



**TRIATHLON CHAMPIONSHIPS
HEALTH AND SAFETY PLAN - RAMS**

All athletes and support staff are required to be familiar with the Triathlon Athlete guide as these form a key part of safety on course.

SWIM

General	Risk / hazard	Eliminate / isolate	Minimize danger
1. A competitor suffers harm or serious injury as defined by the Act	1. Cut feet from glass, cans or other objects on the course.	1. Race director / marshals to check areas to locate any glass / cans or sharp objects and remove same. 2. All water personnel to assist where required. Race Director will monitor any rubbish collection to ensure it is safe prior to starting the swim section.	1. First aid personnel on site to attend to any medical issues e.g., treat hypothermia and any cuts 2. Volunteers will pick up and remove any competitor requiring assistance.
2 Injury from fellow competitors or course markers	1. Injury in swim from e.g. finger nails or minor cuts to face or body. 2. Injury from bunching at turning buoys over or knocked down.	1. Competitors to be instructed on swim course direction. 2. Wave starts to give manageable number of starters.	1. Any injuries sustained will be attended to by First Aid Personnel as applicable. 2. Thorough check at least one hour prior to the commencement of the swim



General	Risk / hazard	Eliminate / isolate	Minimize danger
	3. Competitor takes in excess water	3. Race Director will brief all swim safety personnel on all areas of the swim course.	looking for any changes in conditions. 3. Monitor change of conditions
3. Inability to complete course	1. Sustains cramp. Loses way or incompetent swimmer. 2. Asthma or respiratory problem 3. Inappropriate clothing is worn on swim section that causes unnecessary drag	1. Lifeguards monitor this and assist when required. 2. Lifeguards monitor this and assist when required 3. All swimmers to wear appropriate swimming apparel as per race rules.	1. Lifeguards will pick up and remove any competitor requiring assistance. 2. First Aid personnel onsite
4. Route to transition	1. Injuries sustained while running to transition e.g., twisted ankle, cut foot	1. Marshals to monitor this section	First Aid personnel on hand
5. Adverse weather conditions on course	1. Unsafe conditions	1. Weather to be monitored in the lead up to the race. 2. Event Team for event will meet on race day and decide if any contingencies need to be put in place. Refer to contingency plan. 3. Wetsuits are allowed to be worn when water temp is below 20°C and mandatory when below 14°C.	Lifeguards and event personnel on course and monitoring conditions
6. Water Quality Issues	1. Potential poor water quality (unsanitary)	1. The swim safe website will be used to guide the process of water quality. If there is any minor concern a deep-water start will be used similar to that enabled for the Ocean Swim Series events.	Contingency course if deep-water start is not a suitable option



General	Risk / hazard	Eliminate / isolate	Minimize danger
7. Water based animal concerns	1. Marine mammal causing concern	1. If there is any concern that a marine animal is cause for concern, we will assess the risk and may choose to amend the course or cancel the swim.	Constant observation by swim support team



BIKE

General	Risk / hazard	Eliminate / isolate	Minimize danger
1. A competitor suffers harm or serious injury as defined by the Act	<ol style="list-style-type: none"> 1. Dehydration 2. Running injury 3. Overheating 4. Hypothermia 5. Other condition 	<ol style="list-style-type: none"> 1. Medical assistance available 2. Competitor treated on the spot. If able is allowed to finish race. If unfit to complete course, competitors are withdrawn and assisted back to transition 	<ol style="list-style-type: none"> 1. First Aid available 2. Support persons identified and briefed on condition and recommended treatment. 3. Local hospital advised where applicable.
2 Race rules and road/Footpath rules	<ol style="list-style-type: none"> 1. Race rules and road rules 	<ol style="list-style-type: none"> 1. Competitors are advised they must comply with race rules and road rules. Competitors are advised they must comply with any instructions from marshals 	
3 Road conditions	<ol style="list-style-type: none"> 1. Broken seal, potholes, glass 2. Vehicle movements 	<ol style="list-style-type: none"> 1. The route is checked immediately prior to the run and hazards are eliminated, marked, or coned 2. Volunteers briefed prior to event day on Safety and traffic awareness Volunteers all required to wear Hi-Viz vests while 'on course' and advised not to put themselves in harm's way Resident and business notification 7 days prior to event along with Variable Messaging Boards in place 	<ol style="list-style-type: none"> 1. First aid is on hand 2. Traffic Management in place



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		<p>TMP in place for entire event and closed roads</p> <p>Parking resolution in place</p> <p>Event vehicles required to travel at no more than 10km/hr when in the venue and have their hazard lights on</p> <p>Participants briefed that they must obey road rules and must NOT cross the centreline. They are to expect vehicles on the course.</p>	
4 Course layout and marking	1. Route confusion	<ol style="list-style-type: none"> Marshals are on course. All marshals briefed on the route and their duties and responsibilities. Specific CS Signage for relevant turns. The course is out of bounds for spectators 	<ol style="list-style-type: none"> Marshalls will have RTs Marshalls monitor course. Signage and cones in place.

RUN

General	Risk / hazard	Eliminate / isolate	Minimize danger
1. A competitor suffers harm or serious injury as defined by the Act	<ol style="list-style-type: none"> Dehydration Running injury Overheating Hypothermia Other condition 	<ol style="list-style-type: none"> Medical assistance available Competitor treated on the spot. If able is allowed to complete course, competitors are withdrawn 	<p>First Aid available</p> <p>Support persons identified and briefed on condition and recommended treatment.</p> <p>Local hospital advised where applicable.</p>



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		and assisted back to transition	
1. Race rules and road/Footpath rules	2. Race rules and road rules	2. Competitors are advised they must comply with race rules and road rules. Competitors are advised they must comply with any instructions from marshals	Marshalls positioned to assist with general public and guide athletes.
3 Footpath conditions	1. Broken seal, potholes, glass	1. The route is checked immediately prior to the run and hazards are eliminated, marked, or coned	First aid is on hand
4 Course layout and marking	1. Route confusion	1. Marshals are on course. All marshals briefed on the route and their duties and responsibilities. 2. The course is out of bounds for spectators	Marshalls will have RTs Marshals monitor course. Signage and cones in place.

GENERAL			
General	Risk / hazard	Eliminate / isolate	Minimize danger
1. Prevention of the spread of infection	1. Spread of any transmissible virus	All athletes, volunteers, team, and spectators to do the following: 1. Do not attend if they are sick, symptomatic or have been in close contact with any identified case or at a place of interest 2. No sharing of drink bottles 3. Hand sanitiser use encouraged	1. All general Health Dept advice to be followed by participants



Event Overview

Location	Maraetai Beach, Auckland
Date	Tuesday 20 February 2024
Event Organiser	College Sport / Frankly Done
College Sport Event Oversight	Frankly Done
On Site Medical Support	Event MedicSafety (on water and on land)

All other details including schedule and race details included in the Athlete guide.