RISK ASSESSMENT WIZARD



TRIATHLON

Safety Guide

Sports Recreation

6	32	12
Key Benefits	Control Measures	Checklist Items

KEY BENEFITS

Cardiovascular Fitness

Enhances overall cardiovascular fitness and endurance through swimming, cycling, and running.

Muscular Strength

Improves muscular strength and endurance across multiple disciplines.

Time Management

Develops time management and strategic planning skills essential for race preparation.

Mental Resilience

Boosts mental resilience and focus required for multi-sport competitions.

Flexibility

Increases flexibility and range of motion through varied training activities.

Weight Management

Supports weight management and comprehensive physical fitness through diverse engagement.

KEY HAZARDS & CONTROL MEASURES

Drowning (Swim)

- ✔ Implement lifeguard presence throughout swim
- ✔ Establish clear swim zones with buoys
- ✔ Provide comprehensive safety briefing
- ✔ Use kayak/paddleboard safety support

Swimmer Collisions

- ✔ Implement swim lanes or wave starts
- ✔ Monitor crowded areas closely
- ✔ Educate swimmers on lane etiquette
- ✔ Consider time-trial starts

Vehicle Collisions (Bike)

- ✔ Use closed roads or designated lanes
- ✔ Require reflective gear and lights
- ✔ Position marshals at junctions
- ✔ Coordinate with local authorities

Cycling Falls

- ✔ Mandatory helmet requirement
- ✔ Mark road hazards on course
- ✔ Pre-race bike inspections
- ✔ Provide mechanical support

Fatigue & Collapse (Run)

- ✔ Position medical support along course
- ✔ Monitor runners for distress signs
- ✔ Provide aid stations with water/electrolytes
- ✔ Implement cut-off times

Transition Zone Incidents

- ✔ Design clear flow paths
- ✔ Enforce no-riding zones
- ✔ Use barriers and markings
- ✔ Staff transition area adequately

Heat & Dehydration

- ✔ Provide regular hydration stations
- ✔ Educate on heat management
- ✔ Schedule early morning starts
- ✔ Have cooling facilities at finish

Mechanical Failure

- ✔ Conduct pre-race bike checks
- ✔ Educate on basic repairs
- ✔ Provide mechanical support on course
- ✔ Reject unsafe equipment

PRE-SESSION SAFETY CHECKLIST

Risk Assessment

- [ ] Complete and review risk assessment for this activity
- [ ] Ensure all identified hazards have control measures in place
- [ ] Brief all staff on key risks and emergency procedures

Swim

- [ ] Water safety team briefed
- [ ] Swim course marked
- [ ] Water temperature checked

Bike

- [ ] Course marked and swept
- [ ] Marshals positioned
- [ ] Road closures confirmed

Run & Medical

- [ ] Aid stations stocked
- [ ] Medical team positioned
- [ ] Finish line medical ready

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