



USA TRIATHLON

RACE DIRECTOR RESOURCE GUIDE:

**FIRST-TIMER PROGRAMS
& POOL SWIMS**



INTRODUCTION:

USA Triathlon aims to grow the sport of triathlon by proactively supporting and inspiring beginners to complete their first race. As a Race Director, you play a crucial role in this mission by producing accessible events for all skill levels.

Finding ways to position your races as attainable and achievable allows you to attract new athletes to dip their toes in the proverbial multisport water. Consider incorporating a First Timer program, which provides a support system to help beginners navigate the ins and outs of race prep. Crafting a program that guides athletes and creates a sense of camaraderie is an impactful way to introduce them to the sport.

Additionally, take a good, hard look at your course routes, their difficulty, and how new athletes perceive them. Challenging race conditions and/or logistical components can be overwhelming. If possible, as an alternative to an open water swim, consider hosting races that contain pool swims as a way to help new athletes ease into their first race.

In this section, we will explore the benefits of launching First Timer Programs and how you can engage beginner athletes before, during and after the event. We will also review the key components of pool swims and best practices for operational execution:

First Timer Programs:

- Why Host a First-Timer Program?
- Race Prep Programming
- Race Weekend Programming

Pool Swims:

- Why Host a Pool Swim?
- Pool 101
- Pool Swim Operations
- Swim Safety

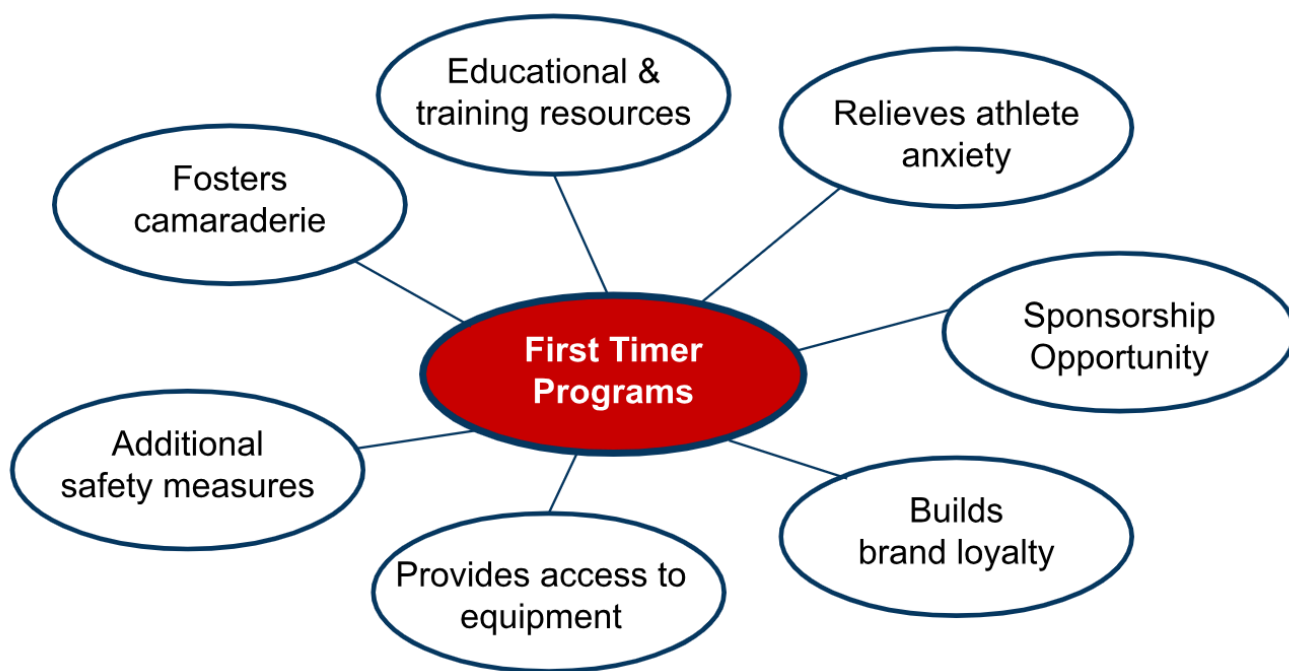
**Note: While this guide does provide recommendations for first-timer programs and pool swims, all planning and decision-making regarding the event is at the discretion of the Race Director. While direction is provided on the competition rules, it is not a replacement for the [Multisport Competition Rules](#). For questions about the rules and their application at your event, please reach out to rulesandofficials@usatriathlon.org.*



WHY HOST A FIRST-TIMER PROGRAM?

Multisport can be intimidating. There is a lot for beginners to learn when it comes to the different race formats, lingo, equipment, and how they should prepare for an event. First-timer programs create an environment where athletes feel comfortable taking on a new challenge and are empowered with tools to succeed.

These programs not only help the longevity of the sport as a whole, but they are a proactive step to increase the size of your customer base. An impactful program can set your race apart by providing a personalized experience where athletes feel valued and supported. Once athletes have one race under their belt, they will be more inclined to sign up for future events. Devoting time, attention, and resources to first-timers now can positively affect the bottom line moving forward.



RACE PREP PROGRAMMING:

Different athlete groups have unique barriers to entry to the sport. By engaging with your community and understanding the obstacles they're working to overcome, you can tailor the offerings of your program to best support them. Here are a few recommendations for engagement in the months leading up to the race:



TRAINING & EDUCATION

- **Training & Nutrition Plans:** Many athletes don't know where to start their triathlon training. Work with a multisport coach to generate a comprehensive training plan and a list of nutrition recommendations that can be shared with first-timers. This provides athletes with a structured schedule to follow. Breaking down the training process into achievable, daily goals can make training feel less daunting and reduce athlete anxiety about getting started.
- **Clinics & Tutorials:** Host educational sessions that cover the multisport basics. Consider a mix of live, in-person clinics which provide a more hands-on experience, and virtual trainings, which are accessible to athletes who are not local to the area. By filming and recording these sessions, you can share digitally with athletes unable to attend and reuse the videos from year to year to help reduce costs/staffing resources.

POTENTIAL TUTORIAL TOPICS:

<input type="checkbox"/> Triathlon 101	<input type="checkbox"/> Nutrition (Pre-Race)	<input type="checkbox"/> How to Change a Flat Tire
<input type="checkbox"/> Swim	<input type="checkbox"/> Nutrition (Race Day)	<input type="checkbox"/> Race Day Checklist
<input type="checkbox"/> Bike	<input type="checkbox"/> Training Tips	<input type="checkbox"/> Race Day Logistics
<input type="checkbox"/> Run	<input type="checkbox"/> How to Taper	<input type="checkbox"/> Post-Race Recovery
<input type="checkbox"/> Transition	<input type="checkbox"/> USAT Rules & Regulations	<input type="checkbox"/> Setting your race schedule
<input type="checkbox"/> Equipment & Gear	<input type="checkbox"/> Bike Maintenance	<input type="checkbox"/> Finding a TRI club

- **Group Workouts:** Consider hosting practice swims, rides, and/or runs where athletes can familiarize themselves with parts of the course. This can be particularly beneficial if certain aspects of your race are more technical - i.e. steep hills, tight turns, strong currents - that they may not otherwise have a chance to experience in their day-to-day training.

ACCESS & LOGISTICS

- **Equipment Rentals:** With each race discipline that makes up the event, comes additional expense for gear and equipment. For beginners, it can feel like a hefty investment to purchase all this gear before completing their first event as they may not know if they will want to continue to race long term. You can help reduce this financial investment by partnering with local businesses or national brands that offer rental programs. Wetsuit rentals and bike rentals help provide first-timers with a way to test out the equipment and the sport before deciding to make a large purchase.
- **Facilities & Resources:** Access to training facilities can also be a significant barrier to entry. Memberships to local gyms and/or pools can have a high price tag. Investigate if there are ways to partner with these facilities to help provide financial breaks to your first timers. This can be a win-win for all involved by driving new customers to local businesses while providing athletes

EMOTIONAL SUPPORT

- **Buddy Program:** Consider creating a program where experienced, returning athletes can sign up to guide new athletes throughout the race preparation process. This creates a built-in support system for beginners and opens up lines of communication for them to ask questions and get advice about race areas that might be causing anxiety. On the flip side, fostering these relationships also provides seasoned triathletes with a rewarding opportunity to give back to the community, share their wisdom, and be part of the first-timer's accomplishments.
- **Community Forums:** Create private online forums (i.e. Facebook groups) for first-timers to be able to interact with one another. This establishes a platform for athletes to ask questions, share experiences, and coordinate organic group meet-ups and training sessions. To help ensure this remains a safe space, take steps to monitor interaction and enforce rules of interaction.
- **USA Triathlon:** USA Triathlon is an available resource for all athletes. Race Directors should encourage athletes to review the [Multisport Competition Rules](#). New athletes tend to have questions about penalties and/or the legality of certain equipment. Direct athletes to reach out to rulesandofficials@usatriathlon.org to help answer questions and alleviate any concerns.
- **Race Director Q&A Sessions:** Host virtual and/or in-person get-togethers for the Race Director and other key staff personnel to review key race information and answer athlete questions. This face time with race management opens the door so athletes are comfortable reaching out to the race in the future for additional support.
- **Ask-A-Coach:** Introduce an "Official Coach" for the first-timers program. In addition to providing the training and nutrition plans described above, they become another available resource for athletes to reach out to for advice.

DID YOU KNOW?

Personalized interactions go a long way. Consider calling first timers to welcome them to your event, ask how their training is going, and strike up a conversation about why they are racing. This is a meaningful touchpoint for athletes and is a great way for the race to gather human interest stories that can be used for social media spotlights and/or PR stories (with the permission of the athlete)

Pro Tip:

Build relationships with local USA Triathlon Certified Coaches. Coaches can help train your current athlete demographic and drive new athletes your way. They are also great resources for helping to provide education leading up to your races such as training schedules, clinics, Q&A sessions, and tutorials. To get more information on the USAT Certified Coaches in your area, reach out to coaching@usatriathlon.org.



RACE WEEKEND PROGRAMMING:

FIRST TIMER PROGRAM OFFERINGS:	
AREA	DESCRIPTION
Pre-Race	<ul style="list-style-type: none"> ● Athlete Guide & Spectator Guide: Compile all relevant event schedules, course details, transportation info, and checklists into an easy-to-read, digestible format for athletes. Consider creating a separate guide for spectators to help answer questions about where they will/will not be allowed to view their athletes during the race. ● First-Timer Briefing: If you offer on-site athlete briefings/course talks during packet pick-up, consider allocating a designated time slot in the schedule for a First Timer Briefing. This provides you, as the Race Director, the ability to review tips and tricks for beginners and provides the athletes with an environment where they can be comfortable to ask questions. ● Transition Tours: If the entry/exit points for your Transition Area have the potential to be confusing, offer Transition Tours during Bike Check-In where veteran athletes/volunteers can walk participants through the area to help explain the flow.
Transition	<ul style="list-style-type: none"> ● Race Day Support Team: Assign a group of volunteers in Transition to help athletes in the First Timer Program. Station volunteers before, during, and after the race to help athletes find and rack/unrack their bikes, maneuver in/out of their wetsuits, and prep their other race gear. ● First Timer Racking Area*: Carve out a designated area of Transition for First Timers to rack their bikes and stage their equipment. Select a location that is not heavily trafficked and if possible, space their numbers to allow first timers to have a bit more space than other age group athletes as they navigate their first race transitions.
Swim	<ul style="list-style-type: none"> ● First Timer Wave*: Create a designated non-competitive swim start wave where first-timers can opt in to start all together as one group. As you develop the swim start schedule, slot this wave to start at a time when they will not have any athletes entering the water immediately after them. This will give First Timers a time buffer to carve out space without the worry that other athletes are coming up behind them. ● Swim Angels: In addition to the full suite of Swim Safety Assets along the course, consider having a few “Swim Angels” in the water with the First Timer wave. Swim Angels are typically experienced swimmers or lifeguards who can help swim alongside participants to help them stay on-course, provide encouragement, and provide support if the athlete is in distress. ● Therapy Dogs / Psychologists: In recent days, it has become popular for races to have activation areas at the Swim Start to help relieve anxiety with the help of therapy dogs and/or licensed psychologists who can help provide emotional support.

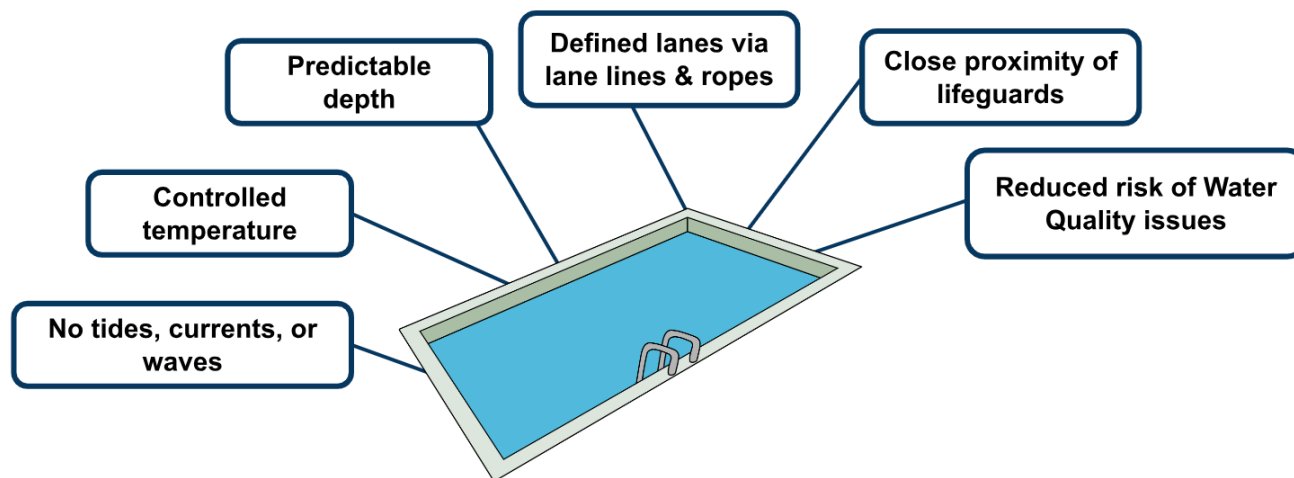


Swim	<ul style="list-style-type: none"> ● Swim Course Familiarization: Carve out a time prior to the race where athletes can get in the water and familiarize themselves with the temperature, current, depth, visibility, and other conditions to help increase their comfort level.
Finish	<ul style="list-style-type: none"> ● Personalized Announcements: Work with your race timer to set up announcer mats near the entrance to the Finish Chute. As athletes enter the chute, their timing chips will trigger the athlete’s data on a screen for the announcer to call off the athlete’s information. Work with the timer to tag athletes who are first-timers so the announcer can call this out during announcements to congratulate the athlete. Personalized shoutouts can help make their first finish experience special. ● First Timer Bells: Some races hang a First Timer bell at the Finish Line for first-time athletes to ring as they cross the finish line. This adds an extra element of excitement and recognition for those who are new to the sport. ● Festival Experience: Review your finish festival offerings and experiential elements to determine if there are any additional benefits you might be able to offer to First Timers to enhance their post-race experience: i.e. complimentary beer ticket, access to VIP and recovery area(s), race medal engraving, etc.
SWAG	<p>Everyone loves SWAG! If possible, consider offering SWAG items to commemorate different parts of the race journey.</p> <ul style="list-style-type: none"> ● In-Training SWAG: Consult with your race merchandise provider to see if it might be possible to design and sell an “In Training” item that athletes can opt into purchasing at the time of registration. These items can be drop-shipped to the athletes’ homes to get them excited to kickstart their training. ● Finisher SWAG: In addition to complimentary collateral items athletes may receive when they cross the finish line (i.e. finisher medal, finisher hat, etc.), consider setting up a merchandise area within your Finish Festival to sell additional “Finisher” branded items available for purchase. <p>To the extent that is possible within your race budget, consider providing first-timers with a specialty finisher item, exclusive to the first-timer program. Engage with race partners for sponsorship opportunities to help underwrite the costs and/or provide in-kind items that can be distributed to celebrate their first multisport finish.</p>

***Athletes of all genders and ages are eligible to opt-in to participate in a First-Timer/Beginner Wave. These athletes will all begin the race together and will be racked together in Transition. As a result, this wave is considered non-competitive, and participating athletes are NOT typically eligible for age group awards. Since they are not competing alongside the members of their specific age group, their race conditions are not considered equal and therefore, their results cannot be compared. Take care to explicitly communicate your results and awards policies during the registration process and in your pre-event communications.*

WHY HOST A POOL SWIM?

For most multisport athletes, the swim is the portion of the event they are most anxious to tackle. Hosting a race that includes a pool swim, as opposed to open water swim, may help break down some barriers to entry for beginner athletes. Athletes are generally more comfortable with a pool swim as it is a more controlled environment:



POOL 101:

When it comes to evaluating the viability of a swim venue, map out the plans for how athletes and spectators will be able to flow through the space before, during, and after the event. Check out the Swim: Logistics Planning Resource Guide for more information on vetting a potential swim venue. Many of these considerations (i.e. parking, proximity to transition, restrooms, etc.) are necessary components for all swim venues, regardless of whether they are outdoor open-water swims or indoor pool swims.

After exploring the ins and outs of the venue as a whole, take a deep dive (pun intended!) into the features of the pool itself. Below is some basic 101 when it comes to information you should gather about the different features of your pool:

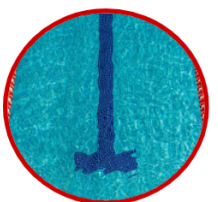
POOL 101:				
TYPE	LENGTH	WIDTH	DEPTH*	LANES
U.S. High School / Collegiate Pools	25 yards (75ft)	15-20 yards (45-60ft)	1.35-2 meters (4.43ft-6.6ft)	6-8 lanes @ 2.5 meters wide
Short Course Pools	25 meters (82ft)	20 meters (66ft)	1.35-2 meters (4.43ft-6.6ft)	8 lanes @ 2.5 meters wide
Olympic / Long Course Pools	50 meters (164ft)	25 meters (82ft)	2-3 meters (6.6-9.8ft)	10 lanes @ 2.5 meters wide

**Some pools have a uniform depth throughout, while others have a depth that varies depending on where you are located within the pool. The depth is generally greater in areas where diving boards and platforms may be present. Deeper pools reduce turbulence and provide better conditions for competitive swimming. Where possible, uniform depth is preferable as it maintains consistent conditions for all swimmers.*



Gutters: Gutters are located around the perimeter of the pool to help maintain a constant water level by collecting water that splashes out during swimming. Gutters absorb waves produced by swimmers, which can help to reduce turbulence and make the water surface smoother, creating more optimal conditions for competitive swimming.

Lane Ropes: Lane ropes help clearly define the individual lanes of the pool to keep swimmers contained within their designated areas. In addition to their demarcation function, ropes are designed to help dissipate waves to minimize interference between lanes and create smoother water conditions. Many lane ropes have color-coded sections near the ends of the pool to serve as a visual cue for swimmers that the wall is approaching.



Lane Lines: Lane lines are painted on the bottom of the pool floor as a visual to guide swimmers in a straight line. By following the lines, swimmers can stay in their designated lanes and avoid veering off course. The lines typically have a “T” shape or a cross mark near the ends of the pool to mark the approach of the wall.

Starting Blocks: Starting blocks are positioned on the pool deck to allow swimmers to dive into the pool with greater speed and momentum. While diving is not typically permitted for amateur multisport events, it is possible that your pool facility might have starting blocks along the pool perimeter. Take note of their positioning as this may affect how and where you are able to have athletes enter/exit the water.





Ladders: Short Course and Olympic-size pools generally have two to four ladders, located at the corners to prevent interference with the main swimming lanes. Recreational and public pools often have more ladders to accommodate a larger number of users. The locations of the ladders may influence where you look to have athletes enter/exit the water.

POOL SWIM OPERATIONS:

As you develop the logistics plans for your pool swim, consider the following operational components and how they can be executed safely and efficiently within your race venue:

Athlete Registration: At the time of athlete registration, collect information from each athlete on their anticipated swim time. This data will allow you to group athletes by skill level for the swim start sequence.

Course Design: Once you have decided on the desired length of your swim course, determine how many pool lengths athletes will need to swim to reach that distance. It will also be important to consider any time constraints you might have at other points along the course. For example, road closure timelines for the bike and run course may dictate that all athletes will need to get on and off the roads by a certain cutoff time. From here, work backward to determine how much time you can allot to the swim portion. These timelines, coupled with the number of participants will help dictate the type of swim course that works best for your event.

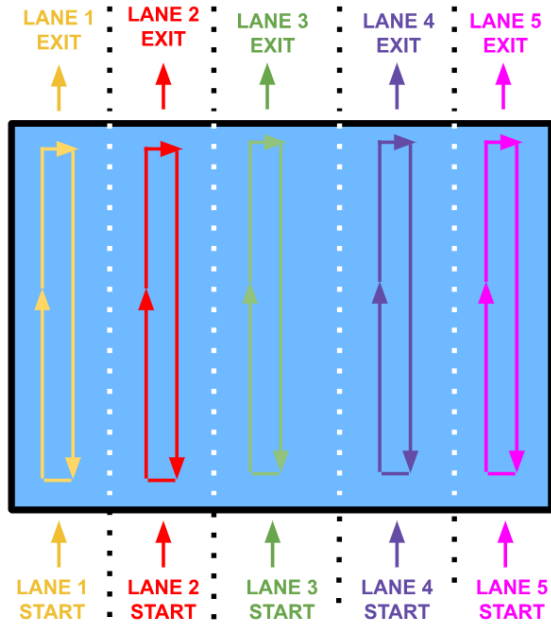
Pool swim courses are generally structured in one of two ways:

1. **Lane Swim:** Athletes stay in their assigned lane for the duration of their swim, completing the number of laps needed to reach the required distance. Depending on the size of the pool and the set distance of the swim, the start and finish can either be at the same end of the pool or at opposite ends. Lane swims are typically utilized for small events with a limited-size participant field. It is also used for draft legal races where it is important that all athletes of each gender start together so they can reap the benefits of drafting along the bike course.
2. **Serpentine Swim:** Athletes complete their swim distance by swimming a number of lengths in one lane before going under the lane rope and repeating in the next lane. This serpentine process continues until the athlete reaches the exit point on the other end of the pool.

COURSE DESIGN

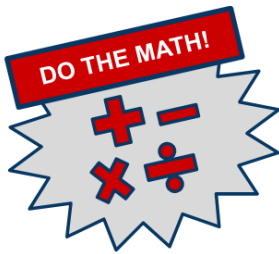
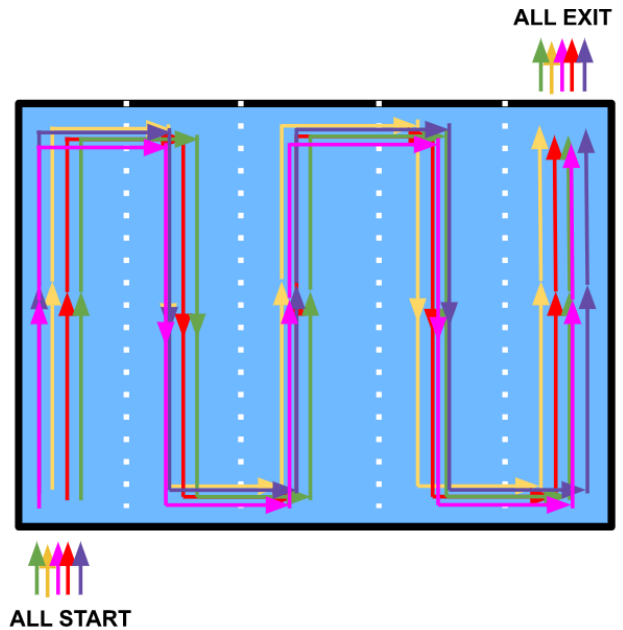
LANE SWIM

Athletes stay in their assigned lane for the duration of the swim. Each lane has its own entry and exit point.



SERPENTINE SWIM

Athletes snake their way through the lanes of the pool. All athletes start and finish at the same location.



Lane swims are generally reserved for smaller events because they take more time to execute. For example, if the race involves a 400m swim in a 25-meter pool with 8 lanes, athletes will need to complete 8 laps (16 pool lengths) before exiting the water. On average, this will take beginner swimmers about 10 minutes. With only (2) swimmers per lane for the full duration of their swim, this means only (16) swimmers will be able to complete the swim every 10 minutes. With a large participant field, this time adds up quickly!

Start Type: When it comes to structuring the swim start process, the goal is to create the best possible swimmer experience by keeping the number of athletes in a lane at any given time to a reasonable level. **As a general rule of thumb, World Triathlon recommends that a maximum of two athletes should be allowed per lane (assuming a standard lane width of 2.5 meters).**



LANE SWIMS

Athletes can be released via pre-set wave times or a rolling start where an athlete is able to start once the athlete in front of them has exited the lane. Assign lanes based on anticipated swim times to minimize the disparity in swimming ability per lane.

As you decide between a pre-set wave start or a rolling start, consider the resources that will be needed to execute each method with regard to staffing, officials, and equipment:

	WAVE START	ROLLING START
PROS	<ul style="list-style-type: none"> Provides a regimented structure to the start timeline. Athletes know when they will enter the water and can plan their arrival and pre-race prep accordingly. A gun time start per wave eliminates the need for a timing mat at each individual lane to record the athlete's start time 	<ul style="list-style-type: none"> Allows for flexibility in the schedule to move athlete start times earlier if swimmers are faster than projected or to pause if an unexpected delay occurs.
CONS	<ul style="list-style-type: none"> Swim course cutoff times will need to be enforced to stay on schedule. Slow swimmers may need to be pulled from the water. Establish an enforcement and extraction process prior to the event. The rigid structure of the start prevents flexibility to get ahead of schedule if swimmers are faster in their lanes than projected. There may be dead time between waves where there are no athletes in the water. 	<ul style="list-style-type: none"> The start timeline is at the mercy of the slowest swimmer. Since athletes enter the water at different times, enforcing cutoffs can be difficult. Waiting for slow athletes to finish their course may delay the schedule. After the initial gun, athletes will be entering the water once those in front of them have exited, so each lane operates independently. A start timing mat will be needed across all lanes to accurately capture the start time of each athlete.

SERPENTINE SWIMS

Athletes are released in a time trial format with an athlete starting every 5-10 seconds. Athletes line up by anticipated swim time from fastest to slowest to reduce the potential that swimmers will “catch” and have to overtake the swimmer in front of them

TIME TRIAL START

PROS

- Allows for flexibility in the schedule to move athlete starts earlier if swimmers are faster than projected or to slow down the release of athletes if congestion starts to occur within the lanes
- In a serpentine swim, all athletes enter and exit in one designated spot. Fewer staff and officials are needed to oversee this setup as compared to a lane swim where each lane has its own unique entry and exit point that needs to be monitored.

CONS

- A timing mat is needed at the swim entry point to record the time each athlete enters the water. Since all athletes are entering within the same lane, this mat will only need to be 2.5 meters long, which is shorter than the length required for a rolling start using the lane method (2.5 meters x # of lanes used).
- Since all athletes have different start times, it is difficult for athletes on the course to know what place they are in.

Swim Entry: When it comes to releasing athletes to begin their swim, there are two start methods: a deck start or an in-water start:

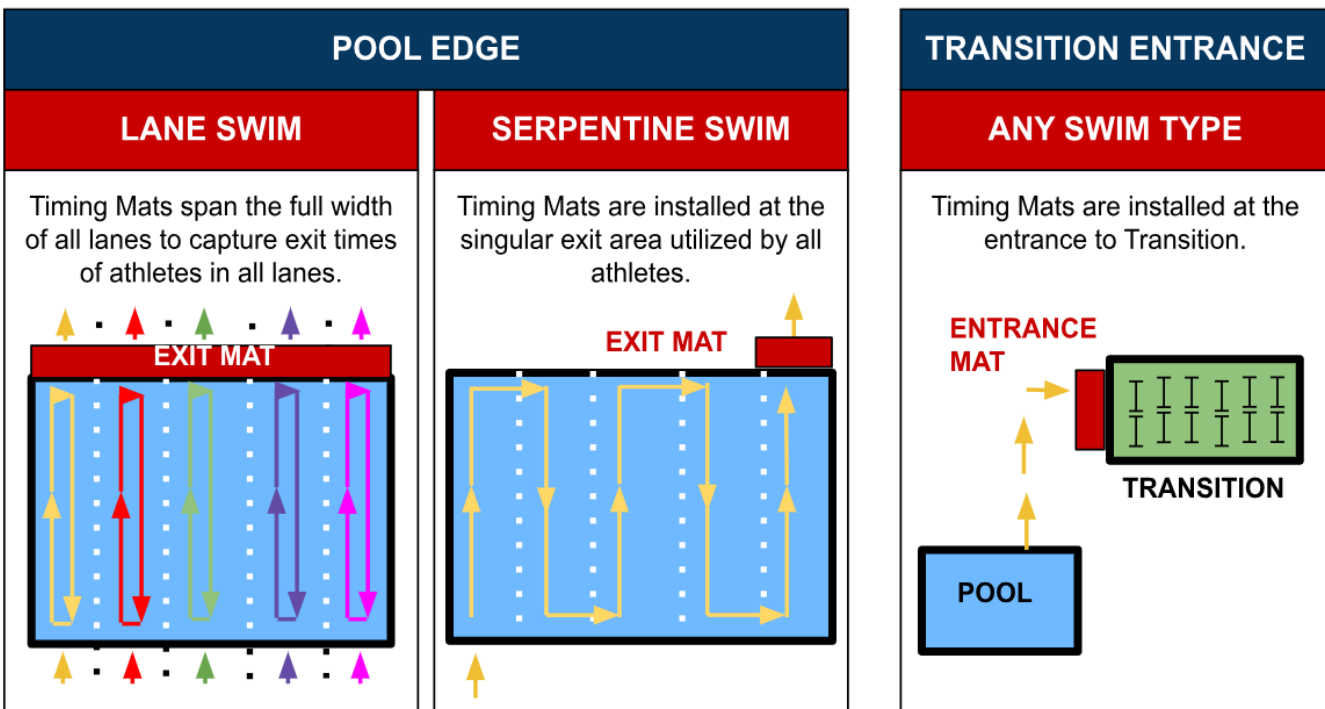
1. **Deck Start:** Athletes begin on the pool deck, standing at the edge, and jump into the water at the start signal. Athletes should enter the water feet first. For safety reasons, **diving should not be allowed**. Deck starts lend themselves to faster execution and are more traditional for competitive and/or smaller size events.
2. **In-Water Start:** Athletes begin already in the water, typically holding the pool edge or a starting rope. This method is safer as it reduces the risk of injuries from jumping into the water. It is generally used for larger events and for races with an inexperienced participant base. In-Water starts generally take more time to execute as it will take a few additional seconds for each athlete to enter the water and get acclimated before they are released to begin swimming. Take this into account as you build out the timeline for your swim start sequence.





Swim Exit: For lane swims, athletes must exit the water from their assigned lane. For serpentine swims, all athletes will exit from the same designated location. Athletes will not be allowed to exit from the side of the pool at any time. When mapping out your swim course, bear in mind the following considerations for the exit point(s):

- **Exit Type:** Take note of the locations of pool ladders as well as any stairs / ramps that may be present (common in recreational and multi-purpose pools). In instances where existing exit infrastructure is not an option, athletes will need to pull themselves up out of the water and onto the deck. This method tends to be quicker than using a ladder and may help to prevent backups at the exit point, especially for larger races with a big field. It does require athletes to have sufficient upper body strength to lift themselves, so before landing on this exit policy, evaluate if your race demographic will be able to safely take on this task.
- **Depth:** If possible, lay out the swim course so the swim exit is located within the shallow section of the pool. Providing athletes with the ability to touch down on the pool floor to get their bearings as they approach the exit point may help facilitate a smoother exit.
- **Proximity to Transition:** Ensure a clear, unobstructed path from where athletes will exit the water to where they will access the Transition Area. The route should avoid crossover with the bike/run course. Any spectator crossings should be sufficiently marked and manned by volunteers/staff.
- **Surface:** It's no surprise that pool decks are slippery. Couple that with the fact that athletes will be rushing to get to Transition and you have a recipe for athletes to slip and fall. Consider laying down mats / carpeting along the exit route to help mitigate the risk of injury.
- **Timing Mats:** Determine the placement of the swim exit timing mats based on what works with the layout and available equipment resources. Here are the options:





By opting to put the timing mats at the pool edge this means that the run from the pool to Transition will be factored in as part of their Transition time. By positioning a mat at the entrance to Transition, the run from the pool will be baked in as part of the athlete's swim time. If resources allow, it is possible to combine both scenarios to have mats located at both the pool edge and at the entrance to Transition. This will allow the run from the pool to exist as its own measurable time block. This may be preferable in situations where the run from the pool to transition is rather lengthy.

SWIM SAFETY:

As you build out your race safety protocols, consider the experience level of participants, the race timeline, and the venue layout. Conduct a risk assessment to evaluate potential hazards and devise strategies to mitigate issues during the event.

- **Water Quality Analysis:** To be a USAT sanctioned event, water testing is a requirement, even for pool swims. USAT requires Race Directors follow the guidelines established by the agency that governs the body of water, such as the county, city, EPA, pool management, etc. USAT will accept whatever criteria the permitting agency has established for swimability and human contact. Check out the Water Quality Analysis Resource Guide for educational and supplementary information on water testing. Defer to the rules of the local jurisdiction for specifics on what is required for your area.
- **Lifeguards & Swim Safety Personnel:** Lifeguard(s) must be on duty during the event to monitor the swimmers from the pool deck. Position race management staff at the swim entrance and exit points to make any necessary adjustments to speed up or slow down the start flow as needed to prevent congestion along the course.
- **Swim Familiarization:** Consider factoring in time in the schedule where athletes can get in the water and familiarize themselves with the temperature, depth, visibility and other conditions to help increase their comfort level.
- **Extraction Point:** Prior to the start of the race, designate an extraction protocol for athletes who are removed from the water for non-emergent and emergent situations. Establish a clear pathway from the pool edge to the building exit where an athlete can be brought to an emergency response vehicle for medical transport.
- **Athlete Safety:** Depending on the size and scale of your event, keeping athletes safe may require the enforcement of certain policies during the swim portion of the race. Below are some common issues and and potential ways to address them:

DID YOU KNOW?

The minimum lifeguard ratio for USA Triathlon sanctioned pool swim events is 1 lifeguard to every 50 athletes.



ATHLETE SAFETY POLICIES:	
AREA	DESCRIPTION
Swim Stroke	<ul style="list-style-type: none">● Type of Stroke: USA Triathlon rules dictate that swimmers can complete the swim course using any type of swim stroke. This is a safety measure as it allows athletes to switch from the common front crawl (freestyle) stroke to a rest stroke such as the breaststroke or the backstroke to be able to help calm them down and catch their breath if needed.
Swim Lanes	<ul style="list-style-type: none">● Passing: Similar to the traffic flow on the bike course, athletes should look to swim on the right side of the lane and pass on the left.● Advancement: Athletes may stand on the bottom or rest by holding an inanimate object (i.e. lane ropes, gutters, etc.), but they are not able to use the object to propel themselves forward.
Change of Direction	<ul style="list-style-type: none">● Wall Touch: Per World Triathlon rules, any part of the swimmer must touch the wall upon completion of each pool length● Wall Touch vs. Push off: Many athletes will use a change of direction as an opportunity to push off the wall and gain momentum as they turn around to begin their next pool length. Depending on the length of the pool and the number of swimmers in the water, this can increase the chance of athlete collisions. If the risk assessment deems this practice unsafe, it is at the Race Director's discretion to establish a rule prohibiting athletes from pushing off the wall. In this case, athletes will still need to touch the wall with a body part, but they will not be allowed to use the wall to propel themselves forward. If such a rule is implemented, develop a plan for how race officials and management staff will successfully enforce the policy during the event.
Pool Deck	<ul style="list-style-type: none">● No Running: If pool deck conditions are deemed too slippery, Race Directors can opt to enforce a No Running policy for the hazardous area. Consider displaying prominent signage to remind athletes as they get out of the water and position staff/volunteers in these areas to help enforce the policy.



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