

Motorcycle Safety Guidelines – Triathlon Manitoba

Triathlon is a sport consisting of three disciplines: swim, bike, and run. Experienced motorcycle riders play an important role in supporting technical officials during the bike segment of the race, helping ensure fair and safe competition.

Motorcycle riders and technical officials work together as a team. Clear communication, appropriate equipment, and sound riding practices help create a safe and effective operating environment for everyone involved.

Rider Requirements

Motorcycle riders should:

- Be mature individuals who can demonstrate the required experience and skills.
- Provide a suitable motorcycle that is well maintained, in good condition, and has current registration and insurance.
- Ensure the motorcycle's gross vehicle weight rating is sufficient for the rider, official, riding gear, and any event-related equipment.
- Hold a valid motorcycle licence (Manitoba Class 6F or equivalent).
- Wear appropriate riding attire and an approved helmet.
- Ensure sufficient fuel is available for the duration of the event.

Essential Experience and Skills

Riders must be able to demonstrate:

- Advanced riding skills with excellent stability at speeds ranging from walking pace to highway speeds.
- Competence carrying a passenger in a variety of riding conditions.
- Good judgment and decision-making. Riders must be able to safely carry out instructions from technical officials while maintaining overall responsibility for motorcycle operation.
- Strong situational awareness when operating in proximity to cyclists, vehicles, pedestrians, and course infrastructure.
- Effective communication skills. Intercom systems are preferred. Where unavailable, riders and officials should agree on simple hand signals or shoulder taps before the event.

Rider and Official Clothing

Appropriate protective equipment is important for both riders and technical officials.

At a minimum, all motorcycle occupants should wear:

- An approved motorcycle helmet (for both riders).

- Full-fingered gloves.
- Sturdy footwear that covers the ankles.
- Long pants in good condition.
- A long-sleeved jacket or outer layer suitable for riding conditions.

Motorcycle-specific protective clothing, including armoured jackets and riding pants, is encouraged. Recognizing TO's may not own this clothing, we recommend denim long pants, denim jacket, gloves, close toed hiking boots or runners.

Pre-Ride and Athlete Briefing

Before entering the course, riders should conduct a brief orientation with their assigned technical official covering:

- Safe mounting and dismounting procedures.
- Passenger positioning during normal riding.
- Passenger positioning during slow-speed manoeuvres, stops, starts, and turns.
- Agreed-upon communication signals and procedures.
- Any event-specific operational procedures.
- Attend the event organizer's pre-race briefing to learn specifics of the course.

Officials should remain relaxed and centred on the motorcycle and avoid making sudden movements that could affect vehicle balance, particularly during slow-speed manoeuvres.

General Safety Rules

During the event, riders will:

- Maintain safe separation from cyclists, vehicles, pedestrians, and obstacles.
- Operate with headlights on low beam and hazard lights activated where appropriate.
- Remain aware of traffic, cyclists, spectators, and course conditions.
- Monitor the route ahead for hazards such as curbs, debris, narrow sections, and sharp turns.
- Exercise particular caution during U-turns. Whenever possible, U-turns should be completed well beyond cyclist turnaround points and only where it is safe to do so.
- Maintain personal hydration and nutrition as required.

Event-Day Guidelines

- Arrive at the designated time, allowing for possible traffic delays.
- Ensure the motorcycle is clean and mechanically sound.
- Confirm fuel, tire pressures, and fluid levels are suitable for two-up riding.
- Verify that both rider and official have appropriate riding gear and securely fastened helmets.
- Carry a mobile phone, water, and any event-required materials.
- Ensure vehicle registration and insurance are current.

Role of the Motorcycle Rider

Motorcycle riders provide transportation for technical officials so that race rules can be observed and enforced during the bike segment.

In draft-illegal races, officials monitor compliance with drafting, blocking, and dangerous riding rules. Riders may be asked to position the motorcycle near athletes so officials can communicate instructions or assess potential rule violations.

Motorcycle riders should only approach athletes when it is safe to do so. The driver remains responsible for the safe operation of the motorcycle at all times.

Safety for athletes, officials, riders, volunteers, spectators, and other road users is always the highest priority.

Event Execution

Following the swim, athletes will enter the bike course as directed by technical officials and race volunteers. Depending on the event, athletes may complete multiple laps of the course.

Throughout the race, motorcycle drivers are responsible for the safe operation and control of their motorcycle and must adapt to changing course conditions, athlete density, weather, and traffic-management requirements.

Insert Event Bike Course Map

Include:

- Course layout and lap information.
- Key distances and turnaround locations.
- Known hazards and technical sections.
- High- and low-speed areas.
- Any event-specific operational instructions.

Whenever possible, drivers and technical officials should familiarize themselves with the course prior to race day.