

SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

TRIATHLON

SCHOOL
GAMES

Quick introduction

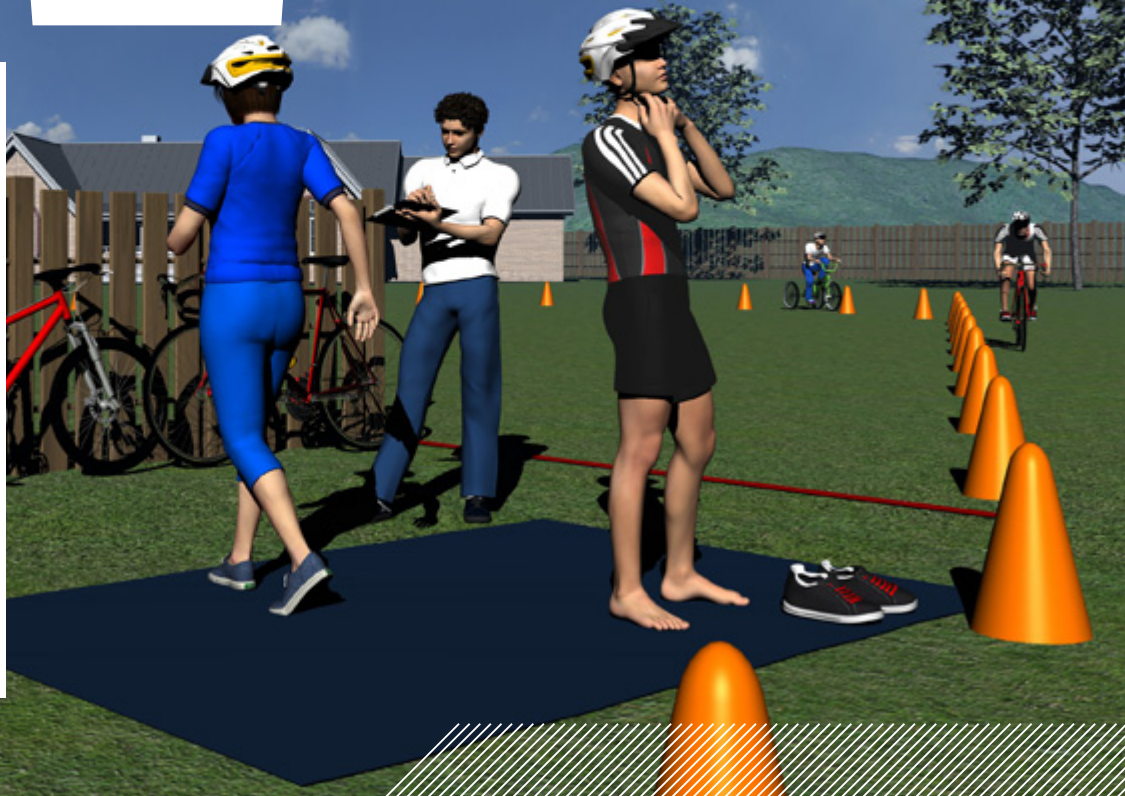
This competition consists of a swim, cycle and run completed continuously.

Think tactics

Pace yourself evenly across all three disciplines.

Getting started

- Athletes should swim between 25m and 200m depending on ability.
- The transition area is where the athletes' trainers/clothes and bike are stored. This area should be set up near to the pool exit.
- During transition one (T1), athletes should put on the shoes and clothes they want to wear on the bike before running out of T1 and mounting their bike.
- A simple bike course of between 1 and 2km in length (e.g. the perimeter of a field) should be marked with cones.
- Athletes should complete transition two (T2) by dismounting their bike, racking it safely and starting the run.
- A simple run course of between 600m and 1.2km in length (e.g. the perimeter of a field) should be marked with cones.
- Run laps might be used.
- A finish line should be clearly marked.



TRIATHLON

Organising the game

- The total time is cumulative and starts from the swim and only stops when athletes finish the run.
- Small groups of athletes should set off together to avoid crowding.
- A team element can be introduced using mixed ability teams and a total time taken.

Safety

- Athletes should only mount their bikes at a designated line well away from other competitors.
- Helmets must be worn.
- Athletes should dismount the bike at a designated line before they enter T2.

Officiating

- One or two young people to ensure nobody rides their bikes until they are allowed to do so.
- One person to make sure helmets are on correctly and fastened.
- Group members to help with lap counting and timekeeping.

Keep it enjoyable

- Encourage everyone taking part.
- Make the run lap smaller so athletes have to pass supporters multiple times.

Make it easier

- Shorten the distances for those who cannot complete the full distance.
- If athletes can't do one of the disciplines let them do another one again.

Think inclusively

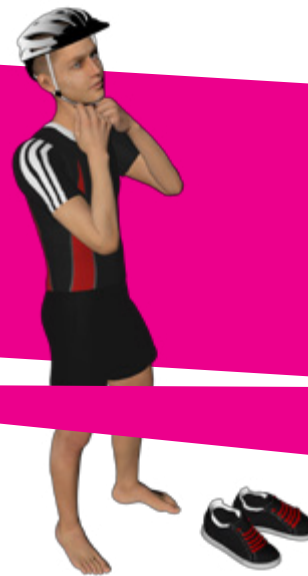
- Handcycles or tricycles can be used instead of bicycles.
- Provide visually-impaired athletes with lanes for swimming, tandems for cycling, and guides for running.
- Athletes with a physical impairment can use their wheelchairs or mobility aids for the cycling section if they do not have an appropriate cycle.
- Offer physically-impaired athletes a hard surface route for the cycling and running sectors.
- If appropriate, split the disciplines between different disabled athletes (one swims, one cycles, one runs).



Spirit of the Games: Excellence through Competition



Triathlon is about personal achievements and personal successes.



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AQUATHLON

SCHOOL
GAMES

Quick introduction

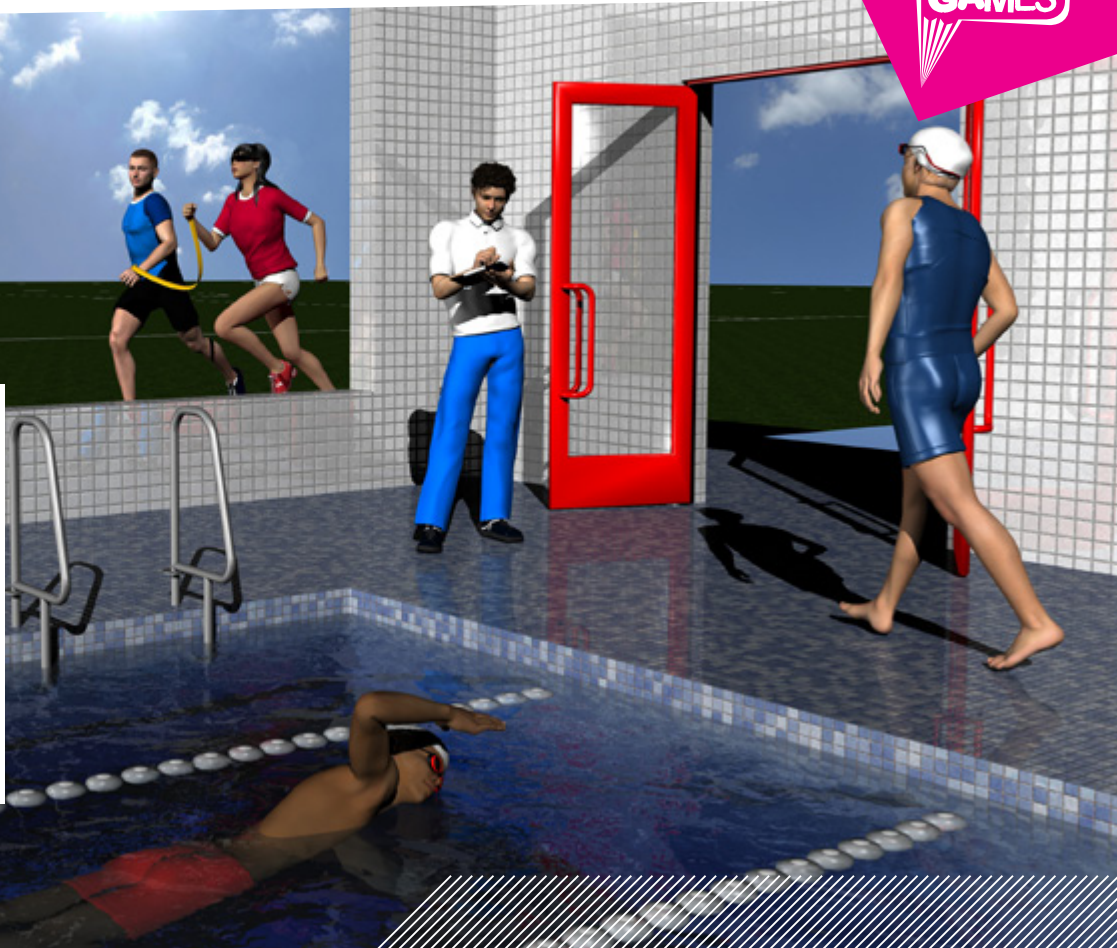
This competition consists of a short swim in a swimming pool, followed by a transition into a run.

Think tactics

Which discipline is your strength?
Use it to your benefit to get a lead.

Getting started

- Athletes should swim between 25m and 200m depending on ability.
- The transition area is where the athletes' trainers/clothes are stored. This area should be set up near to the pool exit.
- During T1, athletes put on their shoes and any additional clothes as quickly as possible before starting the run.
- A simple run course of between 600m and 1.5km in length (e.g. the perimeter of a field) should be marked with cones.
- Run laps might be used.
- A finish line should be clearly marked.



AQUATHLON



Organising the game

- The total time is cumulative and starts from the swim and only stops when athletes finish the run.
- 'Waves' of swimmers should start together.
- A team element can be introduced using mixed ability teams and a total time taken.

Safety

- Make sure the transition area is always clear apart from competitors.
- Athletes must wear trainers for the run.

Officiating

- One person to count swim laps and another to count run laps.
- One person to time competitors and make sure they complete the full run distance.

Keep it enjoyable

- Encourage everyone taking part.
- Make the run laps smaller so athletes have to pass supporters multiple times.

Make it easier

- A relay of one swimmer and one runner could be used.
- Shorten distances for those who cannot complete the full distance.

Think inclusively

- Provide visually-impaired athletes with lanes for swimming and guides for running.
- Provide appropriate support to SEN/disabled athletes in the transition area.

Spirit of the Games: Excellence through Competition



Make sure you complete the whole course and don't cut any corners.



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DRY TRI

Quick introduction

Competitors see who can travel the furthest by combining rowing, cycling and running indoors. Individuals can set personal records at each discipline individually and look to better these the next time they try.

Think tactics

Two minutes is a long time, should you go as fast as you can or try and maintain an even effort?

Getting started

- Athletes have a maximum of two minutes on each piece of equipment.
- Athletes can rest as much as they need to between each piece of equipment.
- Group members to record the distance achieved for each of the disciplines.
- The winner is the athlete who completes the furthest overall distance.



First discipline – Rowing



Organising the game

- Organise a schedule so everyone has a turn at each discipline.
- Let everybody practise beforehand and get comfortable before they are timed.

Safety

- Make sure athletes are fully warmed up before they start any of the disciplines.
- Ensure each athlete checks the equipment is set up correctly for them.

Officiating

- One person to time the two-minute attempts.
- One or more young people to record the distances and total up the scores.

Keep it enjoyable

- Ask athletes to focus on trying to beat their previous best distance.
- Encourage others while they take part.

Make it easier

- Set the resistance or speed on the machines to an appropriate level for athlete's ability.

Think inclusively

- Physically-impaired athletes could use the following alternatives:
 - Upper body seated row gym station instead of a rowing machine.
 - A sports hall wheel/push instead of running.
 - Upper body ergometer instead of the cycling.
- Allow SEN/disabled athletes who cannot access running, cycling and rowing activities to create their own Dry tri personal challenges that are meaningful and appropriate.

Spirit of the Games: Excellence through Competition



Even if you are tired, keep going for the full two minutes.

