



Stirling University Triathlon Club **Safety Regulations**

1. General

In triathlon there exists a responsibility both for awareness of the need for safety precautions and for their observance at all times, by participants and spectators alike. The coach, or instructor, must ensure that the student is made fully aware of the potential dangers involved, of the necessary safety precautions to be observed and the rules which must be obeyed.

2. Swimming

Supervision

(a) Whenever a university pool is being used there should be at least one life-guard on the pool side. This life-guard should hold, at least, the Bronze Medallion and should also have a knowledge of First Aid, particularly resuscitation methods and swimming pool emergency procedures.

this
be (b) It is impossible to specify the ratio of supervisors to pool users, because will vary according to the ability of the students, the size of the pool and the number of supervisors available. At all times, however, the proportions must be manageable.

Physical Fitness of Pool Users

(a) Persons with physical disabilities such as epilepsy and diabetes will be required to report to the life-guard in charge before being allowed into the water.

(b) Persons should be discouraged from swimming after a heavy meal or alcohol.

General Safety Rules

(a) The life-guard should ensure that students use the pool correctly and observe all the rules laid down by the management, e.g., no running along the pool side, no 'horse-play' in the water, etc.

(b) The deep-water end must be visibly marked.

(c) Snorkels, flippers, goggles with glass lenses should only be used as part of organised group activity, properly supervised, to eliminate danger to other users.

(d) Coaching should always be undertaken from the pool-side where he/she can see all of the class. The number of students should be checked at the beginning and end of the lesson, as well as periodic checks during instruction.

(e) Life-saving rescue facilities (e.g. poles, ropes, life-belts, floats, etc. should be in a conspicuous position on the pool-side.

(f) First aid facilities and a telephone should also be located near to the pool.

(g) Pool users should be made aware of emergency procedures, e.g., on a long blast of a whistle, the users must leave the water immediately (or some similar local rule laid down by the management).

(h) Recommended minimum water temperature for unheated pools is not less than 55°F for swimmers and 60°F for non-swimmers. The minimum and maximum water temperatures for competitive use and leisure in heated pools are as follows:

1. (i) Competitive Use - Minimum = 77°F; Maximum = 80°F.

2. (ii) Leisure Pools - 80°F and increased to suit the person concerned.

(i) All university pools should be locked when not in use.

(j) In large pools and open water it is often advisable to distinguish non-swimmers by having them wear coloured caps.

Diving

(a) Diving is a specially attractive and challenging branch of swimming. It is also very hazardous and therefore strict care and control must be observed, particularly when diving from boards.

(b) 'Running' dives should not be permitted.

(c) Plunging (not diving) may be done in water with a depth of at least 1.7 metres.

(d) Diving from the pool-side: the minimum depth of water for diving from the pool-side is 2.7 metres.

3. Cycling

Supervision

(a) All coached bike sessions are to be instructed by the lead coach and session outline and content must be communicated to the whole group and should cater for the physical needs of each individual.

(b) On non-coached rides, group leaders must be identified and they become responsible for the people within their group. Group leaders should communicate the route and structure of the session and then ensure the whole group is taken care of within the session.

Physical fitness and abilities of cyclists

(a) On coached sessions athletes of all abilities are welcome, however an ability of knowing how to ride a bike is essential

- (b) If attending an un - coached group ride, riders must have experience of riding on the road in a group environment and be able to ride for the length of time communicated by the group leader.
- (c) Persons with physical disabilities such as epilepsy and diabetes will be required to report to the lead coach.
- (d) Athletes are responsible for communicating any illness or injuries which would compromise their ability to complete the session at full health.

Equipment

- (a) All bikes must be safe to ride and in a road worthy condition
- (b) All riders must carry with them on every ride a bike pump, front and rear lights, a spare inner tube, tyre leavers, a minimum of £5 in cash and a mobile phone.
- (c) All riders must wear a helmet that meets UK helmet safety standards.

General Safety rules

- (a) In all group riding situations on the road the highway code must be adhered to
- (b) In the event a member of the group has a mechanical issue with their bike the whole group finds a safe place to stop and ensures the bike is either fixed or the rider has a safe way of getting back home.
- (c) All riders are asked to put an ICE (in case of emergency) number in their phone
- (d) When in a group ride, the group leader should have no more than 15 people

4. Running

Supervision

- (a) All coached runs are to be instructed by the lead coach and session content and outline must be communicated to the whole group and should cater for the physical needs of each individual.
- (b) On non - coached runs, group leaders must be identified and they then become responsible for the people within their group. Group leaders should communicate the route or structure of the session and then ensure that the whole group is taken care of within the session.

Physical Fitness of Runners

- (a) Persons with physical disabilities such as epilepsy and diabetes will be required to report to the lead coach.
- (b) Athletes are responsible for communicating any illness or injuries which would compromise their ability to complete the session at full health.

General Safety Rules

- (a) The coach should make note of the number of athletes at the start of the session and check at regular intervals to ensure that number is maintained
- (b) If running in the dark, athletes are encouraged to wear high visibility clothing and accessories to highlight their presence to drivers and other road users.
- (c) Correct footwear and clothing should be worn at all times and should be suitable for the weather conditions present.
- (d) Athletes are not permitted to take part in any session if under the influence of alcohol or illegal substances.