

WORKOUT GUIDELINES

Tri-Now Coaches never enjoy cancelling a scheduled group workout. However, sometimes weather conditions/circumstances become a factor. We will do our best to make all final cancellation decisions on outdoor workouts no later than 1 hour prior to scheduled start time. Cancellations will be posted on Team FB page and Workout Calendar on website.

It is the responsibility of the team 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 for 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 temperature or windchill is below 20 degrees
- Group bike rides will not take place if it is 36 degrees or below
- Group workouts will not take place if heat index is 105 degrees or above
- If there is lightening, sleet, hail, thunderstorms or flooding there will be no group workouts
- If inclement weather occurs during a group workout, it is the responsibility of the member to make a judgment call whether to continue or not continue a workout.

Member responsibilities

- Know locations and start times of group workouts
- Show up on time, dressed and ready to workout. Workouts will not be held back for late comers.
- Bring your own hydration and fuel.
- Treat coaches, 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

