

None of us at Tri-Now ever enjoy canceling a scheduled group workout. We look forward to seeing each of our athletes so we can hear about their training progress. However the safety of our athletes is a top priority. Many times weather conditions become a factor. Final cancellation decisions on all outdoor workouts will be posted on Team Calendar on Club Page of website no later than 1 HOUR prior to the scheduled begin time.

It is the responsibility of the member to check the Team Calendar for workout cancellations.

The workout coach or leader reserves the right to cancel a workout in the event of extreme weather/circumstance.

Recommendations to allow for safe and comfortable workouts:

- Always carry a photo ID
- Always carry a cell phone
- Wear bright, visible clothing-"Be seen"
- Wear weather appropriate apparel

Weather

- Group runs will not take place if it is 32 degrees or below, or if the windchill is 32 degrees or below.
- Group bike rides will not take place if it is 42 degrees or below.
- If there is lightning, sleet, hail, thunderstorms or flooding there are no group runs or open water swims.
- If inclement weather occurs during a group workout, it is the responsibility of the member to make judgment to continue or not continue the workout

Member responsibilities

- Members are responsible for knowing the location of group workouts.
- Members are responsible for showing up on time, dressed and ready to workout. Workouts will not be held back for late comers.
- Members are responsible for their own hydration & fuel.
- Members are responsible for treating coaches, workout coordinators, workout leaders and fellow team members with respect. Rude or abusive behavior will not be accepted.
- Littering is not acceptable while at a group workout.

We are here to support you and celebrate your accomplishments!