

ARTICLE I. NAME OF STUDENT ORGANIZATION

The organization shall be called Triton Flex at UC San Diego.

ARTICLE II. STATEMENT OF PURPOSE

Our mission for Triton Flex is to create a welcoming and inclusive community where individuals of all backgrounds and body types can come together to pursue their fitness goals in a supportive and accepting environment. We believe in promoting body positivity and self-love, and strive to help our members overcome negative body image by focusing on strength, health, and confidence. By creating such a community, we provide opportunities for people seeking friendship and safe spaces. Through education, training, and camaraderie, we aim to empower individuals to become the best versions of themselves, both inside and outside of the gym.

ARTICLE III. NONPROFIT STATEMENT

Triton Flex at UC San Diego is a non-profit student organization.

ARTICLE IV. REQUIREMENTS FOR MEMBERSHIP

Triton Flex is a socially oriented organization that warmly welcomes all individuals regardless of their academic level or background. We take great pride in fostering a sense of community that is inclusive and accessible to all. Our organization does not impose any financial burden on its members as there are no dues or fees for membership. Undergraduate as well as graduate students are eligible to participate in the various activities that we organize.

ARTICLE V. FREQUENCY OF ORGANIZATION MEETINGS

Our organization convenes no fewer than five gatherings per quarter, consisting of a range of workshops and fundraisers. Additionally, we endeavor to schedule a weekly event, spanning from bonfires and potluck dinners to excursions and other such activities. Further details on each event can be found below.

- Beach Bonfire
- Potluck
- Fundraiser (Shake Smart, Chipotle/Cava/Kebab Shop?)
- Muscle Beach
- Mr Olympia Watchalong
- Physical Challenges
- Workshops
 - Push
 - Pull
 - Legs
 - Nutrition/Recovery (Recommendations rather than personalized programs)
 - Posing
 - Training Styles (bodyweight, high volume, strength, etc.)
 - Competitive Bodybuilding

- *Collabs*
 - *Girl Gains*
 - *Tritonthenix*
 - *Triton Barbell*

ARTICLE VI. QUALIFICATIONS FOR HOLDING OFFICE AND METHODS OF SELECTING AND REPLACING OFFICERS*

Only registered UC San Diego students may hold office in the organization. Only registered UC San Diego students may vote in elections for the selection of the organization's officers.

Timothy Taylor and Sirasit Wongsatjachock: Co President

Cindy Xu: Secretary

Presently, our organization comprises four founding members, each occupying a specific role as delineated above. In the event that new officers express interest in joining our ranks, they will be required to undergo an application and interview process conducted by the incumbent officers. The addition of a new officer shall be contingent upon the unanimous agreement of both presidents. Similarly, any decision to replace or remove an officer shall be subject to the joint assent of both presidents.

ARTICLE VII. RISK MANAGEMENT

Triton Flex at UC San Diego is a registered student organization at the University of California, San Diego, but not part of the University itself.

Triton Flex at UC San Diego understands that the University does not assume legal liability for the actions of the organization.

Regarding our club, it is noteworthy that potential risks may arise in conjunction with our dieting workshop. However, it bears mentioning that we do not release explicit meal plans; instead, we provide our members with suggestions and fundamental information on macronutrients such as carbohydrates, proteins, and lipids. Consequently, we do not anticipate any risks to arise from our activities.

ARTICLE VII. SECTION 1. IN CASE OF INTERACTION WITH MINORS AND/OR THE ELDERLY

Triton Flex at UC San Diego is aware that all registered student organizations that serve minors or the elderly have access to training on child and elder abuse prevention for its members via UC Learning <https://uclearning.ucsd.edu>. Triton Flex will develop plan(s) for activities and events where members will be interacting with minors or the elderly such that members will receive education and/or training on Child Abuse Neglect Reporting Act (CANRA), common sense measures to both avoid child or elder abuse allegations (i.e. avoiding one-on-one situations; working with minors in plain view of others; limiting calls/texts/social media posts or other communications with minors), and how to properly report potential harm or neglect to minors or the elderly with whom they are working.

ARTICLE VII. SECTION 2. IN CASE OF THE PROVISION OF MEDICAL ASSISTANCE

In the event that Triton Flex at UC San Diego provides medical assistance to a community, all volunteers will work under the direction of licensed professionals (doctors, nurses, counselors, etc.). The University does not recommend that students provide medical assistance.

ARTICLE VII. SECTION 3. IN CASE OF INTERNATIONAL TRAVEL

Triton Flex at UC SD recognizes that the University generally recommends against all international travel by Student Organizations due to the myriad of risks travelers face in foreign countries. Student organizations are discouraged from traveling to foreign countries due to the wide variety of risks involved with foreign travel, and the extensive planning efforts required by the Student Organization's Members to manage those risks. Security risks and health care services vary widely from one country to another, so thorough research on those topics is especially important.

International travelers are advised to research US State Department Travel Advisories and the CDC Travel Health site and abide by all recommended alerts and warnings, and procure travel insurance with medical coverage that covers their chosen destination because most USA Health Plans are not valid in foreign countries.

Will your organization handle any hazardous chemicals, materials, equipment or machinery?

If yes, you must include the following statement:

ARTICLE VII. SECTION 4. IN CASE OF HANDLING OF HAZARDOUS CHEMICALS, MATERIAL, EQUIPMENT, AND/OR MACHINERY

Triton Flex at UC San Diego recognizes that all student organization activities must be conducted safely, in accordance with all applicable federal, state and local laws. Additionally, Triton Flex at UC San Diego will abide by UC San Diego requirements for students in labs, including policies for minors in UC laboratories, and ensure members receive safety training regarding the use of chemicals and/or machinery before entering the lab. Members must follow any best practices and lab safety protocols for the use of such chemicals, research equipment or machinery, including the appropriate use of Personal Protective Equipment, and should work under close supervision of those trained in the handling of chemicals/use of research equipment or machinery.

Further articles, if applicable:

ARTICLE VIII. COMMUNITY ADVISOR

Triton Flex is a social club therefore we will not have a community advisor.

ARTICLE IX. FINANCIAL MANAGEMENT

We shall designate a specific member who will be entrusted with the management of our funds. These funds shall be primarily in the form of cash, given its ease of accountability. To generate revenue, we intend to conduct fundraisers, which may include the sale of food on Library Walk, as well as services such as car washes. To maintain transparency and facilitate fiscal responsibility, we shall submit a quarterly budget report to the relevant organization.

ARTICLE X. AFFILIATION WITH OTHER GROUPS

Triton Flex is a socially-oriented club with a keen focus on fitness. As part of our collaborative efforts, we intend to partner with other fitness organizations within the university, such as Triton Barbell, Girl Gains, and Tritonthenix. Furthermore, we welcome opportunities to work alongside other clubs, both within and outside the university. In such cases, we will engage in consultations to establish the necessary logistical arrangements, with the appropriate parties being kept informed throughout the process.