

Global Triathlon Safety Task Force

How Athletes Can Minimize Risk in a Triathlon



Global Triathlon Safety Task Force

Task Force Members

- **Mike Wien** - Task Force Chair, Past **USA Triathlon** Board Member and Vice President
- **Gergely Markus** Sports Director, **World Triathlon**
- **Thanos Nikopoulos**, Head of Operations, **World Triathlon**
- **Beth Atnip**, Vice President of Global Operations, **Ironman**
- **Dr. Larry Creswell**, Heart Surgeon, **University of Mississippi** School of Medicine
- **Dr. Doug Hiller** , Co-Director, Global Triathlon Safety Database, Vice Chair, World Triathlon Medical and Anti-Doping Committee, Clinical Professor, Washington State University
- **Dr. Sergio Migliorini**, Chair, **World Triathlon** Medical Committee

Global Triathlon Safety Task Force

Task Force Members – 9 Federations

- **Tim Yount** – Chief Sport Development Officer, **USA Triathlon**
- **Jonny Hamp** – Director of National Events, **British Triathlon**
- **Jorge Garcia Martinez**, Director of Competition, **Spanish Triathlon Federation**
- **Ryoji Kasanami**, JTU and Asia Triathlon Medical Committee Chair, Nara University School of Health and Sports Medicine, **Japan Triathlon Union**
- **Retief Freysen**, Technical Consultant, **Triathlon South Africa**
- **Esteban Benitez**, Operations Manager, **Mexico Triathlon Federation**
- **Omar Bin Abu Bakar** , Sports Development Executive, **Triathlon Singapore**
- **Gustavo Svane**, Gerente General, **Triathlon Chile**
- **Toby Keegan**, Operations, **Triathlon Australia**

Global Triathlon Safety Task Force

Mission

- Save One Life (for starters)
- Reduce Fatalities and Serious Injuries



Global Triathlon Safety Task Force

Mission

- Save One Life (for starters)
- Reduce Fatalities and Serious Injuries
- 2021: Focus on helping National Federations and race directors host races during the current health crisis.



Focus for Task Force

- Establish a Global Data Base
- Develop New Ideas and Programs
- Share Best Practices



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World Triathlon signed contract for Washington State University to receive and analyze race medical incident reports



Global Triathlon Safety Task Force

[Home](#)[Database](#)[Partners](#)[Resources](#)[Results & Reports](#)[Contact](#)

swim safe. ride safe. run safe. train safe.



OUR PURPOSE

Global Triathlon Safety Task Force

Focus for Today –Share Best Practices

Help Athletes Take Greater Responsibility to Minimize Risks During the Race

- Most Frequent Causes of Problems
- Educating Athletes to Share the Responsibility
- Role Coaches, Race Directors, Clubs and Federations can play



Panel Members:

Global Triathlon Safety Task Force

- **Verity Miles**, Age Group and Elite Multisport Manager, British Triathlon
- **Marilyn Chychota**, Head Coach and Owner, Marilyn Chychota Coaching
- **Dag Oliver**, World Triathlon Technical Official, Past CEO of Norseman, and past Secretary General of the Norwegian Triathlon Federation
- **Beth Atnip**, Vice President, Global Operation, Ironman Group
- **Johanne Suss-Burchkel**, Athletes' Service Manager – World Triathlon
- **Doug Hiller**, Co-Director, Global Triathlon Safety Database, Vice Chair, World Triathlon Medical and Anti-Doping Committee, Clinical Professor, Washington State University
- **Thanos Nikopoulos**, Head of Operations – World Triathlon

Panel Format

- Moderator has a bank of prepared questions.
 - One Panelist will provide prepared comments.
 - Open discussion for panelist to respond.
- Focus is on the what the triathlete can do
- Set expectation on how race directors, coaches, clubs and Federation can support athletes related to safety



Verity Miles,

Age Group and Elite Multisport Manager, British Triathlon

Global Triathlon Safety Task Force



What are the most frequent causes of problems in a triathlon?



Verity Miles,

Age Group and Elite Multisport Manager, British Triathlon

Global Triathlon Safety Task Force



What are the most frequent causes of problems in a triathlon?

- Pre-existing conditions
- Lack of preparation
- Extreme weather conditions – Hot or cold
- Anxiety
- Variables outside athlete's control



Verity Miles,

Age Group and Elite Multisport Manager, British Triathlon

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What are the most frequent causes of problems in a triathlon?

- Pre-existing conditions
 - Usually unidentified and heart related

Data Collection

- 29 Federations responded
- Results to date (2015 to 2019)

• Total Deaths	100%
• Men	89%
• Women	11%
• Swim	68%
• Bike	16%
• Run	12%
• Post Race	3%



Verity Miles,

Age Group and Elite Multisport Manager, British Triathlon

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What are the most frequent causes of problems in a triathlon?

- Lack of preparation
 - Open Water
 - Varied settings and conditions





Verity Miles,

Age Group and Elite Multisport Manager, British Triathlon

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What are the most frequent causes of problems in a triathlon?

- Lack of practice
 - Transitions
 - Swim to bike
 - Bike to Run





Verity Miles,

Age Group and Elite Multisport Manager, British Triathlon

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What are the most frequent causes of problems in a triathlon?

- Extreme weather conditions – Hot or cold
 - Lack of cold-water experience
 - Practice
 - Acclimatization





Verity Miles,

Age Group and Elite Multisport Manager, British Triathlon

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What are the most frequent causes of problems in a triathlon?

- Anxiety
 - Cold water
 - Mass start
 - Pre-race nerves





Verity Miles,

Age Group and Elite Multisport Manager, British Triathlon

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What are the most frequent causes of problems in a triathlon?

- Variables outside athlete's control
 - Road conditions





Verity Miles,

Age Group and Elite Multisport Manager, British Triathlon

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What are the most frequent causes of problems in a triathlon?

- Variables outside athlete's control
 - Road conditions
 - Weather - Wind





Verity Miles,

Age Group and Elite Multisport Manager, British Triathlon

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What are the most frequent causes of problems in a triathlon?

- Variables outside athlete's control
 - Road conditions
 - Weather - Wind
 - Cars and spectators





Verity Miles,

Age Group and Elite Multisport Manager, British Triathlon

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What are the most frequent causes of problems in a triathlon?



Johanne Suss-Burchkel, Athletes' Service
Manager – World Triathlon

Global Triathlon Safety Task Force



How can triathletes take greater responsibility for their own safety?

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Johanne Suss-Burchkel, Athletes' Service
Manager – World Triathlon



How can triathletes take greater responsibility for their own safety?

- Be better prepared
- Know what is required
- Education on the basics



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Johanne Suss-Burchkel, Athletes' Service
Manager – World Triathlon

How can triathletes take greater responsibility for their own safety?

- Equipment
- Training
 - Swim
 - Bike
 - Run
 - Transition
- Nutrition requirements
- Rules of competition





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Johanne Suss-Burchkel, Athletes' Service
Manager – World Triathlon

Where can triathletes get information to be better prepared?

- Triathlon Coaches
- Triathlon Clubs
- Internet – Websites
- Fellow triathletes
- Magazines
- Triathlon Federations in your country





Johanne Suss-Burchkel, Athletes' Service
Manager – World Triathlon

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How can triathletes take greater responsibility for their own safety?

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Marilyn Chychota, Head Coach and Owner,
Marilyn Chychota Coaching



What is the Role of a Triathlon Coach in Promoting Safety?

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Marilyn Chychota, Head Coach and Owner,
Marilyn Chychota Coaching



What is the Role of a Triathlon Coach in Promoting Safety?

- Physical
- Skills
- Mental
- Equipment

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What is the Role of a Triathlon Coach in Promoting Safety?

- Physical
 - Training program
 - Nutrition plan
 - Hydration
 - Sodium
 - Fueling
 - Pre-Race Warm Up
 - Medical clearance



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What is the Role of a Triathlon Coach in Promoting Safety?

- Skills
 - Swim navigation and readiness for conditions
 - Bike skills
 - Descending
 - Aid stations
 - Getting nutrition
 - Cornering
 - Bike packs/crowded courses
 - Run pacing and trouble shooting



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What is the Role of a Triathlon Coach in Promoting Safety?

- Mental
 - Goal setting
 - Race planning, pacing, nutrition, gear
 - Feedback systems
 - Knowledge of course
 - Focus plan



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What is the Role of a Triathlon Coach in Promoting Safety?

- Equipment
 - Skill level appropriate
 - Practiced on similar course terrain
 - Appropriate gear for conditions
 - Wetsuit
 - Clothes
 - Shoes
 - Wheels
 - Helmet
- Appropriate for course terrain



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Marilyn Chychota, Head Coach and Owner,
Marilyn Chychota Coaching



What is the Role of a Triathlon Coach in Promoting Safety?



Dr. Doug Hiller, Co-Director, Global Triathlon Safety Database, Vice Chair, World Triathlon Medical and Anti-Doping Committee, Clinical Professor, Washington State University

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How can we make sure participants are physically fit for the race?



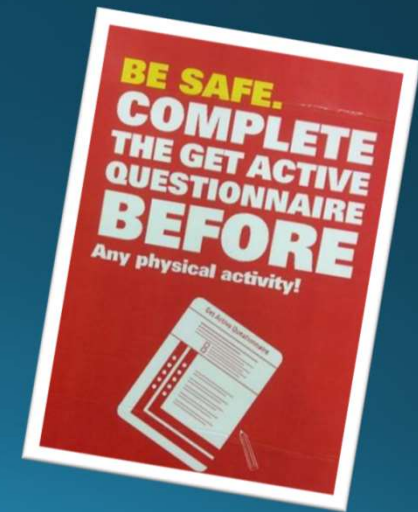
Dr. Doug Hiller, Co-Director, Global Triathlon Safety Database, Vice Chair, World Triathlon Medical and Anti-Doping Committee, Clinical Professor, Washington State University

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How can we make sure participants are physically fit for the race?

- Self administered Pre-Participation Questionnaire
- Pre-race physical exam by athletes' doctor
- Pre-race review by a health care professional at registration



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Dag Oliver, World Triathlon Technical Official, Past CEO of Norseman and past Secretary General of the Norwegian Triathlon Federation

NORSEMAN



What is the Responsibility of Race Directors to make sure competitors are properly prepared before race day for what is physically required?





Dag Oliver



Paulina Monasterska-Tronina



Paulina Monasterska-Tronina



Lars-Erik Blenne Lien



Snorre Veggen



Sylvain CAVATZ





Lars-Erik Blenne Lien

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Dag Oliver, World Triathlon Technical Official, Past CEO of Norseman and past Secretary General of the Norwegian Triathlon Federation

NORSEMAN



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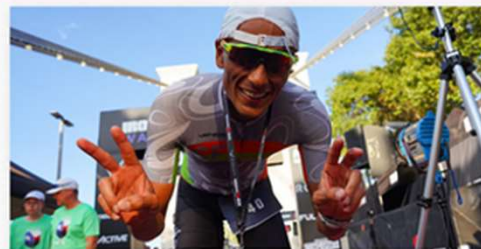
Beth Atnip, Vice President, Global Operation, Ironman Group

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Ironman Smart Program

- A commitment to helping athletes have their best race possible
- To empower everyone to race safe, race smart, race your best



Athlete Smart

[Get Smart >](#)



Swim Smart

[Get Swim Smart >](#)



Cycle Smart

[Get Cycle Smart >](#)



Run Smart

[Get Run Smart >](#)



Beth Atnip, Vice President, Global Operation,
Ironman Group

Global Triathlon Safety Task Force



How can race directors encourage participants to take greater responsibility for their own safety on race day?



Beth Atnip, Vice President, Global Operation,
Ironman Group

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How can race directors encourage participants to take greater responsibility for their own safety?

- Arrival – Registration
 - Encourage reviewing prerace materials
 - Provide self-administered “race ready” checklist
- Pre-race practice
 - Course map
 - Swim practice and acclimation
- Help reduce stress
 - Offer early bike check-in
 - Encourage transition “Dry Run”
 - Stagger check-in





Beth Atnip, Vice President, Global Operation,
Ironman Group

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How can race directors encourage participants to take greater responsibility for their own safety?

- Athlete Briefing
 - Arrive early
 - Practice transitions
 - Discuss the potential unexpected
 - Weather
 - Experiencing trouble in the swim
 - Role of volunteers in the water
 - Road hazards
 - Rules are to keep you safe
 - Drafting, passing, blocking





Beth Atnip, Vice President, Global Operation,
Ironman Group

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How can race directors encourage participants to take greater responsibility for their own safety?

- Race day
 - Encourage early arrival
 - Not feeling well – Don't race
 - Morning bags for warm clothes drop
 - Warm up
 - Reminder – Volunteers role in the water





Beth Atnip, Vice President, Global Operation,
Ironman Group

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How can race directors encourage participants to take greater responsibility for their own safety on race day?

Clubs

- What can triathlon clubs do to promote safety
 - Have a speaker talk about safety at club events
 - Share links about safety with club members
 - Host discussions about safety with members





Verity Miles,
Age Group and Elite Multisport Manager, British Triathlon

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What can Federations do to promote safety?



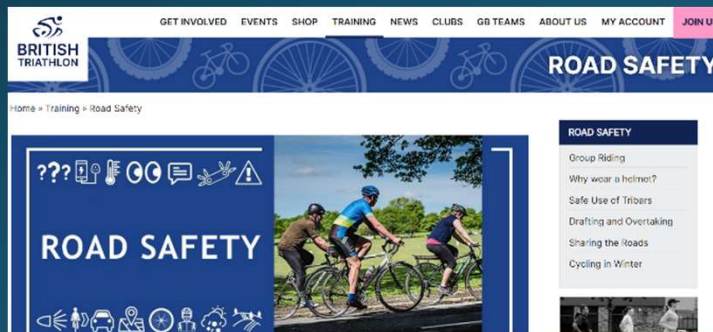
Verity Miles,

Age Group and Elite Multisport Manager, British Triathlon

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What can Federations do to promote safety?

- Develop and share content with coaches, clubs, triathletes and media about safety
- Include safety as a part of course certifications
- Promote the webinars among Stakeholders





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Thanos Nikopoulos – Head of Operations



What is World Triathlon doing to promote safety?



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Thanos Nikopoulos – Head of Operation



What is World Triathlon doing to promote safety?

- Global Triathlon Safety Task Force
- Hosting Webinars on World Triathlon Education Hub
- World Triathlon Medical Committee
- World Triathlon Event Organizer Manual
- Education courses and materials
- Best practices around the world



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Thanos Nikopoulos – Head of Operation



How can each of you help to promote safety?

- Incorporate best practices discussed today
 - Triathlete
 - Race Director
 - Coach
 - Club
- Encourage others to watch this Webinar

Closing Comments to Panelists: **Global Triathlon Safety Task Force**

What was the one take-away from this webinar on how athletes can minimize risk?

- **Verity Miles**, British Triathlon
- **Marilyn Chychota**, Marilyn Chychota Coaching
- **Dag Oliver**, World Triathlon Technical Official, Past CEO of Norseman
- **Beth Atnip**, Ironman Group
- **Doug Hiller**, Global Triathlon Safety and World Triathlon Medical Committee
- **Thanos Nikopoulos**, World Triathlon
- **Mike Wien**, Global Triathlon Safety Task Force

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Thank You



World Triathlon Technology Team

Global Triathlon Safety Task Force

Thank You

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