



## *Junior Aquathlon Information Pack 2021*



Thames Turbo Triathlon Club are proud to work with local partners and would like to thank our race sponsors who help to make our events a huge success. We are thankful for their generosity and support.



# Thames Turbo Triathlon Club

## Junior Aquathlon Race Pack



Welcome to the Race Pack for the Thames Turbo Junior Aquathlon. If you have raced the previous event, you should still read this from start to end as many aspects of the event have changed, including the location.

### RACE LOCATION

The race will take place at The Lady Eleanor Holles School Pool,  
Hanworth Road  
Hampton, Middlesex  
TW12 3HF

### PRE-RACE HEALTH QUESTIONNAIRE

Pre-event health questionnaire must be completed by All competitors, Spectators, parents, or guardians. This mandatory before attending the LEH Site you may be refused entry if you do not complete this. <https://thamesturbo.co.uk/covid-19-pre-event-health-declaration/> Please bring your confirmation email with you as you may be asked for on entry to venue.

### COVID 19

Thank you for your cooperation with the new regulations in place at the event, these are necessary to ensure a safe environment and mean that we can continue to provide race opportunities. **DO NOT** attend if you currently have any illness symptoms or have been in contact with a known Covid-19 case in the last 14 days. If you are not sure, follow the advice of your NHS Test & Trace app or website - <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Consider your risk of sharing the virus: Good hygiene to be practiced by all participants please bring your own hand sanitiser, mask, and give 2 meters distance where possible. If you are part of a vulnerable group or are shielding please take greater precautions or stay at home. There should be no sharing of equipment. Spectators not to attend events unless providing safeguarding or duty of care. Social distancing measures should be followed for attending non-competing persons.

### FACE COVERINGS

All parents and guardians must wear a face covering whilst at our event. If age appropriate each athlete should wear a face covering when in transition and when not racing.

### RACE RULES

The race will be run according to the rules of the British Triathlon Federation. These can be found at [www.britishtriathlon.org](http://www.britishtriathlon.org)

If for medical reasons an athlete needs assistance with transition, for instance assistance with putting on their shoes, agreement should be gained **prior** to the race by emailing the Race Director. A parent/helper will be issued with a badge and allowed into transition only for the duration of the athlete's event. Shoes must be worn during the run. There must be no nipples on show for the run section.

### REGISTRATION & Timings

**Everyone MUST register before the race starts.** To reduce the risk of transmission and to protect competitors and event volunteers we will be holding a rolling registration with each age category registering between the specific times. Please arrive within your allocated time slot to avoid congestion at the race venue. Please wear a face covering when registering unless you have a valid exception. Please do not be late as your child may not be allowed to continue with the race.

At registration you will collect your number (and pins if you need them; we will also be selling race belts for £6) and timing chip and strap. Immediately after registering, please go and get the competitor body marked with their race number and number of laps on the run course.

#### Registration times:

- **Tristart:** 9.30 - 10.00
- **Tristar1:** 9.30 - 10.15
- **Tristar2:** 10.00 - 10.45
- **Tristar3:** 10.30 - 11.30
- **Youth :** 11.00 - 11.45
- **Juniors:** 11.30 - 12.15

#### **We are checking BTF licenses at registration.**

If you have a BTF license bring it along to registration otherwise you will need to pay £2 to purchase a day licence. We must ensure everyone is insured on race day. No licence means no race. This guarantees you are insured on the day.

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### RACE BRIEFING

To comply with BTF guidelines there will be no formal Race briefing before the event. It is your responsibility to ensure perform the correct number of Lengths to swim and the correct distance to run. If you have any questions, please ask a Marshall who will be more than happy to help.

### RACE START TIME

The race will begin based on the Age Group Wave and the swim time submitted when you signed up. We will ask each wave to gather socially distanced at 2m in a holding area approx 10 minutes in advance of their wave start. From here they will be taken to the start and briefed about the swim and race.

- **Tristart: 10:45**
- **Tristar1: 11:00**
- **Tristar2: 11:30**
- **Tristar3: 12:00**
- **Youth: 12:30**
- **Juniors: 13:00**

### SWIMMING POOL

This is a heated 25m indoor pool with anti-wave ropes. All competitors will exit from the water at the far-right end of the pool, via the steps, next to the exit to the transition outside. Each age group has a specific starting lane and number of laps to do, and they will go up and down the lane once before switching to the next lane. Youths and Juniors will repeat the first lane a set number of times before moving down the pool lanes. Overtaking is allowed however please ensure that you pass quickly and in a safe way.

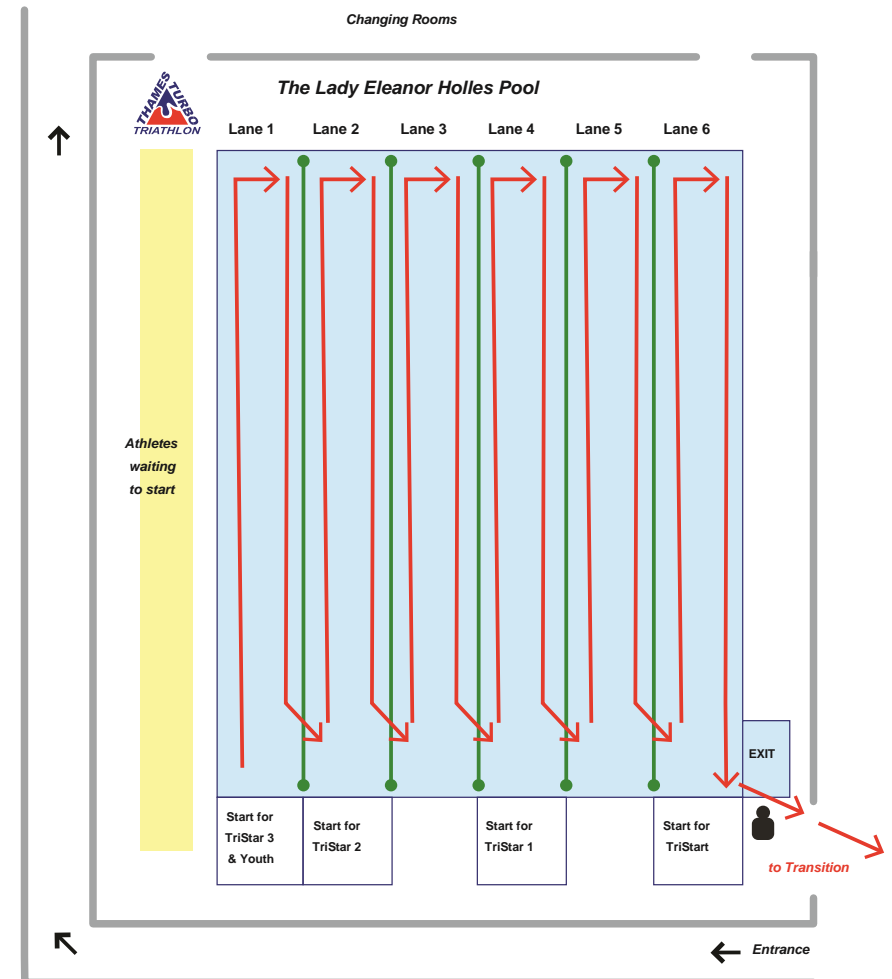
The number of lengths per category are:

- **Tristart: 2 Lengths (50m)**
- **Tristar1: 6 Lengths (150m)**
- **Tristar2: 10 Lengths (250m)**
- **Tristar3: 12 Lengths (300m)**
- **Youth + Juniors: 14 Lengths (350m)**

**Note:** Junior/Youth Category will swim 4 laps in lane 1 before going under ropes into lane 2.

### NO SPECTATORS POOLSIDE / or Viewing area

To reduce the risk of Covid-19 transmission, and due to the limited space available and the number of competitors taking part, no parents or supporters will be allowed poolside or inside of pool building.



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### RUN COURSE

The run course will start from the playing fields next to the pool. The run will consist of lap(s) of the field. There will be water available during the run and at the finish. **Due to COVID-19 restriction we are unable to hand out bands after completion of each lap and the competitor must count their own laps.** The number of laps required for your race will be written on the back of your hand at registration. Overtaking is allowed on the Run course but please pass with social distancing in mind.

### RUN LAPS

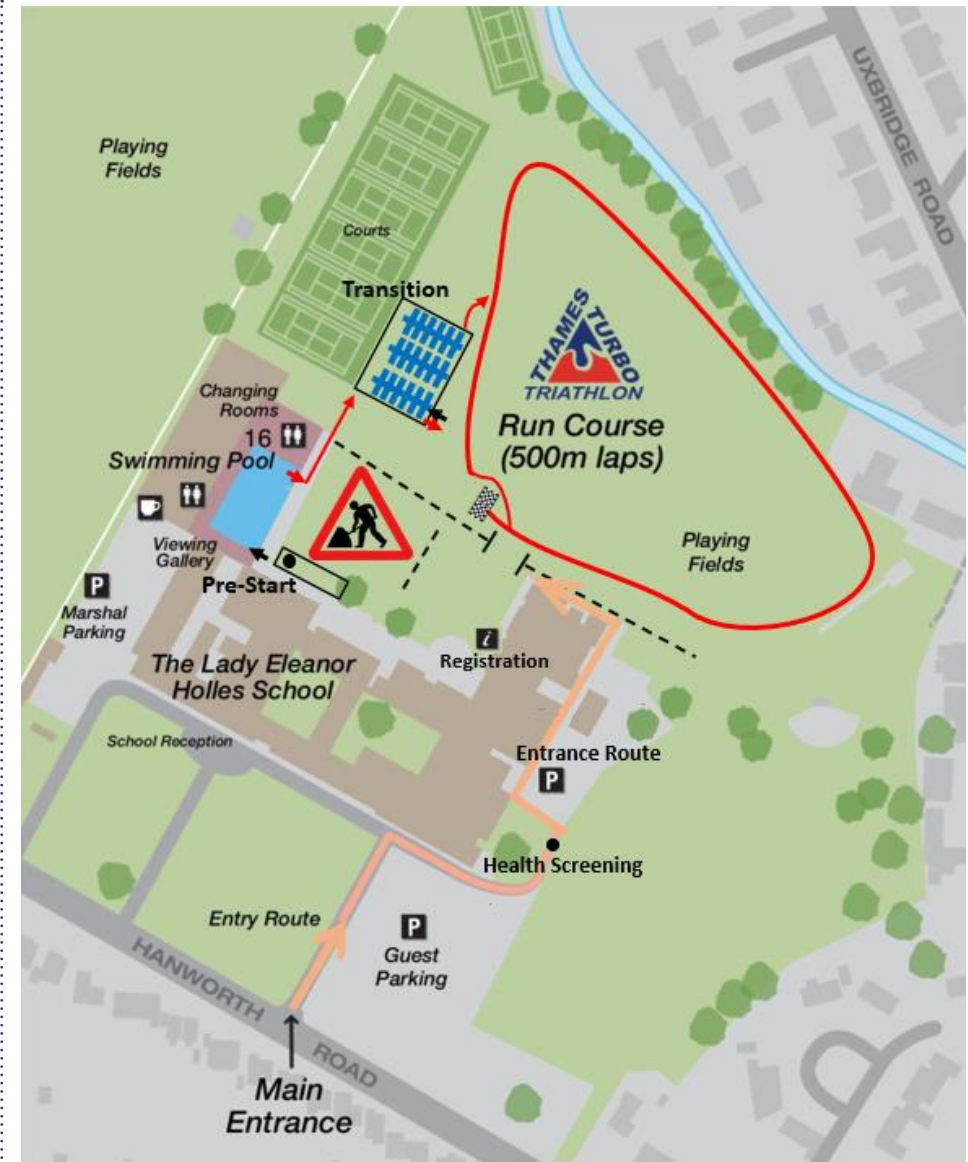
The body markers will also write the number of laps required on the competitor's hand, so they can double check for themselves. The number on their hand must match the number of laps they have completed when they finish. We will also have a timing point on the run course so this will act as an extra lap counting back-up, but the responsibility lies with the competitor.

The laps per category are:

- **Tristar:** 1 Lap (500m)
- **Tristar1:** 3 Laps (1500m)
- **Tristar2:** 4 Laps (2000m)
- **Tristar3:** 6 Laps (3000m)
- **Youth + Juniors:** 7 Laps (3500m)

### TRANSITION

Transition will be open and closed at specific times based on your age category. It will be on the grass area round the side of the pool. Masks must be worn by any competitors aged 11 or over when setting up in transition. You will be asked to place your equipment in a tidy pile. Transition will be marshalled, so if you have any problems you can ask the marshals. No competitor is permitted to move other competitor's possessions. **NO PARENTS WILL BE ALLOWED INTO TRANSITION.** Once the race has started, access to transition will be restricted to the gaps between waves, so please don't leave it too late to set up your gear. Please attempt to keep your time in the transition area as limited as possible and attempt to arrive as ready to race as you can be.



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### TRANSITION Timings

To reduce the risk of transmission of Covid-19 we will be opening transition at specific times for each group. This will be the only time you will be able to access Transition before the race begins.

- **Tristart:** 10.00 - 10.30
- **Tristar1:** 10.15 - 10.45
- **Tristar2:** 10.45 - 11.15
- **Tristar3:** 11.15 - 11.45
- **Youth:** 11.45 - 12.30
- **Juniors:** 12.15 - 12.45

### FINISH

There will be a finishing funnel where we will have more marshals. Competitors should remove own timing chips and chair will be made available to assist. All Competitors, parents and guardians are requested to leave site asap after completing their race.

### SPECTATORS

Parents and coaches will NOT be able to watch the swim from inside the pool for safety reasons. Parents and coaches will be able to watch the transition and run from the playing field. **Please note that parents and coaches are not allowed to count laps, pace, or run beside a competitor, doing so will result in disqualification of the athlete.** You are encouraged however to cheer your children at any time! **Parents and coaches are asked to stay within the spectator area, the orange netting up to the finish line and NOT cross onto the sports field or approach the lap counters.**

### CHANGING/TOILETS

To minimise contact and remain COVID-19 safe we ask that each athlete attends the venue 'beach ready'. There are boys' and girls' toilets inside the atrium/lobby area, both for spectators and competitors however this for emergency use only. Access to the indoor venue will be stickily managed by a marshal, you must wear a mask and you may be asked to wait outside to ensure there is not congestion.

### PHOTOGRAPHY

If you wish to take photos of the event you must register your intent at registration where you will be issued with a tag to clearly indicate your photography allowed status. Please see the BTF website for any further queries. **Please pre-fill the event form to avoid queues, which is at the end of the race pack.**

### RESULTS

Results will be displayed as soon as possible after the race. All being well they will be live from the start of the race at [myraceresults.co.uk](http://myraceresults.co.uk) We will try and post results for each age group as soon as possible after they have finished and announce prizes as we go along. Info will be posted on a board near the registration gazebo. Results will also be available on the Race Series web site as soon as possible after the event: [www.thamesturbo.com/RaceSeriesresults](http://www.thamesturbo.com/RaceSeriesresults)

### PRIZES

Prizes will be given to the 1st, 2nd and 3rd competitor in each age group (boys and girls). There will not be prize giving at the event this year and prizes will be posted out. Juniors just have 1st place prizes

### PARKING AVAILABILITY

There is a large amount parking at the school with marshals directing. If it fills up you can park in the residential streets adjacent to the venue: please park with consideration for the residents. There will be a one-way system to enter and leave the venue.

### PRIZE GIVING

We were unable to present trophies this year, however, a small prize from our sponsors at MonkeySox & SaddleDrunk will be sent to our podium winners.

### FOOD & DRINK

Unfortunately, we are unable to provide food and drink at the venue and suggest that if you have a requirement for such you bring it with. There will be a water station on the Run course.

### LOST PROPERTY

Please go to the registration area if you lose or find anything

### RACE MEMENTO

Every competitor that registers will receive a medal at the finishing line.

### FIRST AID

There will be paramedics and an ambulance on site for emergencies

### LITTER

Please do not litter!

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### COMPLAINTS/COMPLIMENTS

Hopefully there won't be any but if you have a complaint please talk to the Race Director. Marshals would love to hear your compliments!!!

### BTF SAFEGUARDING

This permitted triathlon event acknowledges the duty of care to safeguard and promote the welfare of children, young people, and vulnerable adults. This permitted triathlon event is also committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice and British Triathlon requirements.

### MISSING CHILD

If you are missing a child, please make yourself known to your nearest marshal or registration who will raise the issue with the Race Director.

### Photo Permit Form for Thames Turbo

#### Aquathlon 12<sup>th</sup> June 2020

For the purposes of Child Protection, Thames Turbo Triathlon Club requires that any person wishing to take photographs or video at the Junior Aquathlon the 12<sup>th</sup> June at The Lady Eleanor Holles School registers with the Race Organiser. This person must show that their child is taking part by reporting with them to the Photography Registration desk who will check their entry.

#### PLEASE COMPLETE & BRING TO REGISTRATION

Name of Applicant .....

Child's Name .....

Relationship .....

Address & Postcode .....

.....

I ..... declare that the photos and footage of the Thames Turbo Junior Aquathlon 2021 will only be used for family or training purposes and that I will not use or alter the images for any inappropriate use. I will not be photographing or filming using any device (including a mobile phone) in the changing rooms. If any marshal or competitor or other adult complains or shows concern, I will stop taking photographs or filming. I agree that the decision of the Race Director is final.

Signed by the applicant ..... Date .....

Received by Thames Turbo .....