

As a willing participant in our Hell Week Challenge, you agree to have read and understood the Hell Week rules set herewith. If you do not obey by these rules, you shall be punished in such a way that our Challenge Leader deems appropriate at the time.

SWIM

1. When swimming in the open water, for your safety, you shall always have a swimming partner (or two, or three, or more). For those who do not understand, this means never swim alone.
2. You will swim to your own ability and to where you feel confident and capable. We were not all born with gills, so you don't have to pretend to be a fish.
3. Wetsuits are recommended but not compulsory. Enter without a wetsuit at your own peril.
4. You can complete any of your swims in a pool if you choose, and any stroke can be completed, however freestyle (or front crawl as it was formally known) is recommended.
5. View our open water tips and swimming etiquette [HERE](#)

BIKE

1. At all times you must obey ALL road rules as a road user. NO excuses. And NO exceptions. If you aren't aware of the rules, calls or hand signals, you are expected to brush up on your knowledge, [HERE](#).
2. You must keep the safety of yourself and others in mind at all times. Nothing overrides safety. And definitely not a Strava segment.
3. You must wear a Tri-Alliance jersey (matching knicks preferred). Any old Tri-Alliance 'Retro' jersey is welcomed. If you haven't got a jersey, you won't be riding. [CLICK HERE](#) to purchase one.
4. You must have front and rear lights if riding before/after sunrise/sunset, or in low visibility such as rain. Lights must be in working order (refer to point 2) – they are not there as a fashion statement.
5. You shall not bring the Tri-Alliance jersey (point 3) into disrepute (refer to point 1)
6. You will carry sufficient spares, nutrition and hydration for the duration of your ride.
7. You will carry identification (we recommend RoadID), money and/or credit card

for emergencies.

8. If riding on your own, you will let a loved one know where you plan to ride and when you plan to return. If you don't have a loved one, letting someone know who likes you is ok too.

9. If you choose to hang around for coffee and/or breakfast post training when you are meant to be at home or work, then you do so at your own risk. You may also choose to update your plans as referred to in point 8.

10. Should an outside rider join your group, you have the right to politely ask them to move to the back to ensure the safety of your group. (refer to point 2)

11. You will continue riding even when there is head wind, side wind, cold wind, wet wind..... ? Unless there is a risk to point 2, at which point a coffee and cake meeting will be called. Athletes are very well versed with the best coffee and cake places, much to the annoyance of The General.

12. Only in an emergency shall you accept a lift home in a vehicle other than your own two wheels. This includes from a friend, partner, taxi or train driver. Being tired or 'over it' is not considered an emergency. Expect to face the wrath of the Hell Week disciplinary board.

13. You will always ride safely and within your own limits, not someone else's (refer to point 2).

14. If your eyesight is questionable and you require to wear prescription glasses or contacts, then it is expected that you shall wear them.

14.1 Furthermore from point 14, if you believe an athlete requires an eye test, then you have the right to ask them to get their eyes checked. Politely.

RUN

1. Place shoes on your feet, put one foot in front of the other and run. It's that's simple!

2. However, if you are injured, coming back from injury, managing an injury or feeling an injury coming on, please speak to a coach.

3. Electrical devices such as iPods and iPhones are allowed, however don't expect a training buddy to chat to you with your ear phones in.

4. Running off the bike is essential. If you can fit in a run after your ride, not only will you be replicating race conditions, but you'll be enjoying a shorter run.

5. If a run off the bike is not feasible for you, you must run the further distance at

some point during the day. EG: If your distance is 3kms off the bike, then you'll be up for a 5km run later in the day. The choice is yours!

GENERAL

1. If ever in doubt, speak to a Coach. And by Coach, we mean us!
2. Ensure you eat healthy nutritious food to fuel your training – particularly after training. Although the old treat won't be frowned upon (well, maybe by The General)
3. You don't have to keep up with the fast group. Go at your own pace. It's about getting through the distance, not about tearing each other apart!
4. There are no limitations on the amount of sleep or naps - also known as LLD's (little lie down) you have during the Hell Week Challenge. In fact, the more the better! However, we take no responsibility for you being thrown in the dog house if you are supposed to be doing jobs around the house, but in fact you are sleeping.
5. We also cannot be held responsible for you falling asleep at your desk at work.
6. You shall encourage others in front of you, behind you and beside you. You are all on this challenge together.
7. We encourage Instagram and Facebook photos and Hell Week updates! Much to the annoyance of The General, we want to hear your stories, we want to see your pictures, and we want to hear about your Hell Week experience.
8. One person's challenge may be different to another person's challenge, but the challenge is the same nonetheless. No one person shall feel any less challenged than another.
9. It will be tough – but have fun! The satisfaction at the end will be worth it!

****Please note this is written as tongue in cheek, HOWEVER, we take the safety of each of our athletes seriously. So please ensure you consider your safety and the safety of others at all times, and if ever in doubt, speak to a coach.***