

ATHLETE SAFETY PROTOCOLS



PRE-RACE PREP

- TEST YOUR EQUIPMENT**
Test all your equipment in advance. Race day is not the time to discover a mechanical issue.
- PREPARE FOR CONDITIONS**
Check the forecast and be prepared for the conditions — weather, water temp, terrain, and time of day.
- WARM UP**
Warm up before your race. If it's a swim, get in the water if you can — even a few minutes makes a difference.
- COURSE DETAIL REFRESHER**
Review the course map, turn-by-turn directions, and any last-minute updates before race start.
- START EASY**
Start easy — relax and breathe. Settle into your effort in the first minutes rather than going out too hard.



SWIM

- SWIM FITNESS**
Only compete in events that match your ability. Complete open-water training before race day. Build gradually.
- START EASY & RELAX**
Begin slowly to avoid overexertion and panic from congestion. Find your rhythm — especially in mass starts.
- KNOW EMERGENCY SIGNALS**
If you need assistance: stop, roll onto your back, and raise one hand in the air to alert lifeguards.
- UTILIZE SAFETY PERSONNEL**
You may hold a safety boat or buoy to rest without penalty — as long as you make no forward progress.



BIKE

- HELMET SAFETY**
Helmet on = Helmet buckled. Your helmet must be fastened before you remove your bike from its rack and stay buckled until after re-racking.
- RIDE RIGHT, PASS LEFT**
Ride on the right-hand side of the lane at all times. Pass only on the left. Announce "On your left."
- KNOW YOUR BIKE & COURSE**
Ensure your bike is tuned and you are comfortable on it. Keep your head up. Know the course before race day.
- MOUNT & DISMOUNT LINES**
Mount your bike after the designated line; dismount before it. Never ride inside the transition area.



RUN

- HYDRATION & NUTRITION**
Consume water and electrolytes to prevent low blood-sodium. Carry proper nutrition for your race distance.
- HEAT MANAGEMENT**
Wear sunscreen and light-colored gear. Use ice or water at aid stations to cool down during high-temperature races.
- PROPER PACING**
Start at a conservative pace to allow your legs to transition from cycling to running. Build gradually.
- VISIBILITY & AWARENESS**
Stay aware of your surroundings, oncoming runners, and spectators at all times. Know the course.