

PHYSICAL ACTIVITY SAFETY CHECKLISTS

TRIATHLON

Triathlon is an athletic event that includes swimming, cycling, and running over various distances.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a certified National Coaching Certification Program/Triathlon Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach in preparing programs for triathlon events as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in triathlon programs (indoors and outdoors)

Basic safety during training and racing sessions (including road and water safety) is learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Coaches monitors weekly training load (distance and increases) of athlete

Length of event must be appropriate for the fitness level of the student

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Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** is required by a qualified swim instructor/lifeguard during all swimming activities; otherwise **in-the-area supervision**
As some training sessions will be conducted by the student on their own, students are encouraged to train in pairs

Process for the accounting of the students must be in place

Individual responsible for providing first aid is present

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

Facility/Environment

Local weather conditions, forecast, and windchill are checked prior to outdoor session
Safety check has been performed prior to run
Route is free of debris and obstructions
Running surface is level and provides suitable footing
Traffic is avoided as permitted
Routes that put runners/riders at personal risk are avoided
Route is clearly marked
Swimming area must be free of hazards/debris and unsuspecting currents
Swimming area is clearly marked

Equipment

Equipment to be used is suitable and in good condition
Standard water safety equipment is available (e.g., ring buoys, reaching poles, spinal boards, etc.)
Bikes are checked prior to each ride
Portable media players (such as an MP3 player) are avoided for training as they reduce athlete's awareness of surroundings, and not permitted for competition
First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Approved helmet is worn during the cycling portion
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn, permitting unrestricted movement
Suitable swimwear is worn, including device for preventing hair from obstructing vision (e.g., elastic band or swim cap) during swim portion
Suitable clothing and protection is used for weather, sun, or insects
Clothing must meet requirements of club or competition

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Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

All injuries should be referred to appropriate medical personnel for treatment and rehabilitation

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher

