

# activation DUATHLONS 10

WWW.ACTIVATION.ORG.NZ/DUATHLONS



Trentham Memorial Park

July 25<sup>th</sup>, August 22<sup>nd</sup>, September 19<sup>th</sup> 2010

## Health & Safety

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Though this is intended as a fun event we take your safety seriously - we hope you do as well. Please read the following information to understand the risks involved, what we have done to minimise the occurrences and what you can do to help (mainly common sense should prevail - don't switch off / tune out - 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 Activation Duathlons will be displayed. It is your responsibility to read and abide by its guidelines.

Please study the detailed course maps supplied at registration and know the course before you start. If you have questions please ask one of our crew. If you do not know/understand the course and get lost or do something different from the prescribed course, so be it, all will sort itself out... (This course is nice and straight forward, it should give you no dramas though).

### General notes

- 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 a singlet or t-shirt or tri top (or similar).
- **No earphones or headsets are allowed at any time 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.
- Please give assistance to fellow competitors 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).

## Transition

- First aid is provided by Activation / UHCC staff and they are located next to transition during the event.
- Participants only in transition area.
- No bikes ridden in transition area at any stage.
- Detailed course maps will be posted outside transition so please, understand your course before you start. If you have questions please ask one of our crew. If you do not know/ understand the course let us clarify any doubts you might have.
- 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.

## Run Course

- Is contained within Trentham Memorial Park,
- The run is over a variety of surfaces (grass, sealed roads and bush tracks)
- Follow the directions of marshals at all times.
- Please run in a safe manner and be considerate of other runners and the general public using the park
- You must wear footwear for the entire run section.

## Cycle Course

- The Kids Duathlon Course is completely self contained with Trentham Memorial Park and is visible at all times from transition
- The Senior Duathlon Course is partially with Trentham Memorial Park, Moonshine Park, plus also on public roads (Holdsworth Ave & Moonshine Road)
- The roads are open for all traffic.
- The cycle comprises of a multiple lap anti-clockwise course
- There is a no passing zone in force for 100m between the end of the cycle lap as you go behind the buildings, until you have passed the north end of transition - please respect this and do not pass other cyclists when approaching transition.
- Being a multiple lap course there is a strong possibility that the quicker cyclists will lap the slower cyclists, please be aware of other cyclist and stay left at all times.
- If you are overtaking please pass on the right on all occasions.
- You must follow road rules at all times and be safe with sharing the road with other vehicles.
- Follow the directions of marshals at all times.
- Be wary of car doors opening during the ride section.
- 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.
- Your helmet must remain fastened until you have finished your bike and have racked it back in transition.
- 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 (if you are worried about the condition of your bike, please take it to your local Bike shop for a check).
- Bikes must be in a road worthy condition.

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

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

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### **Health & Safety - the kids version**

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- Have fun, and be good to others on the course
- Start at start line - which is on the road next to transition, with one lap Run through park and bush
- On the run - keep on the grass at edge of road path when near cyclists
- Follow up with the correct number of laps on bike (honest system here - count your own laps or get mum or dad to! - it is 5 laps for the Y1-4 & 8 laps for Y5-8)
- Keep left on the cycle course - pass others on the right - as per normal road rules
- You will finish with one more run lap
- Between the run and bike, and then bike and run you need to go through transition, so
- Enter transition at the golf course end, and you exit at the Bartons Bush end
- Do not ride bikes in transition - walking or running with them okay
- Helmets on and done up before taking bike from transition, remain on until returned to transition and returned your bike
- Have fun, and remember to smile as you out sprint your parents to the finish line!