



Safety Guidelines

We believe in "*Safety First*" as a principle for all of our programs – *Safety is our number one priority.*

Please review all information thoroughly.

- Volunteers
 - Our Volunteers are there to help assist with our "Safety First" principle. Volunteers will be stationed along the race course and around the event site. Please respect their guidance and don't hesitate to ask for their assistance.
- Signage
 - Informational and directional signage is strategically placed along the entire outdoor portions of the course.
 - Please be attentive and adhere to all posted information.
- First Aid
 - There are First Aid kits placed along the trails along with trained Lifeguards to administer First Aid. In the event of a medical emergency, immediately inform any Volunteer who will assist in obtaining medical assistance as needed.
- Swim
 - Participants must respect the rules of the pool facility and listen to the Lifeguards and Volunteer Coaches on deck to ensure their safety during the Swim portion of the race.
 - Participants must walk at all times on the pool deck and will be directed by the Volunteer Coaches to start in the pool. All age categories finish in the same place for safety and ease of exiting.
- Transition(s)
 - Participants must exit the pool area safely as they make their way to Transition.
 - Parents/Family/Friends of the participants will not be allowed in the Transition area during the race. Volunteer Coaches will be present to assist them however needed (i.e. tying shoe laces, buckling helmets, etc.).
 - Participants must cover their torsos for the Bike and Run portions of the race by either their swimsuits or shirts and must also have their bib numbers attached in front for visibility.
 - Participants must wear a helmet with a fully buckled chin strap and use a bike that is in good working order with brakes for the Bike portion of the race. Kids are allowed to use bikes (even with training wheels) as long as the equipment is in good working order with brakes. If you are unsure about the condition of your child's bike, we recommend having it inspected by a professional bike shop.
 - Participants must wear closed-toe running shoes during the Bike and Run portions of the race – no other footwear is permitted.

Safety Guidelines continued

- Bike
 - Volunteers are placed along the Bike course for participant safety and assistance.
 - Participants must safely walk/run their bikes from the Transition area to the start of the Mount/Dismount Area where they will be directed by Volunteer Coaches (and signs) about where and when to get on and off their bikes.
 - Participants must wear their helmets fully buckled at all times for the Bike portion until they have placed their bikes back in their “block” in the Transition Area.
 - Once participants have completed the Bike portion of the race, Volunteer Coaches will help them as needed to safely dismount their bikes.
- Run
 - Volunteers are placed along the Run course for safety and participant assistance.
 - There are relief stations at the course entry and course turnaround where participants can obtain water.
- Spectators
 - For everyone’s safety - spectators must stay off the race course! Please remain within the designated spectator areas (including “bike lap counting area”) and follow Volunteer instructions to keep the course clear.
 - If a spectator needs to cross the race course for any reason, a Volunteer must be informed and they will ensure a safe crossing for the spectator without disruption to the race.
 - Please respect the guidance of the Volunteers and please don’t hesitate to ask for their assistance as needed.
 - In the event of a medical emergency, immediately inform a Volunteer who will help in obtaining medical assistance as needed.