

Global Triathlon Safety Task Force

Panel Discussion on Swim Safety



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**, Past Medical Director for IRONMAN Kona, Medical Delegate for Tokyo 2020 Paralympic Games, 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



Global Triathlon Safety Task Force

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



Global Triathlon Safety Task Force



GLOBAL
TRIATHLON
SAFETY
DATABASE

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

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



OUR PURPOSE

Data Collection

- 29 Federations responded
- Results (2015 to 2019)
 - Total Deaths 100%
 - Men 89%
 - Women 11%
 - Swim 68%
 - Bike 16%
 - Run 12%
 - Post Race 3%

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%

Focus for Today –Share Best Practices

Swim Safety

- Set Up Swim Course
- Running the Event
- Educating Athletes to Share the Responsibility



Panel Members:

- **Martin Suzan**, Director, Swim Safety and Safety Boats - United Kingdom
- **Delphine Fong**, Director of Sport Safety – Sport Singapore
- **Mike Unger**, Senior Advisor – FINA (International Federation of Swimming)
- **Toby Keegan**, Head of Events and Technical – Triathlon Australia
- **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.
- 1st group of questions – What race directors can do.
 - Helpful for triathletes to know what race directors are doing.
- 2nd group of questions – Safety is a shared responsibility.
 - What can triathletes, coaches and clubs do to make sure all participants know the best practices for having a safe race.



Martin Suzan
Director of Swim Safety and Safety Boats –
United Kingdom

Global Triathlon Safety Task Force



What are the Best Practices for Setting up a Safe Open Water Swim Venue?



Martin Suzan
Director of Swim Safety and Safety Boats –
United Kingdom

Global Triathlon Safety Task Force



What are the Best Practices for Setting up a Safe Open Water Swim Venue?

- Lifeguards
- Volunteer Training
- Boats, Jet Skis, Paddle Boards, Kayaks
- Rescue Equipment
- Non-race Related Boat Traffic



Global Triathlon Safety Task Force

Thanos Nikopoulos – Head of Operation



Are There Special Safety Considerations on Race Day?



Thanos Nikopoulos – Head of Operation

Global Triathlon Safety Task Force



Are There Special Safety Considerations on Race Day?

- Water/Air Temperature Guidelines
- Water Quality Rules
- Rain/Thunder/Lightning



Thanos Nikopoulos – Head of Operation

Global Triathlon Safety Task Force



Are There Special Safety Considerations on Race Day?

- Water/Air Temperature Guidelines
- Water Quality Rules
- Rain/Thunder/Lightning
- Contingency Planning - Delphine Fong,
Director of Sport Safety





Global Triathlon Safety Task Force

Toby Keegan, Head of Events and
Technical



What different start procedures that are available and what are the advantages and disadvantages of both?



Global Triathlon Safety Task Force

Toby Keegan, Head of Events and Technical



What different start procedures that are available and what are the advantages and disadvantages of both?

- Traditional Mass Start
- Wave Start by Age Group
- Rolling Start by Self-Seeding



Delphine Fong, Director of Sports Safety

Global Triathlon Safety Task Force



How can we best educate participants on how to take responsibility to reduce personal risk during the swim?



Delphine Fong, Director of Sports Safety

Global Triathlon Safety Task Force



How can we best educate participants on how to take responsibility to reduce personal risk during the swim?

- Video of swim route highlighting site lines and risk areas
- Webinars, websites, brochures
 - How to prepare for an open water swim
 - How to react to problems that might occur
- Open water swim clinics, especially for novices
- Forums for sharing experiences



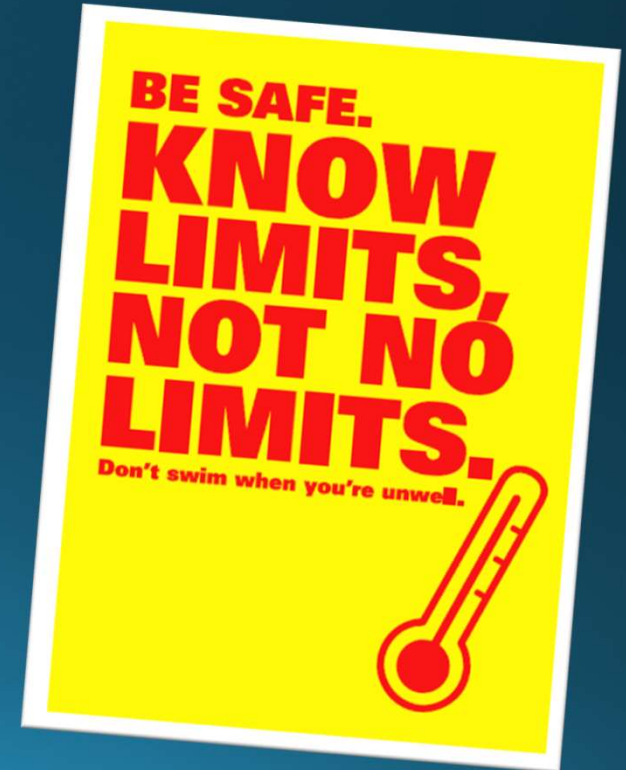


Delphine Fong, Director of Sports Safety

Global Triathlon Safety Task Force



Sports Safety Collateral



Global Triathlon Safety Task Force



Mike Unger, Senior Advisor

Tips for Safe Open Water Swim.



For Organizers:

1. Eyes on swimmers
2. Course accuracy and ease of navigation
3. Emergency Action Plan

For Swimmers:

1. Train, but know your limits
2. Know the conditions
3. Swim with a buddy and wear a swim buoy during training



Martin Suzan, Director

Global Triathlon Safety Task Force



Is it important to have a swim practice for participants at the swim venue before the race?



Martin Suzan, Director

Global Triathlon Safety Task Force



Is it important to have a swim practice for participants at the swim venue before the race?

- Familiarization with course, site lines, entry and exit
- Comfort with temperature and clarity of the water



Global Triathlon Safety Task Force

Toby Keegan, Head of Events and Technical



Letting participants practice before the race might be a logistical challenge. What are the different options?



Global Triathlon Safety Task Force

Toby Keegan, Head of Events and Technical



Letting participants practice before the race might be a logistical challenge. What are the different options?

- Special practice area on one side of the start before the race.
- Short practice between each wave for in water starts.
- Practice time before the race starts.
- Practice time the day before the race.



Delphine Fong, Director of Sports Safety

Global Triathlon Safety Task Force



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



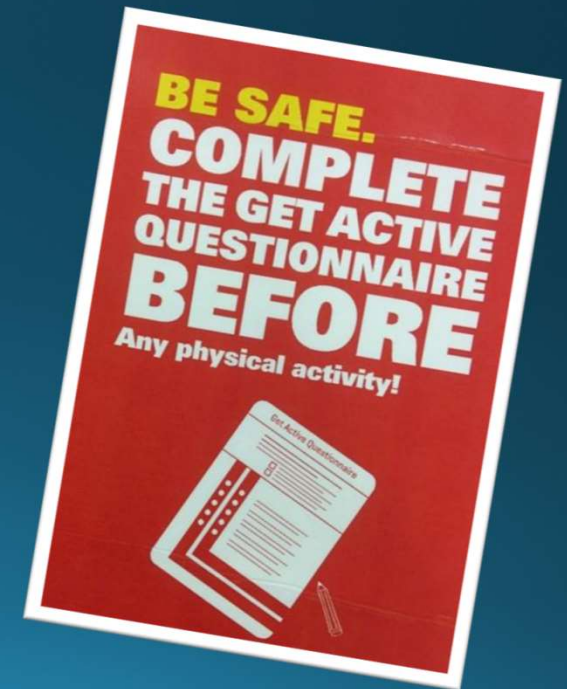
Delphine Fong, Director of Sports Safety

Global Triathlon Safety Task Force



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

- Pre-Participation Questionnaire
 - Designed to enable individuals to make informed decisions about physical activity
 - Empowers individuals to be more responsible for their own health and well-being





Delphine Fong, Director of Sports Safety

Global Triathlon Safety Task Force



Example:
Canadian Society for
Exercise Physiology

Get Active Questionnaire
CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY –
PHYSICAL ACTIVITY TRAINING FOR HEALTH (CSEP-PATH®)

✓

YES

✓

NO

PREPARE TO BECOME MORE ACTIVE

The following questions will help to ensure that you have a safe physical activity experience. Please answer **YES** or **NO** to each question before you become more physically active. If you are unsure about any question, answer **YES**.

1 Have you experienced ANY of the following (A to F) within the past six months?

☐

☐

A A diagnosis of/treatment for heart disease or stroke, or pain/discomfort/pressure in your chest during activities of daily living or during physical activity?

☐

☐

B A diagnosis of/treatment for high blood pressure (BP), or a resting BP of 160/90 mmHg or higher?

☐

☐

C Dizziness or lightheadedness during physical activity?

☐

☐

D Shortness of breath at rest?

☐

☐

E Loss of consciousness/fainting for any reason?

☐

☐

F Concussion?

2 Do you currently have pain or swelling in any part of your body (such as from an injury, acute flare-up of arthritis, or back pain) that affects your ability to be physically active?

☐

☐

3 Has a health care provider told you that you should avoid or modify certain types of physical activity?

☐

☐

4 Do you have any other medical or physical condition (such as diabetes, cancer, osteoporosis, asthma, spinal cord injury) that may affect your ability to be physically active?

☐

☐

.....> **NO** to all questions: go to Page 2 – ASSESS YOUR CURRENT PHYSICAL ACTIVITY>

YES to any question: go to Reference Document – ADVICE ON WHAT TO DO IF YOU HAVE A YES RESPONSE>>



Global Triathlon Safety Task Force

Thanos Nikopoulos , Head of Operations



Are there any new ideas that a Federation has implemented to reduce the risk in the swim?



Global Triathlon Safety Task Force

Thanos Nikopoulos , Head of Operations



Are there any new ideas that a Federation has implemented to reduce the risk in the swim?

Addressing the Race Day Anxiety of the Open Water Swim

- Too Cold
- Too Crowded
- Beyond my ability
- Current Option – Do not Participate
- Japan Triathlon Union Option



Closing Comments to Panelists: Global Triathlon Safety Task Force

What was the one most important take-away from this webinar on Swim Safety?

- Martin Suzan



- Delphine Fong



- Mike Unger



- Toby Keegan



- Thanos Nikopoulos



- Mike Wien



Global Triathlon Safety Task Force

Thank You



World Triathlon Staff

Global Triathlon Safety Task Force

Thank You

mike@SpecificEdge.com

