

# LAND TRAINING

## 1 – Preparation - Checks

All club members using land training facilities at ERC or partaking in other training under the auspices of ERC (e.g. road running) shall:

- Understand and agree to follow rules on the use of any machines or device being used (e.g. ergometer, cross trainer, etc.)
- Wear appropriate clothing for the activity being undertaken
- Follow any pre or post use safety procedure for any machine or device
- Inform the club and the person supervising the training session of any reason you may be at risk due to current or previous illness or injury and seek medical advice before undertaking the activity. **Do not train if you are ill.**
- Warm up appropriately before undertaking strenuous exercise

## 2 – After Training

- Report any incidents or defects to a machine or device using the Equipment damage book (Located in the Gym) and tie a “do not use” tag on the equipment
- Keep a record of all individual performances

## 3 – Use of Electrical / Mechanical Training Machines

**This includes ergos, cross-trainers, stationary bicycles, treadmills etc**

In addition to above:

- Each bit of equipment may have a set of safety and other instructions posted next to the equipment. These must be followed
- If the equipment has an electricity supply and you believe this may be damaged do not touch or use the equipment – cordon the equipment off and report the damage to a club officer immediately

## 4 – Running

In addition to above:

- All athletes running in poor light or at night must wear a reflective bib or an equivalent
- Responsible Adults that refuse to wear a reflective bib must be advised by their coach that they do so at the own risk and will not be covered by club insurance. However, they should be persuaded, where possible, into wearing one for their own safety
- Running at night should be done in areas where there is artificial light and routes planned accordingly
- Coaches must have a “count-out, count-back” system to ensure all runners have returned. If a runner fails to return in a reasonable time then a search party must be sent to locate the missing individual
- Any inappropriate behaviour by members of the public must be reported to a coach or club official. The club will, if necessary, report the matter to the police.

## 5 – Weight Training

In addition to above:

- Weight Training must be done under the supervision of a qualified coach or instructor. The room is kept locked to prevent unsupervised use of the equipment
- All weight training will be agreed between the person’s rowing coach and his/her weightlifting coach to ensure that the overall training regime is appropriate for the individual concerned.

## 6 – Junior and Vulnerable Adult Training

In addition to above:

- All athletes under 16 and all vulnerable adults may only train at the club under the supervision of a responsible adult. Ideally this is the coach or a coach helper. A parent or carer may supervise if agreed to by the coach.
- Athletes between 16 and 18 year old may train at the club but should normally be accompanied by an adult or another squad member.

**All other athletes, excepting the restrictions outlined above, can land train at ERC without supervision.**