



PARTICIPANT GUIDE TO MULTISPORT SAFETY

BY USA TRIATHLON

Here at USA Triathlon, we take great pride in hearing and sharing the stories of members who have made positive lifestyle changes thanks to participation in our sport. These inspirational stories run the gamut. From significant weight loss to overcoming disease to coping with tragedy to achieving a personal best or helping others find a path into the sport — everyone has a reason for doing that first triathlon.

No matter what inspired you to become a triathlete, you're responsible for showing up at the starting line fully prepared for the challenge ahead of you. Safety in the sport is not just the responsibility of the National Governing Body, sanctioned events and race directors, who are subject to the scrutiny of USA Triathlon's rigorous sanctioning process and expected to uphold the best safety protocols.

The concept of **SHARED RESPONSIBILITY** is one that USA Triathlon, its sanctioned event race directors and all participants should embrace. According to the USA Triathlon Fatality Incidents Study, a framework of shared responsibility is part of the path forward in keeping participants safe.

The study was conducted by a five-member review panel that included three physicians and two race directors with broad experience in triathlon. Visit www.usatriathlon.org/safety for the full report.

“We value the safety of all multisport participants, and it is crucial for athletes, race directors and all members of USA Triathlon’s community to make safety at events a priority,” said USA Triathlon CEO Rob Urbach. “The shared responsibility philosophy ensures the sport’s viability for years to come, outlining the steps each person or group can take to make each event a success.”



SHARED RESPONSIBILITIES

ATHLETE

Show up for the race healthy, fit and prepared

- Visit your doctor for a physical examination with an emphasis on heart health before participating.
- Consult with your doctor about any warning signs during training such as chest pain/discomfort, shortness of breath, light-headedness or blacking out.
- Your health, fitness level and preparation should guide your selection of an appropriate race or event.
- Your race plan should be consistent with your health, fitness level, and preparation.
- Choose an event because it places an emphasis on athlete safety, and is sanctioned by USA Triathlon.
- Practice and prepare for open water swim venues. Race day should not be your first exposure to open water swimming.
- Thoroughly review the race’s website and all pre-race communications so you are knowledgeable on the timetable for race day arrival and preparations.
- Utilize all checklists and information from the event, USA Triathlon and your coach to mentally prepare for the competition.
- Make certain your equipment is safe and working properly. Be sure your wetsuit fits properly. Get your bike checked before the event.
- During the event, STOP at the first sign of a medical problem such as chest pain/discomfort, breathing difficulties, light-headedness or unusually high heart rate and seek medical attention.
- During the event, tend to a fellow athlete who has a medical problem.
- Learn CPR and be prepared to use those skills when needed. Ask your family and other supporters to do the same.

RACE DIRECTOR

Design, plan and conduct the event with athlete safety as a foremost priority

- The approved safety plan should account for unique features of an event’s location, weather and participants.
- A mandatory pre-race safety briefing is recommended during which athletes are provided information about the safety plan and reminded about their responsibilities for race safety.
- Provide up-to-date race information to all participants, volunteers and support personnel. Provide spectator information on your website so logistics and other stress inducing details are readily available.
- Design and plan the event to include warm-up opportunities, especially the swim portion.
- Sanction your event with USA Triathlon and follow all rules, guidelines and policies.

USA TRIATHLON

Here’s what your National Governing Body is doing:

- Distributing information about the current review to USA Triathlon members, race directors, coaches and officials and to the wider triathlon community through its entire communications platform.
- Developing an educational series of webinars on safety topics.
- Developing a set of Best Practices tools for athletes and event directors, including: safety considerations for swim course design; race-day communications for emergency medical responses; guidelines for athlete preparedness for races; pre-race safety checklist for athletes.
- Reviewing new relevant scientific information and data/recommendations from other National Governing Bodies. Reviewing feedback from all constituents.



WHAT CAN AN ATHLETE DO TO PREPARE FOR RACE DAY?

Proper training for multisport events is essential prior to race day. USA Triathlon's website (www.usatriathlon.org), *USA Triathlon Magazine* and the Multisport Zone weekly e-newsletter offer a wealth of resources and training tips for athletes.

- ✓ Always consult a physician before beginning any fitness program
- ✓ Start slowly; try a sprint event first and then build from there
- ✓ If participating in an event with an open water swim, practice in a similar body of water prior to race day
- ✓ If participating in an event with the possibility of a wetsuit-legal swim, practice swimming in a wetsuit prior to race day
- ✓ Contact a USA Triathlon Certified Coach; he or she can craft a training plan specific to each athlete's strengths and weaknesses
- ✓ Join a local club; benefit from training with like-minded individuals

SAFETY REQUIREMENTS AT USA TRIATHLON-SANCTIONED EVENTS

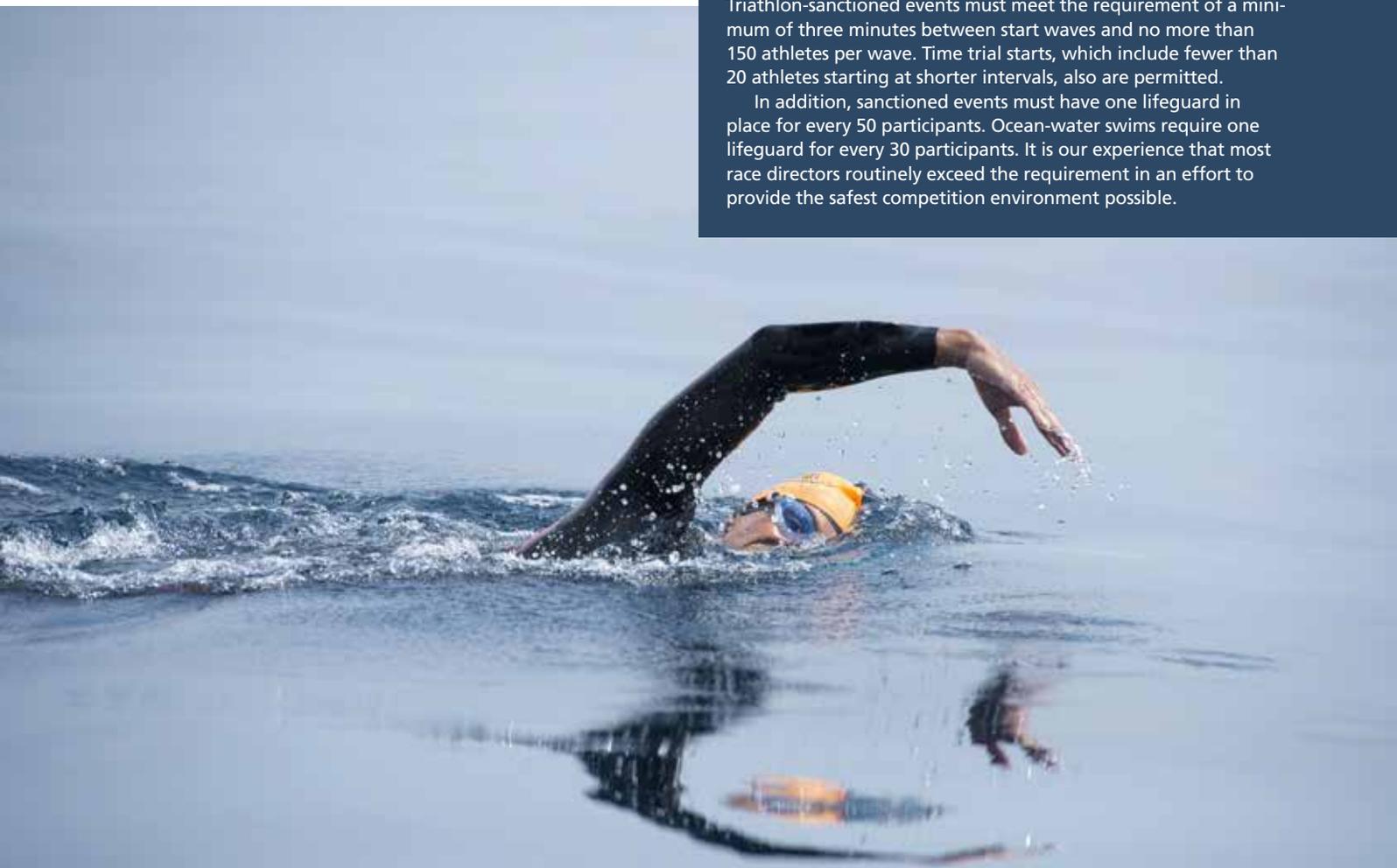
Race directors of USA Triathlon-sanctioned events must complete a sanctioning process that demonstrates the event organizer has planned appropriately for swim, bike and run course management; medical and volunteer support; rules enforcement and more. When complete, it is required that the plan will be executed accordingly.

USA Triathlon proactively presents numerous educational opportunities for race directors each year, including Race Director Certification Courses and the annual Race Director Symposium. The USA Triathlon Event Services staff is always available to answer questions regarding event safety and guide race directors through the sanctioning process.

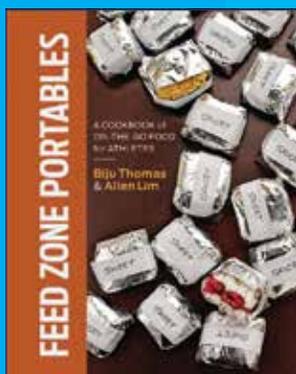
USA Triathlon has a number of rigorous safety requirements in place for all sanctioned events for all three disciplines of the sport, not just the swim.

Specifically for the swim, event organizers are allowed and encouraged to structure swim start waves according to the specific needs of their race course and event support infrastructure. USA Triathlon-sanctioned events must meet the requirement of a minimum of three minutes between start waves and no more than 150 athletes per wave. Time trial starts, which include fewer than 20 athletes starting at shorter intervals, also are permitted.

In addition, sanctioned events must have one lifeguard in place for every 50 participants. Ocean-water swims require one lifeguard for every 30 participants. It is our experience that most race directors routinely exceed the requirement in an effort to provide the safest competition environment possible.

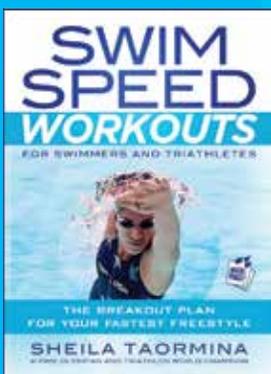


NEW BOOKS FOR FASTER RACING



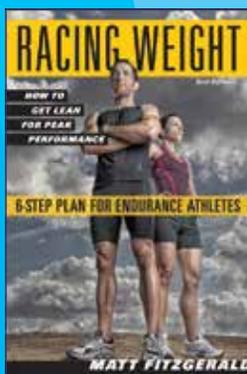
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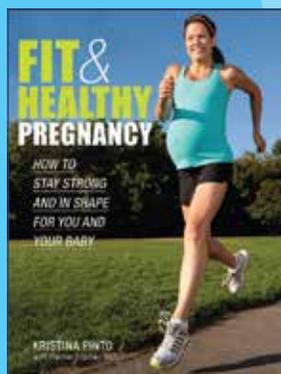
Swim Speed Workouts

Waterproof workouts will help you develop the fastest way to swim.



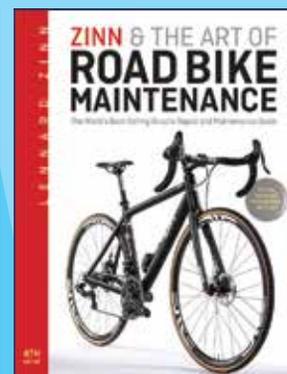
Racing Weight 2nd Ed.

An update to the best weight-loss program for athletes.



Fit & Healthy Pregnancy

Pregnancy doesn't mean an end to fitness. Learn how you can stay fit.



Zinn & the Art of Road Bike Maintenance 4th Ed.

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CHECK OUT THE BEST TRIATHLON BOOKS AT VELOPRESS.COM.

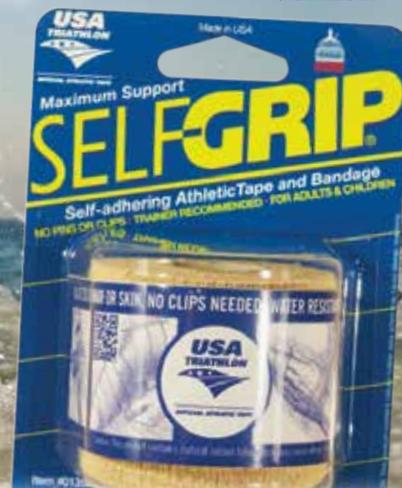
Retailers, please find order info at velopress.com/shops.

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USA TRIATHLON'S PATH FORWARD

As the next step in USA Triathlon's comprehensive examination of incidents within the sport, we are conducting research into the potential causes, frequency and circumstances surrounding triathlete cardiac arrests. Additional collaborative efforts are now underway as part of a research project designed to increase our understanding in this area. It is our hope that the knowledge gained from these studies may help save lives in the future.

USA Triathlon is planning to introduce a campaign that encourages athletes to "be smart before you start." The theme will speak to basic awareness tips and use of common sense before you start training for a multisport event or tips when you're at the swim start for a race.

USA Triathlon is also planning a Medical Multisport Conference in November 2014. USA Triathlon assembled a task force of six medical professionals to structure the conference and develop topics to present over two days. The conference will welcome both physicians and allied health professionals where they will receive CME and CEU credits for their participation. The conference will be held at the U.S. Olympic Training Center in Colorado Springs, Colo.

With the right preparation and common sense, athletes can keep themselves safe while training for, and racing in, multisport events and continue inspiring others to do the same for generations to come.