

## Duathlon – what to expect and what to bring on the day

### Important information

- Registration is compulsory and opens at 12pm. A waiver will need to be signed by parents and participants before children are allowed to participate.
- Helmets and bikes will be checked by race officials and children will only be allowed to take part if these are deemed suitable.
- A race briefing will take place on the start line at 12:30pm, directly before race start. This will include safety information and guidance for the children – attendance is compulsory for all participants.

This event is aimed at encouraging 4-7 year old children (age they will be on 31<sup>st</sup> Dec 2019) to take part in a multi-sport activity. This is all about having fun. Distances are short and manageable for many children in this age category but it is the responsibility of the parents to decide whether their child is the correct age, fit and able to complete this event and then sign a waiver to agree that this is the case.

All finishers will receive a medal and certificates will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place. Depending on how many people sign up, the event may be split up so that smaller groups comprising children of similar ages take part together.

On the day of the event, all participants are required to arrive in time to register. This will involve going to the Community Centre on the Melbourn Village College site and having helmets checked (**helmets are compulsory** and must have straps which fit well). Bikes will also be checked – brakes must work and the bike must be generally 'road worthy' and parents of participants take responsibility for ensuring that their child's bicycle is safe to ride and of the correct size for their child, that tyres have been inflated properly and that both of the brakes work, we would advise a visit to your local bike shop for a service.

There are several events taking place so registration may be busy. Please arrive in good time.

The children will cycle around the outdoor tennis courts at Melbourn Sports Centre. This is a hard surface which makes for easier cycling than on grass but it does mean that knocks and scrapes may occur if a child falls off their bike. Gloves as well as knee and elbow pads are recommended but not compulsory. The total distance of the cycle is approx. 200m. Parents should only enter their child into this event if the child can competently cycle this distance without stabilisers and/or assistance.

The children will then dismount their bikes and leave them on the grassy area outside the tennis courts and they will run across the grass to the finish line (approx. 100m). Distances are given for a rough indication of what to expect and will not be strictly measured.

It is recommended that the participants wear trainers which are suitable for both the cycle and run and clothing which is comfortable for the weather on the day. In the past, many children have completed the short run whilst still wearing their cycle helmet or they can remove it and leave it with their bike after completing the cycle if they prefer.

Parents will not be allowed onto the bike course and are asked to please not obstruct the run course. Parents are reminded that this is intended to be a fun event and to please spectate and support the participants in this spirit. There will be plenty of space for all spectators around the

tennis courts, along the side of the run route and at the finish line. Bikes are left at owners' risk and should be collected immediately after the race.

Please be aware that the venue has a mixture of surfaces on which competitors and spectators will be walking, running and cycling. Please be careful and look for uneven ground and hidden holes in the fields - the course set-up team will do their best to mark or avoid hazards or obstacles but may not be able to avoid hidden hazards. Spectators are reminded to stay within viewing areas and not venture onto any of the run or cycle courses, this is for the safety of competitors, spectators and marshals.

The event team, Meridian Triathlon Club and McSplash management will not allow rude or aggressive behaviour towards staff, volunteers, club members, other participants or spectators.