



**Kids of Steel[®] Event Organizer
& Technical Sanctioning Manual**
Manitoba Version – 2013 Season



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Fall 2004

Dear **Kids of Steel**® Event Organizer & Race Director

This manual is dedicated to the many event organizers, race directors and volunteers who promote and organize triathlons and related events for the youth of Canada. Through events such as yours, young Canadians aged 7 & under to 19 years have an opportunity to participate in a unique sporting event that encourages a healthy and active lifestyle. Thank you for hosting a **Kids of Steel**® program or race event.

This manual contains race & program organization, technical requirements and sanctioning package information specifically designed for the unique developmental & safety requirements of youth in a **Kids of Steel**® program or race. The body of the manual also contains information and samples that are intended to assist you in completing the sanctioning application. The sanctioning package should be submitted to the Technical Director of your Provincial Triathlon Association. Your Provincial Technical Director or Advisor will also be available to assist you in the completion of the sanctioning application.

We wish you the best with your **Kids of Steel**® event!

Yours truly,

TRIATHLON CANADA

Acknowledgments

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Project Coordination –

- Kevin Freedman, Executive Director, Triathlon Manitoba

Event Organization Editing & Validation –

- Sheila O’Kelly, 1st Vice President, Triathlon Canada

Kids of Steel Program Content & Overall Project Management

- Larry McMahon, Director Kids of Steel & Youth Programs, Triathlon Canada

Technical Program Content -

- Triathlon Manitoba
- Ontario Association of Triathletes
- Triathlon British Columbia
- Alberta Triathlon Association

Conditions Governing Use of this Information

Before embarking on an exercise program, participants are strongly advised to have a complete medical examination to ensure they can participate safely in the events activities described in this manual. If you are the parent of a child who is about to begin an exercise program, please make sure that your child has had a complete medical.

Triathlon Canada offers this event planning & sanctioning manual as general information only. No one should begin an activity described in this manual or any other program of this nature without due consideration to his or her level of fitness and ability. Children should always be properly supervised and independently evaluated as to their physical and mental readiness to start an activity such as described in this manual.

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Triathlon Canada

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National Kids of Steel® Program Goals and Objectives

January 15, 2003

Kids of Steel® Mission Statement

"To guide youth development in triathlon and related multi-sport events through delivery of a standardized program across Canada. The Kids of Steel® program will focus on the encouragement of healthy active living, lifelong participation, safety, fun, the building of skills and involvement of Canada's youth."

Goals and Strategies

1. Lifelong Participation

Strategies

- Streamline a developmental program, allowing athletes to pursue competitive or non-competitive participation avenues from childhood to adulthood.
- Education / media (e.g. video / posters / programs) outlining the positive effects of multisport participation on physical fitness, health, and wellness in young people's lives.
- Development of a safe, enjoyable program that maximizes positive experience in sport, by increasing the likelihood of lifelong participation.

2. Safety

Strategies

- Development of an Event Organizer & Sanctioning Manual; including safety information, a sanctioning agreement; rules and regulations, and related information.
- Enforcement of guidelines associated with a) distances, b) ages, and c) equipment in all Kids of Steel® races to ensure developmentally appropriate practices.

3. Fun

Strategies

- Awards for all finishers, regardless of place.
- Development of resources to educate coaches, race directors, and other sport leaders in a) the philosophy of Triathlon / multisport, and b) methods of practicing the philosophy
- Ensuring races are safe and embrace the philosophy of Kids of Steel® therefore maximizing the positive experience of every participant.
- Focus media / advertising around the concept of "fun".

4. Building of Skills

Strategies

- Development of resources for coaches, teachers, and other instructors, outlining basic skills, programs, and developmentally-appropriate activities, skills, and progressions.
- Streamlining the competitive process to facilitate gradual development of skills appropriate to maturation, ability, and variation therein.

5. Foster Youth Involvement

Strategies

- Maximize the accessibility of Kids of Steel® events including, but not limited to, camps, clinics, presentations, expositions, community / school programs and races.
- Media / advertising that appeals to the youth community, including Website information, poster and pamphlet distribution, booklet / information packages.
- Develop an inclusive program including streams for recreational and competitive athletes (e.g. Kids of Steel® Provincials; Kids of Steel® Regional Championships; Kids of Steel® Junior Nationals)
- To develop a recognized name associated with events that reflect the following qualities: inclusiveness, safety, family orientation, friendliness, and fun.

Introduction to the Delivery of Kids of Steel® Events and Programs

Kids of Steel® Trademark and Use

Triathlon Canada is the 'Owner' of the trademark, Kids of Steel® and is used under Licence. Triathlon Canada is a Federation of Provincial & Territorial governing bodies to whom it grants the right to use the Kids of Steel® trademark in accordance with an agreement between them.

Triathlon Canada has developed a comprehensive system and criteria for organizing and presenting competitions & programs for Triathletes and Duathletes, and other multisport athletes. It establishes, and wishes to continue to establish, through its policies, a uniform and safe standard for competitive development of participants. Its goals are to standardize program delivery, increase participation in the sports covered by the Owner's activities and policies, and promote development of new events. In keeping with these goals Triathlon Canada promotes and assists in the development of Kids of Steel® programs by building partnerships with other organizations as a means of achieving these goals, and to secure funding to achieve these ends. The Trademark is an important part of this overall plan, and the essence of the Licence is the adherence by the Licencee or Sub-licencee to the standards and policies of the Owner. Use of the Trademark must signify conformity to and agreement with the goals and standards of the Owner. Compliance by the Licencee or Sub-licencee with those goals and standards as set forth in the Kids of Steel® Event Organizers Technical & Sanctioning Package Manual in conjunction with the Trademark provides the basis for valuable goodwill and wide acceptance of the Owner's systems as described therein. The Licencee's and/or Sub-licencee's conduct of its events and other services, including advertising of those events and services, and use of the Trademark in association with event associated wares and services, and accountability for performance of the obligations contained in the Licence, and adherence to the Event Organizers Technical & Sanctioning Package Manual, constitute the essence of the Licence.

History of Triathlon Multi-sports and the Development of the Sport for Youth

Triathlon is a continuous sporting activity in which swimming; cycling and running are performed sequentially in that order. The change from one discipline to the next occurs in an area known as the transition. Duathlon and Aquathon combine two of the three activities in a similar fashion. Duathlon replaces the swim with another run, with Aquathon combines running and swimming in the following sequence: run-swim-run. A winter triathlon links running, mountain biking, and cross-country skiing in a similar manner.

The sport began in California in 1975 when athletes of the San Diego Track Club decided to relieve the monotony of running workouts with a continuous workout of swimming, cycling, and running. The initial growth of the sport in the early eighties is believed to have resulted from media coverage of the Hawaii Ironman Triathlon, an event of a 3.8k swim, 180k cycle and a 42.2k marathon. This new public awareness resulted in a growth of races all over North America. Over a million athletes now contest the sport in over 100 nations. Shorter distance triathlons developed in North America as athletes looked for new challenges and in 1984 a standardized distance was generally accepted as a 1500m swim, a 40k bike, and a 10k run. This distance event is now known as the Olympic distance and was accepted into the Olympic Games in Sydney Australia in the year 2000. The first ever Olympic Gold Medallist was Canada's own, Simon Whitfield, who started his triathlon career as a Kids of Steel athlete in Ontario. Recently, Canada took both gold medals in the 2002 Commonwealth Games, Simon Whitfield in the men's and Carol Montgomery the women's.

In Canada the sport started with the first Triathlon taking place in the early 1980's. Since then events have sprung up all over Canada. One of its most prestigious international races is Ironman Canada, which takes place annually in Penticton, British Columbia. In 2002 Canada hosted 240 adult races and 104 youth races with the latter having attracted participation from almost 13,000 kids between the ages of U7 to 19 years of age. Triathlon in Canada is governed by a National Federation with the Provinces & Territories as members with each having its own governing body with representation on the National board of Triathlon Canada. Triathlon Canada is represented on the board of the International Triathlon Union, the world governing body for the sport.

Youth triathlons began in the United States in the mid 1980's and gained popularity among Canadian kids shortly thereafter. The overriding concept of triathlon for kids in Canada was centered on creating a healthy lifestyle, both physically and mentally. Canadian children wishing to pursue a different path from "conventional" sports received the sport with enthusiasm. Youth triathlons are now run in every province in Canada under the Kids of Steel® program. Initially Triathlon developed as an adult sport. Kids' races were added to adult events, as families became more involved in this healthy active lifestyle. Due consideration of the unique physiological and psychological training needs of children involved in endurance sports such as triathlon was initially lacking. In recent years National Governing Bodies and the International Triathlon Union have placed more emphasis on appropriate training regimens & event

distances suitable to the developmental age of the child. The **Kids of Steel®** program was developed and continues to be developed to meet the physiological & psychological needs of youth in the sport. The following sections outline the principals and the structure of Canada's **Kids of Steel®** Triathlon program for youth.

Guiding Principals & Structure to **Kids of Steel®** Programs

In developing the guiding principals of **Kids of Steel®** programs the following quotations & observations have been considered as a cornerstone to the program:

“In kid’s sports, the purpose has to be to create an experience that helps the child grow and develop as a person... Sports should contribute to a person’s life and be a source of joy... So what can we do? We start with those little kids and we do our best to keep their joy alive, for that, from minitykes to pro, is the true spirit of sport”. (Butcher, in Donnelly, 2000, p. 107)

“If we encourage children to develop a variety of skills, they will probably experience success in a number of sporting activities. As a result, many children will be interested in continuing their participation in sports and physical activity, and some children will have the inclination and desire to specialize and further develop their sports talent”. (Bompa, 1995 p. 30)

When life is said and done, and our material pursuits long forgotten, we may have left the world a better place because we spent invaluable time and energy on the developmental life of our countries children. There are few better teaching grounds for the next generation, in whose hands we leave this world, than the healthy pursuit of sport. (Larry McMahan)

The **Kids of Steel®** program is as described below along with the overriding principals’ detailed. This will give the event organizer an understanding of program concepts and how a youth moves through the various age divisions and how the event fits into the program model.

Kids of Steel® programs & races are designed for kids and youth from ages 7 & U to 19 years of age. Competition age groups are broken down into two-year age groupings to group kids into comparative physiological ages. They are 7&U, 8-9, 10-11, 12-13, 14-15 & 16-19. See Appendix A for approved distance at each age division.

Kids of Steel® Age Divisions 7&U, are conducted as a Provincial program & primarily an introduction to the sport centered on fun, active participation in a non-competitive safe manner, along with some teaching of basic Triathlon skills over very short distances. Children in this category are generally expected to already have acquired the basic skills of running, swimming and cycling. In regard to the swimming segment a child should be able to swim 25 meters unaided by flotation devices. In some Provinces these races may be included in an overall **Kids of Steel®** race series. Recognition awards in races should be more focused on participation and completion of the event, not how a child places.

Kids of Steel® Age Divisions 8-9, 10-11 are conducted as a Provincial **Kids of Steel®** program & race series. Race distances will become progressively longer but suitable to the physiological age of this group. The purpose of the races is to continue the introduction of young people to the sport of triathlon in a fun, non-competitive and safe manner, with a focus on participation and advancing learning skills. The participants will travel to various races within the Province that are inexpensive, something that a family might do on an auto travel vacation. Recognition awards should be more focused on participation and completion of the event, not how a child places. Participation prizes/medals/ribbons in this category should be used. Provincial Championships are not encouraged at this age level, although some Provincial Governing Bodies may have them within their individual programs.

Kids of Steel® Age Divisions 12-13 & 14-15 are conducted as a Provincial **Kids of Steel®** program & race series. Race distances will become progressively longer but suitable to the physiological age of this group and skills teaching will still be at an introduction level but for some developing athletes they will be at a more advanced level. In addition to Provincial races athletes in this age division would have the opportunity to race at a **Kids of Steel®** Regional Championships with one or more Provincial Associations in Canada that are neighbors. These Regional Championships promote the spirit of friendly competition with neighboring Provinces that would provide some fun travel for kids and families, but still keeping in mind reasonable travel expense. This would be an event along the lines of a weekend camp experience for kids and families, not a highly competitive event although it does introduce the concept of competition at a regional level. There will be no qualification standards for a child to go to a Regional Championships event. Some Provincial Associations may have standards for providing funding for a small team, but this doesn’t

prevent the event from being open to any kid who wants to do a Regional Championships triathlon. Some Provinces may also have Provincial Championships for this age group as well. These events will not be promoted as a stepping-stone to Regional Championships.

Kids of Steel® Age Division 16-19 Junior Sprint (750m swim, 20k bike, and 5k run) would also compete in Provincial Association race series. While athletes may still be initiated to the sport of Triathlon at this age group they will normally have come to the sport as a more proficient swimmer or runner and will have often competed at the high school or community level for 2 to 4 years. Teaching skills at this level will be more advanced and should or could be involved in special training clinics to prepare them for racing at a higher level, i.e. drafting skills etc. This is the only age division that the **Kids of Steel®** program promotes/sanctions a National Championships, which is appropriate as it fits into a qualifying criteria for World Junior Championships. The Canadian Junior Championships should be open to all athletes of this age, provided they meet the appropriate bike handling, safety and drafting skill standards to allow them to race at National level championships. Provincial Associations must approve their athletes for entry on this basis.

U23 Age Division, 18-23 ITU Olympic Distance. Triathlon Canada does not promote this age division as a **Kids of Steel®** program. In keeping with the ITU Coaching Symposium results in 2001 it is the recommendation that National Federations should focus their youth programs on the shorter distances up to Sprint Distance (750m swim, 20k bike, and 5k run). Athletes who are 18-19 and are more developed and can handle the volume of training, are permitted under Triathlon Canada & Provincial Governing body sanctioning & participation rules to race up to the 18-23 Olympic distance category. This is the only category of youth age's 7U to 19 who are permitted to race up an age group.

Kids of Steel® Athlete's With A Disability (Para-triathlete). Any person who has a disability in the following categories: handcycle (handcycle on the bike portion and racing chair on the run portion), lower extremity (rides regular bike and runs with prosthesis or crutches), wheelchair, (rides regular bike and transfers to a racing chair), upper extremity above elbow, upper extremity below elbow, double below or above elbow, blind (must be guided), les autres (multiple sclerosis, muscular dystrophy, cerebral palsy, rides regular bike and runs without aid). A Para-triathlete may have a handler for assistance in transition, a wheelchair participant may need two handlers.

Kids of Steel® athletes participating at adult events

As detailed in Appendix A, Triathlon Canada has rules indicating the maximum distances youth athletes can race. The event does not have to be considered a full Kids of Steel® event or part of a provincial Kids of Steel® series for these distances to apply. What organizers need to remember is that any time a youth athlete participates in a sanctioned event they cannot race in a distance longer than the approved maximums. For example: at what is considered a sanctioned adult triathlon the organizers are offering a Sprint distance and a Try-a-tri distance (which happens to be a 300m swim / 10km cycle, and 3km run). According to our **Kids of Steel®** maximum distances, it would be acceptable for anyone over 16 to participate in the Sprint event and any athlete over 12 years to enter into the Try-a-tri. However, this can be a grey area in some provinces, so event organizers should consult with their Provincial Triathlon Association for input if the event is deciding whether or not they want to allow youths to enter. The following points should be considered in a decision:

- Is the event in a province where there are a large number of Kids of Steel® racing opportunities for youths? If yes, then it may be okay to limit your field to adults as these youth athletes have a number of different racing venues where they can participate. If no, and there are only a few races available to youth, you may not want to take away an additional opportunity for development/participation for these athletes.
- What is the typical size of your entry field? If the race has a history of high participation numbers, the safety of the younger athletes may be a concern with the mass number of adults. If the event is smaller, there may not be any concerns with having a few additional youth participants.
- What is the focus of the event / caliber of the field? Is the race a fun family focused day to introduce new participants? If yes, having youths participate along with family members may fit well. Or is it a provincial team qualifying event where lots of experienced athletes are racing?

Kids of Steel® Branding, Sponsor Recognition and National Naming Rights Guidelines

As discussed earlier in this manual, **Kids of Steel®** is owned by Triathlon Canada and is used under license. Provincial Governing Bodies who are Federation members of Triathlon Canada are granted the right to use the **Kids of Steel®** trademark in accordance with an agreement between them that governs terms of use.

Triathlon Canada has developed a comprehensive system and criteria for organizing and presenting competitions & programs and establishes through its policies a uniform and safe standard for competitive development of **Kids of Steel®** participants. Its goals are to standardize program delivery, increase participation in **Kids of Steel®** events that are covered by the Triathlon Canada's activities and policies, and promote development of new events. Use of the Trademark provides the basis for valuable goodwill and wide acceptance of Triathlon Canada's systems in respect to **Kids of Steel®** events. Accordingly it is important that the use of the Trademark and the **Kids of Steel®** branding logo is used in conformity to the requirements of the agreement between Triathlon Canada and its licensees, the Provincial Governing Bodies. The following are the policies and guidelines for the use of the Trademark **Kids of Steel®**

1. When using the **Kids of Steel®** Trademark the following wordings **must be** used on all publications
 - “**Kids of Steel®** is owned by Triathlon Canada and is used under license”, or
 - (Provincial Governing Body) is an authorized user of **Kids of Steel®** owned by Triathlon Canada.
2. Triathlon Canada has authorized the use of three types of **Kids of Steel®** logo designs.
 - Please refer to your provincial triathlon association for the formats and descriptions of use or contact the National **Kids of Steel®** Coordinator (Samples in Appendix K).
3. When a National Sponsor is attracted National Naming Rights will be granted to this sponsor and will be similar to “Company X Kids of Steel Program” or the like.
4. Presenting sponsors at the PGB level will be permissible as long as they do not conflict in a major way and will be similar to “Company Y Presenting Sponsor to (Province) **Kids of Steel®** Race Series.

Event Organizers Next Steps

Event organizers interested in putting on a **Kids of Steel®** race or program should contact their provincial triathlon association for further details and requirements on event sanctioning in their province/territory, which are described in this manual. This manual provides general guidelines for sanctioning and planning **Kids of Steel®** events. The first section gives the guidelines and criteria to help you plan your event. The second half is a sanctioning application package that you can submit to your Provincial Triathlon Association and will assist you with considering and planning the race details. The Provincial Association will assist you in the planning of your race.



TRIATHLON MANITOBA SANCTIONING APPLICATION PACKAGE

(For Kids of Steel®)

Approved by the Board of Directors
December 13, 2010

Section 1 – Sanctioning Application Requirements and Information

MANITOBA Kids of Steel® Sanctioning Process

Event organizers are vital to the sport and Triathlon Manitoba is proud to be able to work in partnership with you. Please read through the sanctioning application carefully and do not hesitate to contact the office or the Sanctioning committee with any questions, comments or concerns.

The Sanctioning Application process is a cooperative venture between the Race Director and/or Local Organizing Committee and Triathlon Manitoba. Its intention is the following:

1. To provide you with the information you need in order to organize a safe and enjoyable race for the athletes.
2. To give you the opportunity to put your plan in writing. The benefits of having a written plan are that you will have thought through, in detail, all of the steps that you need to take in order to organize a safe race. You will have a document to refer to when carrying out each step, thereby reducing the chances of overlooking something important.
3. To communicate your plan to Triathlon Manitoba and determine areas in which we can help you carry out your plan.
4. To give the Sanctioning Officials the opportunity to review your plan and to make recommendations in areas that may require some improvements. This builds an extra safeguard into your plan, further ensuring that something important does not get overlooked and your race is the safest and most enjoyable that it can be.
5. Benefits of becoming an officially sanctioned race:
 - Insurance - \$5 million comprehensive liability.
 - Free membership for each race director.
 - Certified officials will attend your event.
 - Opportunity to apply for provincial race series inclusion.
 - Opportunity to apply for regional, provincial, and national championship events.
 - Access to newsletter and web site for promotion of your event.
 - Distribution of a reasonable number of race brochures and national posters.
 - Access to Triathlon Manitoba race equipment, including timing hardware and software, where available.
 - Invitation to annual race directors' forum where hosted.

Note: Any event appearing on Triathlon Manitoba web site which is not yet officially sanctioned, will appear as "Pending Sanctioning", until this application has been received and approved by Sanctioning Directors.

Process

- View the sanctioning package from Triathlon Manitoba website well before your event date.
- Triathlon Manitoba **must** receive emailed, completed applications a minimum of 45 days prior to the event.
- Upon receipt of the sanctioning package, Triathlon Manitoba will review it. It will either be approved or the race director will be contacted and the appropriate changes suggested.
- The required post race paperwork and fees must be submitted within 45 days post-event.

Refusal:

Sanctioning of any event in Manitoba can be refused by Triathlon Manitoba for any of the following reasons:

- Poor past performance
- Failure to meet sanctioning probation conditions
- Concerns that the race management is not capable of meeting Triathlon Manitoba sanctioning/safety considerations, or other factors indicating potential problems in race operations
- Insufficient time to process the sanctioning request
- Incomplete sanctioning requests
- Outstanding past requirements and obligations
- Not being a member in good standing of Triathlon Manitoba
- Failing to comply with conditions of sanctioning
- Any other issue, which Triathlon Manitoba deems, is a serious concern, which may affect Triathlon Manitoba's ability to obtain insurance coverage.
- Such other matters as Triathlon Manitoba may consider in preserving the reputation of the association and/or reasonable safety concerns.

Any Member of Triathlon Manitoba who is affected by a decision of the Sanctioning Committee, will have the right to appeal that decision, provided there are sufficient grounds for the appeal as described in the appeals policy.

Manitoba Sanctioning Information

Sanctioning applications must be received electronically to Triathlon Manitoba a minimum of 45 days prior to the event.

This allows adequate time for the sanctioning committee and head official to review the package and communicate feedback or make suggestions regarding safety concerns or race organization. Race directors will receive an email or phone call by a member of the sanctioning committee outlining any feedback following the review so that there is sufficient time to implement any changes. Events will not receive an official sanction designation on the race calendar until the sanctioning process is complete and satisfactory. Please complete all forms legibly and **as comprehensively as possible**. The more information and details you can provide the more effective this application becomes. Please include any relevant information not solicited in this application and provide copies of any supporting documentation you may have.

If you are unsure about anything regarding sanctioning, contact one of the following sanctioning directors:

Chair – Kelly Mahoney
Suzanne MacDuff
Kevin Beechinor
Chris Kitchen
Kevin Freedman

After completing, email it to: Triathlon Manitoba info@triathlon.mb.ca Attn: Director of Sanctioning

Only an electronic copy of this document must be submitted to Triathlon Manitoba. Please make and keep a copy of this document once it has been completed.

Sanctioning Criteria for Organizing a Kids of Steel® Race

The criteria have been developed to ensure safety and consistency at Kids of Steel® events.

GETTING STARTED

1. Develop a race organizing committee (see Appendix E).
2. Develop the race course, keeping in mind the Triathlon Canada Kids of Steel® Race Rules which indicate maximum distances for the different age groups (see Appendix A)
3. Complete the sanctioning application and submit to Triathlon Manitoba 45 days prior to your event.

RACE COURSE CRITERIA

SWIM

Generally it is expected that Kids of Steel® participants will be proficient enough swimmers to complete the swim segment comfortably. The use of flotation devices by young athletes is not recommended.

a) POOL SWIM

1. Depending on the number of competitors, wave starts by/within age groups may be required to ease congestion.
2. Lane ropes are recommended, as the number of competitors will vary depending on the size of pool and the lane itself.
3. Have the minimum number of participants per lane as possible (See Appendix B for outline of set-up with more than 2 kids per lane).
4. Weaker swimmers should be identified and put in lanes along the sides of the pool.
5. At the end of each lane a lap counter is suggested.
6. Lifeguards should be on the pool deck with the appropriate safety equipment.
7. It is to your advantage to have a separate and secure area for parents to watch their children swim.
8. If Athletes with a disability (para-triathlete) are participating they will need to have a way to enter and exit the pool, (it may be volunteers to lift in and out).
9. Where blind athletes are participating, a gentle tap at the end of each lap may be required to ensure the athlete does not run into the wall.
10. It is recommended to have mats on the pool deck for safety reasons.
11. Consideration should be given to ease of exit (e.g. doors close to the pool edge minimize travel on the pool deck).

b) OPEN WATER SWIM

1. Design swim course as per maximum age group distances and ensure accurate measurements.
2. For the younger age groups, it is advisable to set up the course parallel to the shore.
3. Turn buoys must be arranged so that they will always be on either the right or the left, but never in slalom combination.
4. There must be a minimum of two certified lifeguards (with a min. of Bronze Cross, first aid and CPR training). The maximum number of participants per wave is 50 in the water. (Lifeguard to athlete ratio is 1:25) It is a good idea to also have a number of adults in the water as marshals to assist children that need help.
5. Lifeguards should be in the water on paddleboards
6. All watercrafts (paddleboards, boats, canoes, etc) should have an individual on board with CPR training, this can be the lifeguard.
7. Lifeguards/boats must have flutter boards or buoys to throw to someone if assistance is needed.
8. Swim buoys must be large enough to provide a significant sighting for athletes at water level.
9. If providing swim caps, they should not be the same colour as the swim buoys.
10. Water depth should be measured taking into account the height of young competitors. It is preferable that they can stand at shoulder level if needed.
11. A check off system for swimmers entering and exiting the water must be in place. This should be done as swimmers enter the water.
12. Special consideration should be given to para-triathletes. Para-triathletes may be started in the first wave as they may require more time to complete the race course, and there is ample time to transition before there are large numbers of athletes in transition.
13. Swim seeding for Junior Nationals and National Junior series events is encouraged, see Appendix M for details.
14. Give prior consideration to alternative plans in case of inclement weather /water temperature/conditions (i.e. create a contingency plan for a shorter swim or a run)

TRANSITION ZONE

1. The design of the transition area must ensure that all competitors travel an equal distance (see Appendix C).
2. Bicycle rack rows must be placed so that when bicycles are on the racks, there is a lane, which is a minimum of 6 metres for bicycles to travel into and out of the transition area.
3. The line at which competitors must mount / dismount their bicycle must be clearly marked and no less than 5 meters in length.
4. Athlete entry/exit areas must be at least 3 metres wide and well marked.
5. During the event the transition zone should only be accessible to athletes, certified officials, and transition zone volunteers. If a younger child needs help in the transition zone a volunteer will help them. Para-Triathletes will require their volunteer handlers to have access to the transition for assistance if required.
6. The entire transition zone must be well defined with fencing/flagging that prevents spectators from entering.
7. Safety must always be a consideration. Be sure traffic flows in & out in separate entry/exit zones (i.e. no crossover between cyclists and runners)
8. Transition layout should be in order of heats/age groups whenever possible.
9. Ensure appropriate placement of signage.
10. Medical care should be nearby.
11. Racks labeled to separate **all** age classifications (suggest at eye level for ease of viewing).
12. Extra space will be required for wheelchairs, and tandems. Setting up para-triathletes close to a fence allows for extra space and positions them out of the traffic flow. At least three bike spaces should be allotted for wheelchair athletes. All para-triathletes should be provided a chair next to their bike in the transition area if needed. If the transition area is on a grass surface cutting the grass short is preferred.
13. The transition zone can be compressed as the bulk of athletes finish, however it cannot be completely disassembled until all athletes have finished.

CYCLE

1. The course must be measured with a Jones Counter, GPS, or with another suitable method approved by Triathlon Manitoba.
2. The cycle course must not intersect with the run course.
3. Race volunteers should be posted at every access road, intersection and turn if deemed necessary.
4. Turns must be clearly marked.
5. A lead and trail cyclist or vehicle whose role will be to verify safety of athletes/volunteers and inform volunteers of course closure must be provided. If a bike is used, cyclist must be wearing a helmet and carrying a form of communication.
6. There must be warning signs placed on the highway cautioning vehicular traffic that a road race is in progress and that caution should be exercised. Signs or markings should be located at every opportunity where vehicular traffic can enter the cycle course from another major roadway.
7. When possible Police should be located at all major intersections where traffic is heavy. Have the Police/RCMP Permit on hand at the race site.
8. At points at which athletes are turning left off of a major highway, signs and possibly other warning systems such as flashing lights, must be located so that vehicular traffic has adequate stopping distance for high speeds. These intersections are to be manned with volunteers or police.
9. All volunteers who are controlling traffic must be at least 18 years of age, hold a valid driver's license and wear a bright safety vest.
10. Recommend that volunteers only control traffic in one direction.
11. Corners, especially, must be swept clean of debris. The entire course must be checked the morning of the race, and cleared of hazards e.g. broken glass.
12. A control/registration count at critical points is necessary on out and back courses to ensure fair completion of the course by all athletes
13. Cycle courses should avoid sharp declines particularly at the younger ages. Smaller wheels cannot handle the speed of many downhills and crashes are not uncommon.
14. Areas of high spectator involvement must have some method of preventing spectators from crossing the course at inappropriate times.
15. The use of a color coding system is recommended:
 - a) A colored wristband or number is provided to each competitor for a particular distance
 - b) A matching colored flag, balloons or sign will indicate the turn around point for each distance
 This system is helpful to both the athletes and volunteers to ensure they complete the correct course.
16. When Para-triathlete wheelchair participants are involved help may be required to move over curbs, speed bumps, and railroad tracks. Handcycles are very light and may be lifted.
17. Any race vehicle that uses an amber roof light, must apply for a RCMP Special Lighting permit. Contact your local RCMP authorities for application info and submission details.

RUN

1. The course should be measured with a Jones Counter, GPS, or with another suitable method approved by Triathlon Manitoba.
2. The run course must not intersect with the cycle course.
3. Race volunteers should be posted at every access road, intersection and turn if deemed necessary.
4. Turns must be clearly marked.
5. Trail cyclist whose role will be to verify safety of athletes/volunteers and inform volunteers of course closure must be provided. Cyclist must be wearing a helmet and carrying a form of communication.
6. Course must be clearly marked every 10 to 15 metres when it traverses an undefined area such as a trail or parking lot.
7. In the case of out and back courses, a registration/control count is necessary at critical points.
8. Before and after each intersection and turn, additional markings e.g. arrows on the ground, should lead into and out of the intersection or turn.
9. If the race progresses through a residential area, all residents should be advised to exercise caution when entering/exiting their driveways.
10. The use of a color coding system is *required*:
 - a) A colored wristband and number is provided to each competitor for a particular distance
 - b) A matching colored flag, balloons or sign will indicate the turn around point for each distance
 - c) *Triathlon Manitoba will supply the colored wristbands and balloons/course markers.*
 This system is helpful to both the athletes and volunteers to ensure they complete the correct course.
11. A good course for para-triathletes would be a paved road with runners to the left side of the road. Racing chairs may require help up and down curbs, speed bumps, and railroad tracks. Racing chairs will move faster than runners, it is advisable to start para-triathletes in the first wave to avoid any potential cluttering on the run course. Racing chairs may have bells attached to them to warn runners they are coming.
12. Any race vehicle that uses an amber roof light, must apply for a RCMP Special Lighting permit. Contact your local RCMP authorities for application info and submission details.

JUNIOR DRAFTING EVENTS

1. The women and men's races will be separated so as not to allow for overlap on the course.
2. A medical person should be in the trail vehicle with equipment and communication.
3. Bike racks must be clearly identified.
4. Bike checks will need to be completed by officials or other designated volunteers (preferably the day before the event).

FINISH

1. The finish line must be clearly marked. The leading edge of the line shall be designated as the "finish".
2. For timing purposes, a competitor will be judged as "finished" the moment any part of the torso, not including the head, neck, shoulders, arms, hips, or legs, reaches the perpendicular line extending from the leading edge of the finish-line.
3. Within the finishing area the following should be available: First Aid Station - in a tent or separate building, hydration and recovery food station; a communication system with the announcer to inform the spectators about winners and other competitors entering the finish area.

RACE SUPPORT CRITERIA**AID STATIONS**

1. Aid stations should be located:
 - a. Transition - at run departure
 - b. Should be no more than 1.75 km apart. Number of stations should be increased for warmer conditions.
 - c. At the Finish line/post-race area, for immediate access by athletes.
2. Post race refreshments should be provided. The minimum recommendation is fruit; water/juice. Please be cautious of proper food handling guidelines.

TIMING

Timing is done for all participants. Results are posted by age category in order of finish.

MEDICAL

1. A qualified first-aid person must be on site.
2. There must be a minimum of one medical person on site for the first 100 athletes, and another medical person for every additional 100 athletes. A medical person may be a qualified first-aider/responder, licensed nurse, paramedic or physician.

3. **Note:** Volunteer professionals (i.e. doctors, nurses) attending events **are not covered by our insurance** for administration of any professional care. They would normally carry their own professional malpractice insurance coverage. So if you are considering a volunteer, please have them check first or consider hiring someone (example Canadian Ski Patrol). There should be a place identified for medical supplies.
4. The medical headquarters will be located as close to the finish line as possible and must provide access to a discreet shelter or private facility for administering treatment.
5. The medical person will have nearby access to at least one operational phone.
6. Local hospital should be notified that the event is going to take place prior to race start – recommend one day before.
7. Head official should be notified of all medical situations.

COMMUNICATION

1. A public address system must be on site.
2. A megaphone is also recommended.
3. Radio Communication between key members of the race committee is recommended.
4. In some areas a local radio club may be available to volunteer their services.
5. Roaming radio equipped first responders on bicycles are recommended.
6. Race Director should carry a cell phone for emergencies when radio contact cannot be made. Cell phone numbers should be made available to all officials and volunteers.

OFFICIATING

1. All sanctioned races will be assigned a Technical Delegate (TD) or Head Official (HO) from Triathlon Manitoba.
2. The official's job at Kids of Steel® races is primarily education. Participants will not be disqualified (particularly in the younger divisions) unless a major infraction is committed. This may include: cutting the course, un-sportsmanlike behavior, receiving extensive outside assistance or the intentional impeding of another competitor.
3. The Race Director should communicate with the TD/HO before the event.
4. The TD/HO must be permitted to speak to the competitors at the pre-race meeting.
5. The TD/HO has the responsibility to ensure the safety of participants and volunteers, and to ensure that the principles of fair play are respected.
6. The TD/HO has the authority to rule upon conditions that they deem to be hazardous or that fail to meet Triathlon Manitoba's Race Sanctioning Criteria, Safety Standards, and Competition Rules. As a sanctioned event, you are obligated to make the necessary adjustments in accordance with the ruling. If you disagree with the ruling of the TD/HO, you are to comply with the ruling, and then to send a written report of the incident to Triathlon Manitoba.
7. Failure to comply with a ruling by the TD/HO will result in a review of the incident by Triathlon Manitoba Board of Directors.
8. The TD/HO will provide a post event evaluation to the Race Director and Triathlon Manitoba.

AWARDS

1. All finishers should be recognized for event completion, such as a competition ribbon/certificate or other race souvenir.
2. Placement ribbon awards should be distributed to the top three finishers in categories ages 12 and up only.
3. Kids of Steel® award recognition age categories are as follows (male and female):
 - 6&7 years
 - 8&9 years
 - 10&11 years
 - 12&13 years
 - 14&15 years
 - 16-19 years
 - Female, athlete with a disability
 - Male, athlete with a disability

NOTE: Two or three age divisions may be combined in one race group to assist with organization if needed, but kids should be recognized for placement awards within their own age division.

RACE APPLICATION

1. For provincial series events the Manitoba Kids of Steel application will be used.
2. All age categories for Kids of Steel® races are determined by "age as of December 31st in the current year of competition"
3. Every entrant in a sanctioned event must be a Triathlon Manitoba member or pay the one day member fee.
4. For non series events, the race applications should include: name, gender and birth date, waiver and medical info (See sample Appendix D), Triathlon Manitoba's web site and phone number.

- Triathlon Manitoba requires approval of applications prior to distribution.

GENERAL

- Familiarize yourself with the Triathlon Canada, ITU and Kids of Steel® specific rules that are available on their website.
- A pre-race meeting should be held on site 15-30 minutes prior to the event start (see Appendix F for sample briefing notes). The Race Director should go over final instructions and give the Head Official an opportunity to speak.
- On race day, all competitors must be body marked with their race numbers on the outer, lower left leg and the outer, upper left arm to ensure visibility to officials. Markings may also be made on the right, if necessary, for timing purposes. All competitors will also receive a colored wristband. (See chart below.)
- You must ensure that there are an adequate number of washrooms in the vicinity of the transition zone (within 200 meters).
- Ensure that adequate race signage is available. This is available from Triathlon Manitoba.
- A security plan should be considered to protect athletes and equipment.
- Maximum race distances as approved by Triathlon Canada for each age group can be reviewed in Appendix A. Please ensure you are working within these guidelines.
- Give prior consideration to plans in case of inclement weather.
- Plan for set-up and take down volunteers.
- A wheelchair accessible washroom near the transition area is necessary both for PARA-TRIATHLETE athletes and spectators.

Kids of Steel®	Distance	Wristband Color
6&7	50m S / 1.5K B / 500m R	Orange
8&9	100m S / 5K B / 1K R	Red
10&11	200m S / 5K B / 2K R	Blue
12&13	300m S / 10K B / 3K R	Green
14&15	500m S / 10K B / 4K R	Yellow

VOLUNTEERS

- A number of volunteers are required to ensure a safe and well-run event for all participants. See Appendix G for suggested numbers to consider in each of the event areas. The following are some key considerations:

Swim

- For pool swims you will need one swim captain and then at least 2 lap counters per lane.

Bike / Run

- A volunteer must be located at all major intersections and course turns.
- Volunteers should be clearly identifiable with bright colored vests; those controlling traffic should have stop signs and/or flags.
- All volunteers controlling traffic must be at least 18 years of age, hold a valid driver's license, and wear a bright safety vest.

Aid Stations

- Between two to four volunteers depending on the number of competitors.

Timing

- One starter and then groups of three for each timing station.

Transition

- Volunteers to assist with flow of traffic and mount/dismount line.

Now that you understand the criteria required for hosting a Kids of Steel® triathlon you can proceed to filling in your event sanctioning application/maps for submission to Triathlon Manitoba.

Kids of Steel® Organizing Criteria Checklist
For use by Race Director and/or Head Official

The checklist is a tool provided for your own use to double-check that the criteria are being followed.

ADMINISTRATION

RACE APPLICATION

- _____ Ask for One day member fee or Triathlon Manitoba number on entries.
- _____ Ask for name, birth date, age as of Dec 31st, and gender.
- _____ List on web site.
- _____ Application approved by Triathlon Manitoba office (prior to publication).

SPONSORSHIP

- _____ Triathlon Manitoba sponsorship recognition (banners, etc.)

GENERAL

- _____ Adequate washrooms for athletes and spectators in vicinity.
- _____ Body markings outer, upper left arm, and outer, lower left leg.
- _____ Announcer and PA.
- _____ Made request or arrangements for equipment.

VOLUNTEERS

- | | |
|--------------------------------|--------------------------|
| _____ Major intersections | _____ Control spectators |
| _____ Course turns | _____ Food Services |
| _____ Transition zone security | _____ Communications |
| _____ Aid stations | _____ Head Coordinators |
| _____ Swim | |

SWIM

- _____ Number and position of swim buoys (for open water swims).
- _____ Measured with appropriate technology (for open water swims).
- _____ Turns always on either right or left (i.e. no slalom).
- _____ Minimum 2 lifeguards for 50 athletes.
- _____ Wave maximum 50 competitors.
- _____ Lane ropes can be helpful if swim takes place in pool
- _____ Seed athletes according to ability / age group
- _____ Swim caps (may be purchased through Tri MB office)
- _____ Lap counters
- _____ Are additional volunteers required to assist PARA-TRIATHLETE

TRANSITION

- _____ Athletes travel same distance
- _____ 6 metres between bike rack rows with bikes racked
- _____ Bike racks must be labeled
- _____ Secure fencing
- _____ Entry/Exit areas not less than 3 metres wide
- _____ Separate cycle and run exits
- _____ Aid station located at exit to run
- _____ Extra space available for para-triathletes near a fence

CYCLE

- _____ Measured with suitable instrument (Jones Counter or GPS)
- _____ Clearly marked mount line and dismount line
- _____ Sound road surface
- _____ Trained race volunteers at every access road

- _____ Police/volunteer at major intersections where there is traffic
- _____ Highway or park permits
- _____ Warning signs
- _____ All corners to be swept
- _____ Turn markers
- _____ Areas of spectator involvement controlled
- _____ Lead and Trail cyclist with helmet
- _____ Dangerous hazards (potholes, fire hydrants) should be well marked and/or padded.
- _____ Number check off system at turn around

RUN SECTION

- _____ Measured with suitable instrument (Jones Counter or GPS)
- _____ Trained race volunteers at every access road
- _____ Areas of spectator involvement controlled
- _____ No cross over with bike or run course
- _____ Traffic cones every 10-15m where no road
- _____ Adequate aid stations
- _____ Lead and Trail cyclist with helmet
- _____ Markings before and after every intersection and turn

AID STATIONS

- _____ Supplies: water, cups, *replacement fluid/isotonic drinks
- _____ Transition to run
- _____ Finish/post race area
- _____ Other stations as needed

FINISH LINE/POST RACE

- _____ Medical personnel
- _____ Finish Chute
- _____ Marked finish line (50cm in width)
- _____ Various "headquarters" facilities
- _____ Post-race food and fluid
- _____ Timing volunteers

MEDICAL

- _____ Qualified medical person
- _____ Designated hospital has been notified by mail prior to your event. Copy of letter is required for sanctioning.
- _____ Ambulance has direct access to medical headquarters
- _____ Medical tent/area
- _____ First aid supplies
- _____ Evacuation Plan
- _____ Communication equipment

COMMUNICATIONS

- _____ Communication between key members of the race committee
- _____ Swim course
- _____ Bike course
- _____ Run course
- _____ Officials
- _____ Roving Communication
- _____ Medical tent
- _____ Headquarters

OFFICIALS

- _____ Officiating headquarters
- _____ Head Official speaks at pre-race meeting

TRAFFIC CONTROL

- _____ Volunteers must be at least 18 years old
- _____ Wear a traffic vest to be clearly visible
- _____ Preferably control traffic in only one direction

AWARDS

- _____ Participation prizes for all participants
- _____ Random draw prizes
- _____ Alternate location for inclement weather if outside
- _____ Thank sponsors, key personnel etc.

SANCTIONING PACKAGE SUBMISSION CHECKLIST

- _____ Completed Kids Of Steel® sanctioning application with sanctioning deposit if required
- _____ Course maps included
- _____ Permits and letters of support
- _____ Entry form details/draft
- _____ Equipment request (applicable where some provincial associations may have available for use).

*Sanctioning package must be submitted no later than 45 days prior to race date.



RACE RULES - Appendix A

The purpose of KOS rules is to promote safety in regards to equipment and race distances that are developmentally appropriate.

Rationale for Kids of Steel® Equipment Rules

Safety is of paramount importance for young athletes. Advanced equipment can be “contraindicative” (i.e. causes more harm than good) when used by novices.

Inclusion is a large component of the Kids of Steel® philosophy. Many young athletes cannot afford top-end equipment, therefore, the rules create a more equitable environment for participation.

Development is also accounted for. Basic skills must be mastered as a foundation for future success. Races of longer duration and equipment that restricts basic skill acquisition are not conducive to long term involvement in sport; nor do they promote opportunities for athletes to reach their ultimate potential.

What is “developmentally appropriate”?

Every child develops at a different rate. Biological age, or age of the “growing body” may differ from chronological age by one to three years. Maturation describes the patterns of development that culminate in an adult state including : skeletal, sexual, neural (brain / nervous system), morphological (height / weight), psychological / emotional, intellectual / cognitive.

Guidelines that are “developmentally appropriate” take maturational patterns into account. They ensure athletes avoid practices that may negatively impact long-term involvement in sport and physical activity.

For more information on childhood growth and development, sport recommendations, and maturational issues, contact Triathlon Canada.

RULES

(Approved by the Triathlon Canada Board of Directors on July 11, 2002 with some approved revisions on November 8, 2003)

Kids of Steel® Age Divisions

- Ages are determined as of DECEMBER 31 of the current year of competition.

Racing Up

- Athletes **MUST** race in their respective age divisions; no athlete under the age of 18 is permitted to race in a “higher” or “older” age division.

Exception

- Athletes 18-19 years of age may race “up” in the 18-23 ITU or 20-24 Olympic Distance races.

Maximum Distances

- Distances refer to “swim / bike / run” in that order respectively.
- Distances denote **MAXIMUMS** in each age group. Races may be shorter but not longer than the prescribed distances.*

*The Technical Director from the Provincial Governing Body sanctioning the race has the discretion to approve distances that are nominally longer (maximum 10%) than those stated below when the need is due to safety issues in course design. Variances of more than 10% will be referred to the National Youth Development Committee for input and agreement.

- Distances for 5 years and younger should be substantially shorter than the 7 and Under maximums.

Age Divisions	Maximum Race Distances (Swim / Bike / Run)	Equipment (at races) - <i>Aero bars^a</i> - <i>Clipless pedals^b</i> - <i>Race wheels^c</i>	Gear Ratio Recommendations^d
7& Under	50 m / 1.5 km / 500 m	not permitted	45 x 16
8-9 years	100 m / 5 km / 1 km	not permitted	45 x 16
10-11 years	200 m / 5 km / 2 km	not permitted	45 x 16
12-13 years	300 m / 10 km / 3 km	not permitted	45 x 16
14-15 years	500 m / 10 km / 4 km	permitted	52 x 16
16-19 years	750 m / 20 km / 5 km	permitted	52 x 16
18-19 years	1500 m / 40 km / 10 km	permitted	N/A

Equipment Definitions

- a. Aero bars must be draft legal and comply with Triathlon Canada and ITU rules for age divisions where tri bars are permitted. The only exception is for 16-19 year old athletes racing in an Age Group Sprint or Olympic distance category (with distances as stated above) in a non-drafting race.
- b. For age groups where clipless pedals are not permitted, the only exception is for mountain bikes that have wide-based platform pedals designed with a shoe cleat which may be allowed at the discretion of qualified technical officials at a Kids of Steel® race. If such a pedal system is allowed the athlete must wear running shoes on the bike segment with the Official's decision as to whether the pedal is suitable for a running shoe being final.
- c. Standard wheels must be used by athletes in age divisions where race wheels are not permitted. A standard wheel is defined as:
 - i) Spokes must be metal and a minimum of 24 in number.
 - ii) Spokes may not exceed a depth of 2.4mm but can be round, oval, or flat.
 - iii) Rims must be metal and not exceed a depth of 2.5cm; this excludes the use of disc wheels.
 - iv) Standard road tires must be no thinner than 23c.
- d. Gear ratios for the age groups indicated are recommended only as being (1) the best for training young children to spin in low gear ratios and (2) reduce the potential for injury.

Rule Description	Rationale	Age Groups Affected
Aero bars are not permitted	<ul style="list-style-type: none"> ▪ Balance, bike handling, and coordination are critical skills to develop in the initial years of training cycling. If aero bars are introduced prior to the mastery of these skills – balance in particular – the athlete can put themselves and others at risk of accident. ▪ Aero bars also restrict maneuverability and responsiveness while on the bike. 	7 & under 8 / 9 10 / 11 12 / 13
Aero bars must be draft legal and comply with ITU standards.	<ul style="list-style-type: none"> ▪ Draft-legal aero bars are more stable than traditional aero bars. ▪ Draft-legal aero bars are designed to be safer in case of collisions or accidental falls. ▪ If athletes wish to pursue higher levels of the sport, they must use draft-legal bars. Earlier exposure to draft legal aero bars will facilitate skill acquisition. 	14 / 15 16 / 19
Clipless pedals are not permitted.	<ul style="list-style-type: none"> ▪ Clipless pedal systems are unstable for walking and running; they pose significant risk of injury while traveling in and out of transition (<i>e.g. slipping / tripping on clips; falling / toppling while trying to “clip in”; colliding / sliding into other athletes and / or bikes</i>) ▪ Clipless pedal systems also lock feet into pedals, thus increasing the chance of injury (<i>unless fit properly</i>). 	7 & under 8 / 9 10 / 11 12 / 13
The exception to the clipless pedal restriction is for ages 13 & under:	<ul style="list-style-type: none"> ▪ Traditional clipless pedals are only permitted for ages 14+ ▪ Athletes 13 and under may use clipless pedals only if they have mountain bike shoes with recessed cleats 	All age groups.
Race wheels are not permitted.	<ul style="list-style-type: none"> ▪ Race wheels with (<24) spokes pose a serious danger to athletes who may accidentally step into a wheel or trip over a bike (<i>e.g. in transition; after a collision / crash</i>). This situation has caused serious injuries at the Elite level. ▪ Race wheels are also lighter and more “flighty” than regular wheels, putting athletes at risk for “blow-overs” (in the wind). 	7 & under 8 / 9 10 / 11 12 / 13

Kids of Steel® Race Rules Continued

1. All participants must wear approved helmets on the bicycle course.
2. Chinstraps must be fastened before removing the bike from the bike rack. Chinstraps must remain fastened until the bike has been returned to the bike rack.
3. Participants must rack their bikes in the transition area.
4. All athletes must have torsos covered during the bike and run.
5. Drafting on the bike course is not permitted, except where specifically authorized by the Provincial Governing Body for a Kids of Steel® Junior Age 16-19 Sprint Distance race only. Junior participants will be required to have completed a drafting training & safety course conducted by the Provincial Governing Body.
6. Participants and parents must conform to the rules of fair play and good sportsmanship.
7. Parental assistance is not permitted on the racecourse or in the transition area once the race has begun. Any outside assistance may result in immediate disqualification.
8. The Officials may disqualify a participant who is in direct violation of the rules.
9. Athletes are not permitted to race up an age category except those aged 18-19, which may race up to the U23 Olympic Distance category.
10. All participants must belong to a Provincial Governing Body, or must purchase a One Day Membership at a cost as levied by the Provincial Governing Body.
11. See chart for complete info on maximum distance per age group and equipment regulations.

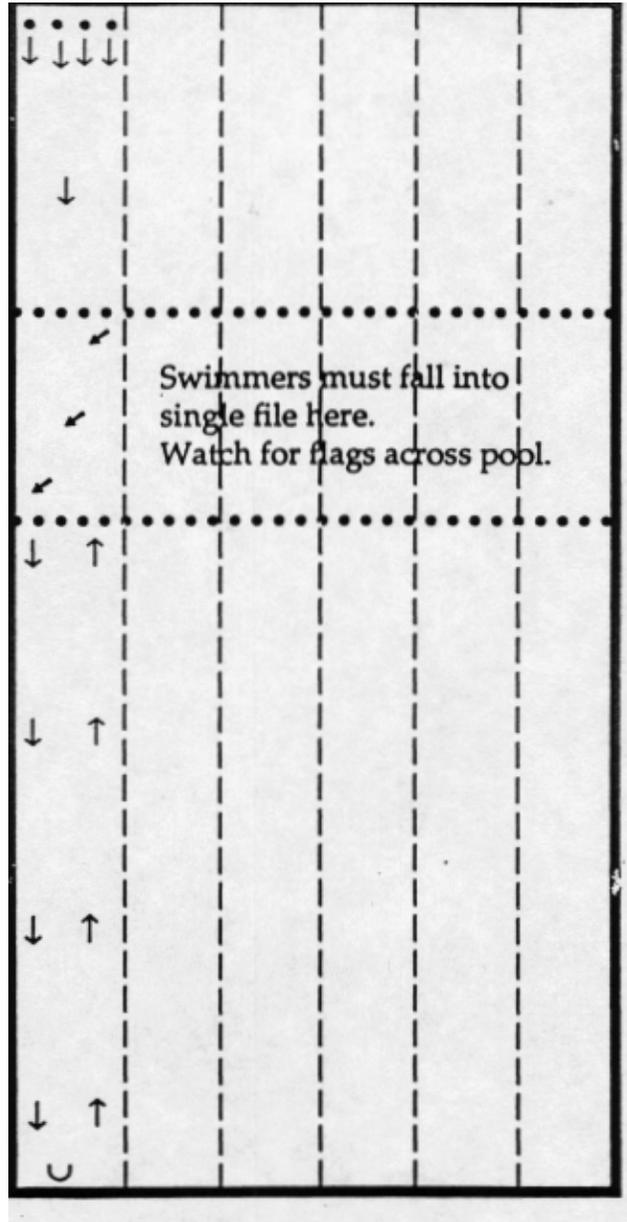
Appendix B – Pool Swim Diagram (for lanes shared by more than two people)

Kids of Steel[®]
Swimming Pool Set-Up

Announcer!
Starter

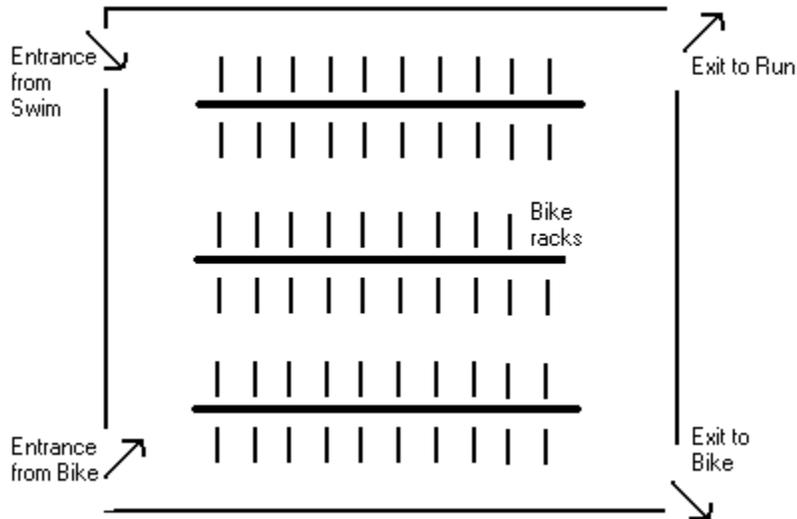
10 M

15 M

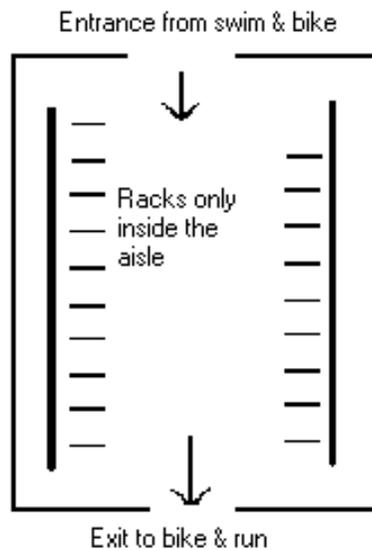


Appendix C - Kids of Steel® Transition Area

Remember when designing a transition area that all athletes should travel an equal distance. There is NO riding in the transition area, so have your mount/dismount line clearly marked before the entrance. Please ensure there are 6m between the bike racks **for athletes** to rack their bikes and run onto the run course.



Or, another good design is to use one common entrance and common exit at opposite ends of transition for all segments and with preferably two rows of racks with a wide alley through the middle. Athletes must all travel the same distance. For safety you wouldn't want the "from swim" and "exit to bike" adjacent to one another.



APPENDIX D - SAMPLE WAIVER FORMAT FOR USE

This section is where each race would put their logo, registration (i.e. name/address/birth date, email, phone & application info (i.e. categories, costs), and mailing address.

CONSENT FOR USE OF PERSONAL INFORMATION

I understand the <event name> gathers personal information about each of its participants, including name, address, email, sex, age, and birth date. This information is used for the purposes of ensuring that each participant competes in the appropriate age group, and that their name and club will be listed in that age group in the results which are posted on Triathlon Manitoba's and the <event name> website. The information is also used by Triathlon Manitoba for annual demographic reporting and to communicate with participants about Triathlon Manitoba programs, events and activities. The <event name> also requests medical information and emergency contact info to use in case of a medical emergency. I have read and understood Triathlon Manitoba's policy on privacy. I am aware that by giving this consent, I am permitting personal information about me to be posted to Triathlon Manitoba's website and publications, which can be viewed by anyone who accesses Triathlon Manitoba's website or publications

I accept the use of my personal information for the above purposes. _____ (Initial here)
CONSENT FOR EMERGENCY MEDICAL TREATMENT

I, _____, give permission to the <event name> staff to make decisions concerning medical care and treatment, and where necessary to authorize such care and treatment in emergency situations. I understand that the <event name> staff will make every reasonable effort, in the circumstances, to reach my emergency contact regarding my medical status in the event an emergency arises. In the event that my contact cannot be reached in an emergency, I hereby give my permission to the licensed physician, dentist, athletic therapist, nurse or other medical professional whose services might be required to provide medical care and treatment.

I wish the <event name> staff to be aware of the following medical problems: i.e. medications, allergies or past medical event histories:

By signing here, I indicate that I have the understanding and capacity to communicate health care directives for myself and that I am fully informed as to the contents of this document and understand the full import of this grant of powers to the <event name> staff.

Dated: _____ **(Sign here)** If under 18, a parent/guardian MUST sign.

WAIVER AND RELEASE FROM LIABILITY

**This is a binding legal agreement. By signing this form you give up important legal rights.
PLEASE READ CAREFULLY and SIGN**

AWARENESS AND ACKNOWLEDGEMENT OF RISKS

In consideration of my participation in such programs, activities and events, I hereby acknowledge that I am aware of the risks and hazards associated with or related to the sports of triathlon and duathlon and all related activities that may result in personal injury, death, property damage, expense and related loss to myself. The risks and hazards of triathlon and duathlon include, but are not limited to injuries as a result of:

- Entering the water by either diving, running or jumping;
- Spending extended times in pools or lakes including bacterial infections and rashes;
- Physical contact with other participants while swimming including crowding, pushing, kicking and punching;
- Water conditions such as currents, waves, water temperate and water clarity;
- Physical contact with pool walls or lake and ocean rocks and bottoms;
- Physical contact with other participants while cycling and running;
- Road conditions, terrains and vehicular traffic while cycling and running;
- From one's failure to stay within the designated course area while cycling and running;
- Falling while cycling or running;
- Strenuous cardiovascular workouts, and/or exerting and stretching various muscle groups;
- Psychological factors such as anxiety;
- Changing weather conditions;
- Dehydration and/or fatigue; and
- Negligence of other participants.

I accept all related risks including those listed: _____ (Initial here)

ACCEPTANCE OF TERMS AND CONDITIONS

In consideration of the acceptance of my entry in the <event name> I agree as follows:

1. I will comply with all the rules and regulations of Triathlon Canada, the International Triathlon Union, and the event instructions of the organizers and officials.
2. I am aware of Triathlon Manitoba's bylaws and policies (which can be found at www.triathlon.mb.ca) and agree to be bound by them.
3. I have sole responsibility for my personal possessions and athletic equipment during the <event name> and its related activities.
4. I attest that I am physically fit and can complete the <event name>.
5. I grant full permission <event name> or Triathlon Manitoba to use my photographs as part of the event website photo gallery.
6. That in the event of a race cancellation due to a storm or other "Act of God" my entry fee will be non-refundable.
7. I realize that, with my participation in the event, I may be subject to unannounced drug testing as provided for by Triathlon Canada's agreement with the Canadian Centre for Ethics in Sport.

I agree to the above terms: _____ (Initial here)

WAIVER AND RELEASE FROM LIABILITY

In consideration of my participation in <event name>, I for myself, my heirs, executors, and administrators, HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE Triathlon Manitoba, <event name>, <club name>, their directors, officers, members, employees, coaches, officials, volunteers, race directors/organizers, agents, sponsors, funding partners, and owners/operators of the facility/venue, FROM ANY AND ALL CLAIMS AND DAMAGES I may have against them, their representatives, successors and assigns, in respect to death, illness, injury, or loss or damage to my person or property, HOWEVER CAUSED, that I may sustain as a result of my participation in this event, AND NOTWITHSTANDING that the loss may have been contributed to or occasioned by the negligence of any one or more of the above named.

I further acknowledge and understand that insurance coverage for this event does not provide me with personal accident insurance coverage and that I am responsible to obtain my own personal accident insurance coverage should I wish to be eligible for accident benefits that are in excess of those currently covered through my provincial or private health insurance plan(s).

BY SUBMITTING THIS ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREED to the above AWARENESS AND ACKNOWLEDGMENT OF RISKS, TERMS AND CONDITIONS and WAIVER AND RELEASE FROM LIABILITY AND HAVE EXECUTED THIS AGREEMENT VOLUNTARILY.

Please print name clearly:

Signature:

Date:

Appendix E- Organization Committee - Planning Your Kids of Steel® Race

Planning a triathlon or duathlon, large or small, can be a very satisfying and demanding undertaking. Typically a group of interested individuals get together and decide to hold a Kids of Steel® event. There are many key areas, that when properly organized, will ensure a safe and well run race.

Before you proceed any further it is important to establish a strong core committee. It should consist of the following:

Race Director
Financial and Sponsorship
Registration
Promotions Committee
Swim Captain
Bike Captain
Run Captain
Transition Captain
Communications Coordinator
Finish Line Coordinator
Refreshments Coordinator
Awards Coordinator
Volunteer Coordinator

Some of these jobs can be blended, such as the bike and transition, or the finish and refreshments. The key element to a successful Kids of Steel® race is an abundance of volunteers. It is not uncommon to need upwards of 100 volunteers on race day for larger events.

Appendix F – Script For Pre-Race Meeting At Kids of Steel® Triathlon Events

Pre-race meeting instructions

Welcome to everyone to the _____ Kids of Steel® event.

Race course directions/description

Insert your course description here.

SAFETY

Volunteers will be at all intersections. Please follow their instructions. The streets will not be closed to traffic. PLEASE be careful. If you have an equipment failure or are unable to finish the race do not leave the event without notifying a race official.

TRIATHLON RULES

Spectators must not enter the transition area.

Triathletes shall not receive any aid from parents, family or friends (unless injured).

Swimming – athletes can use any stroke they like during the swim. During shallow lake swims, athletes should remember that they should be **swimming** the course. There may be reasons why you have to touch the bottom (i.e. you swallowed water, you need to sight where you are, you've been kicked, etc.). So, you can stop and touch but you must stay still, you can't be moving forward through the water by walking, running or jumping. Then when ready slip back into the water and resume swimming.

There will be no drafting on the cycle course. This means you should have two bike lengths between bikes - on front, side and back, unless passing. Call out to the cyclist that you are passing.

Follow the rules of the road. Keep to the right. No blocking.

No riding of bicycles in the transition zone. You must get on and off your bike at the dismount line.

If numbers are provided, athletes must wear them so they're clearly displayed.

Helmets must be properly fastened before unranking your bike and must remain fastened until after racking your bike.

All athletes must have their torsos covered (i.e. boys need a shirt) on the bike and run portions of the event.

Follow instructions from race officials on the course. If a competitor fails to follow the rules of this triathlon, they will be removed from the race.

Code of Conduct *FOR TRIATHLETES & PARENTS* :

- a) Shall conduct themselves in a manner of skill and behavior befitting to sport.
- b) Shall treat other competitors, officials, volunteers and spectators with fairness, respect and courtesy.
- c) Shall not be guilty of misconduct or use abusive language prior to, during, or following the event.

We hope that all participants and their families enjoy the event. Good luck to everyone.

Appendix G - Kids of Steel® Volunteer List

Organizing a Kids of Steel® triathlon requires a large number of volunteers. Below is a sample of areas you need to consider and the number of volunteers for each area. Numbers fluctuate depending on the size of your event.

Volunteer coordinators: 1- _____ 2- _____

Registration: 1- _____ 2- _____ 3- _____ 4- _____

Body marking: 1- _____ 2- _____ 3- _____ 4- _____

Swim lap counters: 1- _____ 2- _____ 3- _____ 4- _____

5- _____ 6- _____ 7- _____ 8- _____

Timing and results: 1- _____ 2- _____ 3- _____ 4- _____

5- _____ 6- _____ 7- _____ 8- _____

Transition area: 1- _____ 2- _____ 3- _____ 4- _____

5- _____ 6- _____

Traffic control 1- _____ 2- _____ 3- _____ 4- _____

5- _____ 6- _____ 7- _____ 8- _____

9- _____ 10- _____ 11- _____ 12- _____

Lap counting 1- _____ 2- _____

Aid stations: 1- _____ 2- _____ 3- _____ 4- _____

Finish line 1- _____ 2- _____

Food and refreshment: 1- _____ 2- _____

Other: 1- _____ 2- _____ 3- _____ 4- _____

5- _____ 6- _____ 7- _____ 8- _____

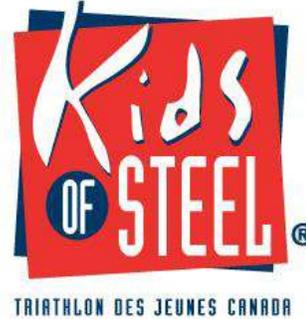
9- _____ 10- _____ 11- _____ 12- _____

13- _____ 14- _____ 15- _____

Appendix H – Use of Kids of Steel® & Funding Partner Logos

Kids of Steel® Logos

Triathlon Canada has the Kids of Steel® trademark logo available for use in a number of formats: eps, jpeg, or tif. Below are the English and French versions of the logo.



When using the trademark, one of the following wording options must be used on all publications:

- Kids of Steel® is owned by Triathlon Canada and is used under license. **OR**
- “Provincial governing body” is an authorized user of Kids of Steel® owned by Triathlon Canada.

Funding Partner Recognition:

The following funding partners/logos are acceptable and should be recognized on all Kids of Steel® promotional materials in your province:

- Kids of Steel® trademark logo
- Triathlon Canada
- Sport Canada
- Provincial Triathlon Association
- Provincial Sport Government (if their funding supports Kids of Steel® programs).

Example – of logos & wording that appear on all Manitoba Kids of Steel® brochures/entry forms.



Triathlon Manitoba is an authorized user of Kids of Steel® owned by Triathlon Canada.

Medals:

Preference on how the logo should appear on medals. We plan to use this as the standard going forward so that we do not confuse a local/provincial race sponsor name as being Nationally associated with the Kids of Steel® trademark. (PDF sample of how this would appear available upon request).

- On the front of the medal -only the Kids of Steel® logo (as identified above). Future national sponsor will also appear on the front.
- Only other item on the front would be a reference to Triathlon Manitoba who is the Licensee of the Trade Mark sanctioning the race.
- On the back of the medal where there is no reference to the Kids of Steel® trademark, acknowledgment of provincial/race presenting sponsors, name of race, date etc.

Appendix I – Additional Requirements for Junior Nationals & the National Kids of Steel Junior Sprint Series Events

- Separate starts for the men and women's competition for drafting events.
- The LOC shall ensure that no junior athlete is entered in the draft-legal event unless such entry is approved by the relevant PGB. The PGB shall base their approval on the athlete having completed a draft legal event within 12 (twelve) months of the particular qualifying event. Or that the athlete has attended a drafting clinic by certified coaches and is felt to be capable of participating in a drafting event.
- The LOC will make all reasonable efforts to provide services in both official languages, French and English, at National Championship and National Qualifying Events.
- Triathlon Canada rankings should be used to establish a seeding of athletes for junior males and females. The seeding will be used to determine athlete numbering sequence and start positions at each event. Where possible, the race announcer should introduce at least 10 athletes and preferably more to the start line of each event.