



## Junior Programme

### Safety measures for Open Water Swimming:

1. Make sure safety personnel know you are accounted for. i.e. you have paid and have been hand stamped prior to entering the water for training.
2. Never swim alone. Swim with at least one other partner, preferably of equal ability.
3. Be prepared for water conditions: Wetsuits, tinted goggles, thermal cap, bright noticeable bathing cap, waterproof sun block.
4. Be surf safe- check tides, currents, and rips in the open water.
5. If you choose not to swim after turning up and paying, notify a coach prior to leaving the training site.

### Safety Measures for Open Road Biking:

1. Always wear a helmet, make sure strap is tight enough (use the 2 fingers strap test).
2. Know basic rules of the road
3. Use hand signals
4. Make regular bike checks, preferably each time prior to riding, i.e. tyre pressure, check tyre for glass, head set, brake check, tools, spares, water.
5. Wear appropriate clothing for conditions, i.e.- cool, wet, dark conditions, proper sunglasses for conditions, gloves

## Safety Measures for Running:

1. Running is harder on growing joints and bones than swimming and cycling, so make sure the focus is on quality NOT quantity.
2. Make good use of soft surfaces such as trails, grass or synthetic tracks to reduce the risk of injury.
3. Use good running shoes for running on hard surfaces.
4. Nutritional requirements for young teenage triathletes are imperative; females require additional iron, calcium, phosphorous and vitamin B.
5. Wear appropriate clothing for conditions especially bright/reflective clothing if running early in the morning or at dusk/sunset.
6. Follow all road rules when running on sidewalks adjacent to streets.

## Safety for Transition Area:

1. Knowledge of all rules of transition areas.
2. Develop safe entry and exit techniques for transition.
3. Be aware of other athletes movements in transition.
4. Proper equipment storage/placement.
5. Proper transition routine, i.e. safe clothing, helmet on First in transition, etc.