



## Race Briefing for Competitors and Supporters

Please read these notes before the event. There will not be a race briefing on the day this year due to COVID-19 guidance. If you are a regular competitor at other events, or even if you have competed at Norwich Junior Triathlon before, you should still read through as there are changes from previous years.

Any last minute changes will be made clear as you pass through Registration.

**Event:** Norwich Junior Triathlon 2020/21

**Date:** 11 September 2021

**Event opens:** 09:30 (please do not arrive before this time as our volunteer marshals will be setting up)

**Registration/Transition open:** 10:00 – 10:50

**Race start times:**

11:00 TriStar Start (8 years)

11:15 TriStar 1 (9-10 years)

11:25 TriStar 2 (11-12 years)

11:35 TriStar 3 (13-14 years)

11:45 Youth A (15-16 years)

**Note that whatever time your race starts, you must have setup everything in Transition before it closes at 10:50.**

This event is sanctioned by British Triathlon. 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.

### COVID-19

Although, at the time of writing, most Covid restrictions have been suspended, it is still important to take care to minimise the spread of this disease.

**Competitors and supporters - If you or anyone you are in close contact with is showing any symptoms of COVID-19 (e.g. a high temperature, a new continuous cough, loss or change to your sense of smell or taste), or has tested positive for COVID-19 in the last 10 days then please do not come to the event to prevent the spread of the disease.**

A track and trace QR code will be clearly displayed at Registration for you to check-in to the event and hand sanitiser will be available around the site. Marshals who are in close contact with competitors will be encouraged to wear face coverings and/or visors. While we do not require competitors or supporters to wear face coverings, we encourage you to consider doing so and ask that you are considerate and respectful to other competitors and supporters, our volunteer marshals and race officials.

Please observe sensible precautions such as maintaining social distancing and good hygiene.

## Any questions?

If you have any questions before the event, then see our website or contact us by email. On the day you can ask any of the marshals wearing Tri-Anglia hi-vis vests and a Norwich Junior Triathlon lanyard. If you need specific assistance:

Event Director – pink hi-vis

Safeguarding Officer – green hi-vis

Safety Officer – red hi-vis

website: <http://www.norwichjuniortriathlon.co.uk>

email: <mailto:contact@norwichjuniortriathlon.co.uk>

# Notes for Adult Supporters

## Conditions of hire of premises

The following are conditions imposed on the hire of the premises and our collective failure to adhere to these will result in a loss of the venue.

- No dogs permitted on the premises, including the car park and grounds, whether on a lead or otherwise.
- No smoking anywhere on the premises, inside or out.

## Location and directions

Address: City of Norwich School (CNS), Eaton Road, Norwich, NR4 6PP

Car parking is available at the rear of the school. Please follow the directions of our marshals who will direct you to a space. If you are cycling to the event there are bike racks available by the car park behind the school, again please follow the directions of our marshals.

## Safeguarding and photography/video

This event is run in accordance with the British Triathlon's Child Protection Policy. As such any parents, friends, coaches etc. wishing to take photographs will be required to wear the sticker included in the competitor race pack. By wearing this sticker you agree that:

- You will focus on the competitors you are supporting and try to avoid getting other competitors in your photos/video
- All photos and video are for home/family use only
- Any photos/video shared on social media must only show the competitors you are supporting
- You will respect the wishes of other supporters and competitors
- You will follow the instructions of marshals, race officials and technical officers, and delete any photos/videos on request

There is a designated Safeguarder for this event and any concerns regarding safeguarding should be reported to them or the Event Director. The role of the Safeguarder is to ensure the protection and wellbeing of children competing at the event in all regards. All marshals can contact the Safeguarder or Event Director on your behalf.

***Note: All competitors must be accompanied by an adult supporter who is responsible for the competitor throughout the event and for collecting them at the end of the event. Marshals will be placed around the course and across the venue, but the responsibility for competitors rests ultimately with their supporting adult(s).***

## Toilets, changing and other facilities

There are male and female toilets for competitors and supporters in the Sports Centre building opposite the field. There are no changing facilities at this year's event.

Unfortunately, no refreshments will be available at this year's event due to limited space on the CNS school field. Please bring your own refreshments. Water will be available for competitors on the run course and at the finish line, but they should arrive well hydrated. You may want to bring extra water with you, particularly if it is a hot day.

There is not much shade on the CNS field, so you may want to bring sun protection for competitors and yourself.

First Aiders are available in case of an accident and can be found near the finish line. In a life-threatening emergency, you should call 999 in the normal way.

**We are sharing the site with a couple of other events. Please respect others and only use the parts of the site that we have hired – the sports field and the toilets in the Sports Centre.**

## Outside assistance and supporter conduct

This is an individual event and no outside assistance is allowed at any time during the race. You must not give or collect water bottles (or any other equipment) to or from competitors and pacing of competitors (running alongside them) is forbidden. Any competitor receiving outside assistance risks being disqualified. You can of course support vocally.

The following rules for supporters make sure that the event is fair and pleasant for all competitors and supporters:

- You must follow all instructions given by marshals, race officials and technical officials
- Be aware of where you are walking/positioned in relation to the course and other competitors, as well as marshals and lap counters
- You must not tamper with the equipment of others
- Threatening, abusive or insulting words or conduct will not be tolerated

Failure to abide by the British Triathlon Code of Conduct for Parents/Carers may lead to disqualification of the competitor you are supporting.

Further information from British Triathlon for parents and carers can be found on their website: <https://www.britishtriathlon.org/about-us/safeguarding/parents>

# Competitor Briefing

## Registration

Registration will be open from 10:00 to 10:50. Please make sure that you allow enough time to get from the car park to Registration and get your bike and equipment into Transition before it closes.

If you have entered as a British Triathlon member and you are not a Core or Ultimate member then you will have to purchase a day licence costing £1 at Registration before you can race.

Registration will be a 'check-in' this year with your race pack placed on the grass just beyond registration for you to collect. **Please sanitise your hands before picking up your race pack.**

Inside your race pack will be:

- Two stickers, one to be attached to your bike and one to your cycle helmet
- Your timing chip on a Velcro ankle strap
- Two race numbers to pin to the front and rear of your shirt. Safety pins are provided.
- Two stickers for your adult supporters to wear if they wish to take photographs

***Note: It is the competitor's responsibility to make sure that their race numbers are visible to lap counters.***

We advise putting your timing chip on your left ankle so it doesn't get in the way of your pedal crank when you cycle. Make sure it is secure, but don't over tighten it. Full race results will be published as soon as possible after the event.

**Remember that you need to be ready by the start line 5 minutes before your race starts.**

## Transition area

Transition will be open from 10:00 – 10:50 for competitors only (no supporting adults) for you to position your bike and lay out your cycling and running equipment. **You must have put your number stickers on your helmet and bike before entering Transition.**

Bikes will be checked to ensure they are in safe working order and helmets will be checked to ensure they are the correct size and stamped with ANSI Z90.4, SNELL B90, EN 1078.

***Note: A 'CE mark' sticker is not an approval mark and does not count.***

You must put all the equipment you will need for the cycle and run in Transition – glasses, caps, water bottles etc as you cannot be passed anything while you are racing. There is a water station on the run course. Bike stands are permitted and you may use one if you wish.

***Note: once you have set up your bike and equipment in Transition you cannot take this out to ride the cycle course etc. You will not be able to retrieve your bike and equipment until after all competitors have finished (approx. 14:00).***

## Race briefing

There will not be a race briefing at the event this year due to COVID restrictions so please read this brief carefully. If you have any questions look on our website or email before the event, or you can ask a marshal on the day.

## Changing and toilet facilities

There are toilets available in the Sports Centre building opposite the field. No changing facilities are available at the event so you should arrive dressed ready to compete and bring warm clothing in case you need this after you have finished.

## Run 1

The run course is a 400m circuit on grass and the field is mostly flat. The course is clearly marked and there are marshals at various points around the circuit. Keep in between the tall cones that separate the cycle course from the run course and the marker cones which mark the inside of the race course.

Distances for the first run are:

Age 8 - 1 lap (400m)

Ages 9/10 - 3 laps (1200m)

Ages 11/12 - 4 laps (1600m)

Ages 13/14 - 5 laps (2km)

Ages 15/16 - 5 laps (2km)

We suggest you make sure that you are well hydrated before the event, but if you need a drink while you are running then there is a water station with bottles of water. If you take a bottle, please keep it with you and continue to use it as required as only a limited number of bottles are available. When you have finished with it, please place it in the bins provided. If you need a second bottle, then collect another from the water station as you go past.

There will be a lap count marshal recording that all competitors have completed the correct number of laps. However, you are responsible for counting your own laps and marshals may not be able to tell you when to go back into Transition. Upon completion of your final lap, head back into Transition to start your cycle.

## Transition 1

***Note: you must not pick up your bike until your helmet is on your head and fastened.***

When you have your cycle helmet on and fastened, pick up your bike and run to the exit of Transition (the opposite end to where you entered from your run). You must not mount your bike until you have passed the mount line.

## Bike section

The bike course is a 800m circuit on the, mostly flat, grass field. Keep outside of the tall cones which separate the cycle course from the run course. The use of aerobars or tribars is not allowed on this course as per British Triathlon rules. Drafting is not permitted.

Bike distances are:

Age 8 – 1 laps (800m)

Ages 9/10 - 2 laps (1.6km)

Ages 11/12 - 4 laps (3.2km)

Ages 13/14 - 7 laps (5.6km)

Ages 15/16 - 7 laps (5.6km)

There will be a lap count marshal recording that all competitors have completed the correct number of laps. However, you are responsible for counting your own laps and marshals will not tell you when to come into transition. On completion of your final lap, return to the Transition area. You must dismount from your bike before the dismount line and then return your bike to your marked slot.

***Note: do not undo your helmet until your bike is placed back at your spot in the Transition area.***

## Run 2

To complete the duathlon you will run again around the 400m run course. Keep in between the tall cones that separate the cycle course from the run course and the marker cones which mark the inside of the race course.

Run 2 distances are:

Age 8 - 1/2 lap (200m)

Ages 9/10 - 1 lap (400m)

Ages 11/12 - 1 lap (400m)

Ages 13/14 - 2 laps (800m)

Ages 15/16 - 2 laps (800m)

There will be a lap count marshal recording that all competitors have completed the correct number of laps. However, you are responsible for counting your own laps and marshals will not tell you when to go to the finish line. Upon completion of your final lap, head towards the finish line.

## The Finish

At the finish collect your finisher's medal and return your timing chip. Your race gift of a cycle water bottle will also be at the finish line - this will be filled in case you need more water. The first aid team are nearby if you need them.

## After the race

Prize giving will take place as soon as possible after the last competitor has finished. Prizes will be awarded for first, second & third place for girls and boys in each age group.

Unfortunately, you will not be able to re-enter the Transition area until all competitors have finished racing (expected to be around 14:00). This is in accordance with British Triathlon rules and to be fair to all competitors.

Full results will be made available as soon as possible through the event website <http://www.norwichjuniortriathlon.co.uk>.

## A few rules

This event is affiliated to British Triathlon and many of the rules are included throughout this briefing. In addition, competitors must:

- Practice good sportsmanship at all times
- Be responsible for their own safety and the safety of others
- Obey instructions from marshals, race officials and technical officials
- Treat other competitors, supporters, marshals, race officials and technical officials with respect and courtesy
- Not use threatening, abusive or insulting words or conduct
- Not dispose of rubbish or equipment around the course except at clearly identified places, such as water stations or rubbish disposal points. All items must be kept with the competitor and returned to their Transition spot, and then taken away at the end of the event
- Not use communication devices of any type including, but not limited to, mobile phones and smart watches to make/receive calls, send or receive text messages, play music, use social media or take photographs

More detail is on the Norwich Junior Triathlon website and the full rules are available online from British Triathlon: <https://www.britishtriathlon.org/competitionrules>.

**Thank you for entering Norwich Junior Triathlon 2020/21**

**We look forward to seeing you on Saturday 11<sup>th</sup> September.**

**Also, a special thank you to Zoe Clues and James Noller who designed our great new Norwich Junior Triathlon Logo.**



