

# HEALTH AND SAFETY INFORMATION

Though this is intended as a fun event we take your safety seriously - we trust you do as well

Please read the following documentation to understand the risks involved and what we have done to minimise the occurrences - and what you can do to help out (mainly common sense should prevail - don't switch off / tune out and please stay aware of where and what you are doing. THANK YOU.

## Registration

At registration a copy of the Health and Safety Notice for the Scorching Triathlons will be displayed. It is your responsibility to read and abide by its guidelines (this is that document).

Please study the detail course maps supplied at registration and know your course before you start. If you have questions please ask).

If you do not know/understand the course and get lost or do something different from the prescribed course, have a silent word with yourself...

## Parking on event day

- Parking at Motukaraka Point is limited on the event day,
- We do not wish to impact the residents at Motukaraka Point and also do not wish to block your run course later, thus
- We have organised with the farmer out there to use one of his fields for parking
- So, when you arrive at Motukaraka Point, park in his field - to access the parking from transition - head towards the Haywards hill, approximately 50m - turn into his field to park
- Will exiting the parking please walk your bike and gear back out the gate you turned in and then walk back down the edge of Grays road to transition



## Transition

- First aid is provided by St Johns and they are located on the road next to transition during the event.
- Outside transition a copy of the Health and Safety Notice for the Scorching Triathlons will be displayed. It is your responsibility to read and abide by it's guidelines. (this is that document)
- Athletes only in transition area.
- No bikes ridden in transition area at any stage.
- Detail course maps will be posted outside transition so please, learn your course before you start. If you have questions please ask). If you do not know/understand the course and get lost or do something different from the prescribed course, have a silent word with yourself...

- If you are moving your bike to or from transition, normal road rules apply (i.e you must be wearing a helmet when riding your bike, and you must ride your bike on the correct side of the road. If you are not wearing your helmet, you will be walking your bike).
- If you bring a dog, the dog must be on a leash at all times.
- Please be mindful of children also, they shouldn't require a leash, just diligent parents.

## General notes

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- **The roads are open for all normal traffic**
- Participants must behave in a manner that is safe, fair and demonstrates good sports conduct before, during and after the race. Be careful, enjoy yourself and don't give anyone else a hard time.
- The Marshals are giving up their time to help you, please treat them with respect.
- The Marshals are on the course to ensure that normal traffic flows continue and to direct you if needed.
- The marshals will not (and legally cannot) stop traffic. Please obey the road rules.
- Your torso must be covered on both the cycle and run - either with swimmers, or a singlet or t-shirt or tri top (or similar).
- **No earphones or headsets are allowed at anytime** during the event.
- Please report any accidents to the race director or marshals during the event.
- If you pull out of the race for any reason please advise the nearest marshal and the timekeepers when you return to transition (thanks!)
- Please give assistance to fellow participants in need of help.
- If you have finished, please have consideration for others still going, do not loiter in the transition area or directly behind the finish line (or any other location that could affect other participants' movement through the course).

## 2XU Swim

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- The swim is in deep water
- Water Safety coverage is provide by the Water Police & Surf Lifesaving Wellington
- Wetsuits are optional but recommended (if you are looking for a wetsuit - The Swim Shop 132 Oriental Parade hires Wetsuits for our events, and you can also buy 2XU Wetsuits from there)
- The supplied Silicone Swim Caps are compulsory for the swim leg (you may elect to wear additional caps under the supplied swim caps, but our caps are required to be visible.
- If you are beginning to get into trouble with the swim raise your hand. And the Lifeguards will come to your aid
- If you notice a fellow participant in trouble, please come to their aid and signal the lifeguards
- If a swimmer is pulled from the water, Surf Lifesaving Wellington / Water Police will bring the swimmer to the waters edge and handover to St Johns for First Aid. St Johns will make the call as to whether the individual is able to continue - St Johns call cannot be disputed by the participant.

## Burkes Cycles Bike

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- The roads are open for all traffic
- You must follow road rules at all times and be safe with sharing the road with other vehicles.
- On the ride, keep to the LEFT, unless overtaking someone, and obey the road rules - they still apply even though you are in a race. Remember the road is open to general traffic and you are sharing the road with other participants and motorists.
- Please keep to the left.
- Follow the directions of marshals at all times.
- Be wary of car doors opening during the ride section.
- Turnarounds can be narrow and tricky, slow down and go around them one at a time.
- Your helmet must be done up BEFORE you remove your bike from the rack and kept done up until you replace your bike on the rack. You will be stopped if you do not obey this rule.
- Do not mount your bike until instructed to by a marshal outside of transition.

- Your bike equipment is your concern. We do not provide safety checks for your equipment.
- Bikes must be in a road worthy condition.
- The cycle course today is an out and back option, it involves a tight turn in all cases at the southern end of the course, please position yourself in single file as you complete this turn, do not attempt to pass while making these tight turns (Thank you!)

## Shoe Clinic / Asics Run

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- Follow the directions of marshals at all times.
- Run to the water side of the road at all times.
- If you are required to run on the road, do so with care
- You must wear footwear for the entire run section.
- **Run in single file** at all times (unless passing someone else)
- Stay behind the cones on the shoulder and off the road as you run around the corners
- If passing, pass quickly
- On your return to Motukaraka Point, please run on the Wetlands track

## Spectators

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- Thank you for your support of the participants
- Please do not follow participants around the course, the course is narrow and awkward unwarranted additional vehicle traffic is a hinder to all participants and increases risks
- Please watch activities from our base at Motukaraka Point (if you need refreshments Scott will provide coffee and food from his caravan)
- Can you please keep clear of the areas where participants will be running along the grass and beach
- Please stay out of transition at all times

## Finally...

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If you have finished, please have consideration for others still going, do not loiter in the transition area or directly behind the finish line (or any other location that could affect other participants' movement through the course).

**Remember the roads are open to everyone.**

Thanks for taking the time to become aware of these issues which can help make your Scorching Triathlon experience a safe and memorable event.