone number.

RUN

1. The run is on local roads. Everyone **must** use the correct course. Do not run the course in reverse. Please stay on the shoulder. The course is well marked.
2. Please run single file on the road as other cycling clubs, vehicles, and returning BTC cyclists returning from training ride must share the road.
3. Use of devices to listen to music on the run course is discouraged due to traffic on the road.
4. Again, carrying a form of ID is recommended.

Other Important Notes

1. Lock your valuables. The club is not responsible for lost or stolen items.
2. You may need to shorten your ride or skip your run to complete the course before dark.
A Brick workout from bike to run is not necessarily advisable on a weekly basis.
3. Always be aware of your surroundings and traffic issues such as, sun in the eyes of oncoming vehicles.
4. Please do not bring your children for a swim in the lake. No exceptions.
5. No pets are allowed. The owners of the lake have their own pets, and it is their wish for no pets at the lake.
6. If you are coming from work, there are bathrooms to use for changing your clothes.
7. Weather decisions are made live on location. President and lifeguards will make the decision per regulations.
A Facebook announcement will be issued for a last minute cancellation. Use your best judgment. If the website does not have an update, assume the training session will be held.
8. Clean up after yourself. Please do not toss trash on the roads or transition area.
9. Please speak to an officer if you have any questions or concerns.
10. For **Medical Emergencies** on the road, call 911 first.

You signed a waiver which means you need to make good choices. Welcome to the 2016 BTC Season!

Dan Shyne

BTC President

Executive Board

Dan Shyne - President

518.937.7177

dan@shyne.org

Fran Vincent – Vice President

frannie1@nycap.rr.com

Jayme Torelli – Secretary

jayme.torelli@gmail.com

Jim Daley - Treasurer

jgdaley2@gmail.com

Steve Vnuk - Membership

svnuk@hotmail.com

Alan Finder - Training & Mentoring

finder.alan@gmail.com

To contact the entire Board: **board@bethlehemtriclub.com**



Emergency Contact Numbers

Albany County Sheriff's Office 518-655-7800

East Berne Fire Department 518-872-0088