



Membership Charter

We are the INTERNATIONAL TRIATHLON CLUB of PARIS

Join the club if you have a genuine interest in triathlon and socialising with other international members

INCLUSIVITY & RESPECT

- Be kind, open-minded, and respectful : everyone is welcome, regardless of background, gender, orientation, ability, or experience.
- Support an environment where everyone feels safe and valued, both in and outside of training.
- Our VSS (Violences Sexistes et Sexuelles) referents are available to listen and help if you ever experience or witness inappropriate behaviour : don't hesitate to reach out.
- We stand together against any form of discrimination, harassment, or sexual violence.
- Sport is for everyone so let's make sure it stays that way.

INTERNATIONAL

- Use English in chats and in sessions
- Be open & inclusive to all
- Help those who look like they may need help
- Look for opportunities to create connections, say yes to a coffee after a swim ;-)

TRIATHLON

- We are more than a swim club and swimming is overrated anyways ;-)
- Join other sessions like for example our brick (bike and run), track or core sessions
- When taking part in sessions or competitions (no obligation though), wear team colours

CLUB

- Help out in at least ONE club organised event (supersprint, cyclo, ...)
- Participate in at least ONE club social event.

We offer a variety of different social events, like karaoke, awards night, games night.

There should be something for any taste. If not, please talk to a manager.

- Propose at least ONE training session in IDO
(this could be your weekend 10km run or anything)

To ensure we maintain our identity, it is important that members understand and agree to the above points, this will also help avoid people joining with the wrong expectations. We welcome people from all levels: complete beginners, people who are mostly here to have fun, but also hardcore competitors who aim for the podium. All are welcome!

