

TURBO TRAINERS: CONSULTATION

INTRODUCTION

At the 2017 AGM it was agreed that the committee would explore providing Turbo Trainers in the clubhouse for members. The resolution that was carried stated:

SCC Committee to introduce Turbo sessions for the benefit of club members commencing in October 2018, subject to the following conditions being met:

- a) There is sufficient interest from SCC members to make the proposal viable. It is suggested that a minimum of 10 be required for the proposal to go ahead.*
- b) The cost to not exceed £3000. This to cover the cost of purchasing up to 5 turbos, 10 fans, 10 mats plus the fees for initial coaching sessions.*

We are now seeking to:

- a) Find out the level of interest and for some reasonably firm commitments from members before we proceed to make any purchases.
- b) Hear members' views on how a scheme might operate.
- c) Receive any general observations members have.

BACKGROUND INFORMATION

We know that:

- a) An increasing number of members have their own Turbos but many don't.
- b) Many clubs have turbo sessions that involve members bringing their own Turbo to a hall, sports centre etc.
- c) Many club members with smart turbos have also signed up to programmes such as TrainerRoad, Zwift etc which provide opportunities for riders to 'ride' and train together if they wish.
- d) The club is in the process of installing Wifi and a 42 inch smart TV which could link with the software programmes above (to be explored).

A POSSIBLE SCHEME

1. Turbo sessions to be held every Tuesday at the clubhouse from October 15th to March 31st. Sessions to run from 7:00 – 9:00.....allowing time to set up, warm up etc.
2. Participants to either use club turbos or bring their own. Club turbos to be allocated on a first come first served basis.
3. Participants to sign up for a block of sessions (say 10 weeks).
4. Group leader(s) to be trained to lead the sessions.
5. Sessions to be flexible i.e. individuals could do their own thing or 'ride' as a group.

ISSUES FOR CONSIDERATION AND FEEDBACK

1. Storage of turbos/theft. Turbos do not take up a large amount of space but they will need a dedicated area.

2. Turbo exercise generates a lot of heat! The plan is to purchase some fans. Will this be sufficient to keep riders cool?
3. Should we offer the turbo facility to non-working members on one afternoon per week during the winter months?
4. Electricity supply. Need advice on requirements, safety etc.

ARE YOU INTERESTED?

At this stage we don't need a firm commitment from individuals, although we will before we proceed to spend significant funds.

We would just like to know if you are interested in the scheme and whether you would like to participate using your own Turbo or a Club Turbo. If you are interested please send a short email to:

turbo@southportcc.co.uk

If you're not interested in the scheme but you have some useful advice/observations please let us have them.