



# TRIATHLON

## Safety Guide

Sports Recreation

6

Key Benefits

32

Control Measures

12

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
- Brief all staff on key risks and emergency procedures
- Ensure all identified hazards have control measures in place

**Swim**

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

**Bike**

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

**Run & Medical**

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



RISK ASSESSMENT  
WIZARD

# Take Your Safety To The Next Level

Create professional, customized risk assessments for your organization with our easy-to-use online wizard.

**390+**

### Activity Templates

Pre-loaded hazards & controls for every activity

**100%**

### Customizable

Add your branding & tailor to your needs

- ✓ Instant PDF & print-ready documents
- ✓ Store and update assessments online
- ✓ Add your logo & organization details
- ✓ Reuse and duplicate assessments
- ✓ Works on any device

**Start Free at [riskassessmentwizard.com](https://riskassessmentwizard.com)**

*No credit card required - Try it free today*