



Competitors Notes: Health & Safety Guidelines

It is compulsory for all entrants in this event, their guardians and their supporters to read this notice and comply with its stipulations. They are also responsible for familiarising themselves with the event course and all its hazards.

Please inform your supporters of their responsibility to comply.

Signing your waiver or completing your online entry is an indication you agree to comply with these guidelines.

PRIMARY RESPONSIBILITY

- You are responsible for your own health and safety during the event.
- The Blue Lakes Multisport Event involves an element of risk of injury, where competitors could encounter deep water, wet road conditions, steep terrain and other random obstacles that are typically present in open road conditions and reserves. You should not attempt any section of the event you do not feel capable of completing safely.
- You should only undertake to participate in this event if you believe that you are fit to do so.
- At no stage of this event should you engage in activity that would threaten your own safety and the safety of other people.
- There are no road closures in this event, so you must exercise caution and obey New Zealand Road rules.
- You should obey marshal, police and traffic officials, where they are instructing you for your safety.

COURSE AND CONDITIONS

- Conditions on the event days are undetermined and can change during an event, please observe and act accordingly for your safety.
- Areas involved in the course are naturally uneven / off road please remain aware at all times of potential risk to self and others.
- Blue Lake Multisport festival events take place unless the course director evokes either a contingency course or cancellation – please bring suitable clothing for each event.
- The courses can involve being away from transition. Fluids are available on the run leg; we encourage athletes to take fluids on the cycle leg of the triathlon.

GENERAL NOTES

- The roads are open to all normal traffic. The event takes place in a public area.
- Competitors must behave in a manner that is safe, fair and demonstrates good sports conduct before, during and after the race.
- The marshals are giving up their time to help you, please treat them with respect, if you have any issues with a marshal's conduct, please do not approach them independently – please refer to the Event Director.
- The marshals are on the bike course to ensure that normal traffic flows continue and to direct you if needed.
- The marshals will not (and legally cannot) stop traffic. Please obey the road rules.
- Your torso must be covered on both the cycle and run – either with a swimming costume, or a singlet or t-shirt or tri top (or similar).
- No earphones or headsets are allowed at any time during the event.
- Please report any accidents to the race director or marshal during the event.
- If you pull out of the race for any reason, please advise the nearest marshal and the timekeepers when you return to transition.
- Please give assistance to fellow competitors in need of help.
- If you have finished, please have consideration for others still moving through the course.
- Spectators must not follow athletes in a vehicle or on bicycles on the course at any time during the event.
- Parents/guardians must keep children under control.
- Where a competitor is under 18 years, their parent or legal guardian is responsible for their safety.
- Dogs must not accompany competitors or marshals in position in this event.
- If spectators have no choice but to bring dogs, they must be on a leash at all times and keep well clear of all competitors.

PARKING

- Parking is at the top of the Blue Lake Reserve

ROADS AND DRIVEWAYS (for both cycle and run courses)

- Traffic Management is provided by Traffic Management NZ. Please follow their instructions at all times.
- The roads on the course are open to all motorists at all times.
- You may be required to crossroads. Always be prepared to stop, even if you have the right of way.
- Please be vigilant – the cycle course is on narrow winding roads and then on the main road to the Blue Lake – the run course is on the footpath at the side of the Blue Lake – traffic will be moving at varying speeds.

- Any road crossings will be marshalled and should only be crossed at the appointed crossing point, which is clearly marked.

TRANSITION

- First aid is provided by Peak Safety and will have a tent next to the finish chute during the event.
- Outside Event headquarters (Wakeboard and Water ski club) a copy of the Health and Safety Notice for the Blue Lake Multisport Festival will be displayed. It is your responsibility to read and abide by its guidelines (this is that document).
- Athletes only are allowed in the transition area during race time.
- No bikes are to be ridden in the transition area at any stage.
- Detailed course maps will be posted outside event headquarters so please, learn your course before you start. If you have questions, please ask.
- If you are moving your bike to or from transition, normal road rules apply (i.e., you must be wearing a helmet when riding your bike, and you must ride your bike on the correct side of the road).
- With the exception of the Kids Tri, no children are allowed in transition for safety reasons.

SWIM COURSES

Blue Lake Multisport Festival has open water swims of varying lengths – Aquathon 750m / Across the Lake 2km / OWS 750m.

- All swims have beach starts.
- Swimmers of low confidence or limited experience should not attempt the Across the Lake Swim
- Water safety coverage is organised by the Event Director – it includes boats / kayaks and/or stand-up paddle boards.
- Wetsuits are recommended (exception is Hinemoa Swim which is a non-wetsuit swim and is undertaken at athlete's responsibility)
- Tri NZ ruling for Wetsuits will be enforced: if water temperature is 14°C Wetsuits are compulsory / if water temperature is above 22°C the event becomes non-wetsuits for all.
- Swim caps must be worn throughout all swims.
- If you notice a fellow participant in trouble, please go to their aid and signal water safety.
- If you are beginning to get into trouble raise your hand, to alert water safety to come to your aid.
- If a swimmer is pulled from the water the swimmer will be brought to first aid providers (Peak Safety). The first aid providers will decide if the athlete can continue in further events – this decision cannot be disputed.

KIDS TRIATHLON – Additional Information

- Each wave of the kid's triathlon swim will have an option to start at shallow to waist level depth.
- Adult and youth proficient swimmers will form a line in the water along the swim distance
- Swimmers who cannot or who have not swum 50m must not enter this event.

CYCLE COURSE – Non-drafting.

- Bikes must be in a road worthy condition – safety is your concern and we do not conduct safety checks.
- The roads are open to all traffic.
- Cycle helmets must be worn, the helmet must fit the athlete – the chin strap must be done up securely whenever the athlete is in possession of the bike – from removing the bike from the rack to replacing back to the rack.
- No mobile phones or distracting devices can be worn.
- You must follow road rules at all times and be safe by sharing the road with other vehicles.
- On the ride, keep to the LEFT, unless overtaking someone, and obey the road rules – they still apply even though you are in a race. Remember the road is open to general traffic and you are sharing the road with other competitors and motorists.
- **Drafting is not allowed anywhere on the course.**
- The draft zone is 12 m long – this is the measure from the front of one bike to the front of the next. You cannot ride 2-abreast. (If seen to be drafting – your number will be taken, and 4 minutes added to your time)
- All cyclists will be expected to sit hard left on the road.
- If you pull out from the edge of the road towards the middle, you will be considered to be in a passing maneuver.
- A passing maneuver is considered DELIBERATE AND OBVIOUS – travelling at a speed that is obviously a passing speed.
- Take extra care at the end of each lap as those finishing the bike course (1 lap for Tikitapu Taster Tri and 2 laps for Sprint Triathlon) will be moving to the centre of the road to turn right into the Lake Access Road. Those passing people at this stage will need to take care and those turning right will need to make sure they have checked behind before moving across to make their turn.
- Our focus for monitoring this rule will be on the flat parts of the course.
- Follow the directions of marshals / road traffic management at all times.
- Be wary of car doors opening during the ride section – Okareka is a residential area and Lake Tikitapu is a popular tourist destination.
- Please mount and dismount your bike at the appropriate marshalled line.

Kids Triathlon – Additional Information

- Each age range is allocated a line for transition
- There are no racks in transition
- Helmets must be well fitting and fastened appropriately (volunteers will be present to assist with this)

RUN COURSE

- Follow the directions of marshal at all times.
- RATS signage indicates course route.
- Run on the footpath towards oncoming traffic between the beach and right hand turn off. TAKE CARE and DO NOT force others onto the road.
- Run in single file wherever possible.
- You must wear footwear at all times.

OTHER:

RUBBISH

- Please be tidy kiwis. Discard water bottles / rubbish only at the aid station. Please do not litter anywhere else on the course.
- If you are caught littering intentionally outside the designated areas, you run the risk of being disqualified from the event.

SPECTATORS - Thank you for your support of the participants.

- Please do not follow participants around the course, the course is narrow and awkward unwarranted additional vehicle traffic is a hinder to all participants and increases risks.
- Please watch activities from around the transition area and/or finish chute
- There will be certain areas around transition / finish chute that we need to keep clear to ensure a simple flow for all participants. Please understand that if any marshal asks you to move, the intention is to ensure all participants are getting a fair go on the course.

Course leg descriptions & maps

Event 1

Go Physio Aquathon

This is a 'reverse aquathon' 5.5km forest run then swim 800m.

The run starts from the beach in front of the holiday park, runs along the beach, clockwise onto the footpath, and follows this path turning right into the top 'Look-out' car park.

Continue straight ahead through the gate and re-join the Blue Lake walking track. This continues until you emerge at the track exit, continue along the beachfront and into the clearly marked transition area to take off your shoes and enter the water. The swim is two 400m laps. The finish line is the chute up on the beach.

Race briefing: 8.15am at the start/finish line

Start: 8.30am at the beach opposite the holiday park

Event 2

Kids Triathlon

There are 3 age groups / waves for the Kids triathlon: 4-7yrs / 8-10yrs / 11yrs+

AGE GROUPS	Start time	Swim	Bike	Run
11 yrs+	11.00 am	200m	3 laps	Approx. 1 km
8-10 yrs	11.20 am	100m	2 laps	Approx. 1 km
4-7 yrs	11.40 am	100m	1 lap	Approx. 1 km

The kids' triathlon starts on the beach in front of the finish line. The bike takes place on the reserve in front of the blue lake. The run goes anti-clockwise around the lake walking track to the "hairy fern"

Event 3

Polynesian Spa 2 km Across the Lake Swim / Hinemoa Swim (Non-Wetsuit) -

Starting at the far side of the lake. Competitors must catch a **BUS** from outside the Water Ski club to the start at the Blue Lake Lookout. Buses will leave the Water Ski Club car park at 2.15pm and 2.40pm. All competitors **MUST** be on the start by 2.50pm for race briefing. The swim involves swimming parallel to the shore across the lookout end of the lake before turning around a large designated buoy to swim directly towards the far shore/ finish chute.

Race briefing: 2.50pm at the Blue Lake Lookout beach

Start: 3.00pm at the Blue Lake Lookout beach.

Polynesian Spa 750 m Open water swim

Starting opposite the Blue Lake Holiday Park. Swim 1 lap clockwise – around both buoys and exit the water between the flags and run up the finish chute.

Race briefing: 2.50pm at the beach opposite the Blue Lake Holiday Park

Start: 3.00pm at the beach opposite the holiday park

Event 4**CycleZone Sprint Triathlon**

- **Swim** – One x 750 m lap around the designated buoys and exit water at main reserve. Transition will be situated on the grass next to the start/finish gantry.
- **Cycle** – two x 8 km laps. Competitors exit transition onto the Blue Lake Access Road and turn right into Tarawera Road. Turn left into Okareka Loop Rd and follow it up the hill to the end. Turn left back onto Tarawera Road. Complete loop twice. At the end of the second lap turn right into the Blue Lake Access Road into transition.
- **Run** – One x 5.5km loop. From transition competitors run along the beach, onto the footpath and turn right off the road into the single track. You will run along the track to the far beach and up the steps before continuing along the top track and around the right-hand side of the lake in a clockwise direction, before emerging back at the finish line on the beach

Race Briefing: 8.15am at the start/finish line

Start: 8.30 am at the beach opposite the Holiday Park

Event 5

R-Line Tikitapu Taster Tri

- **Swim** – One x 400 m lap around the designated buoys and exit water at the main reserve. Transition will be situated on the grass next to the start/finish gantry.
- **Cycle** – One x 8 km lap. Competitors exit transition onto the Blue Lake Access Road and turn right into Tarawera Road. Turn left into Okareka Loop Rd and follow it up the hill to the end. Turn left back onto Tarawera Road. At the end of the lap turn right into the Blue Lake Access Road into transition.
- **Run** – Out and back. – 3.4 km. From transition competitors run along the beach, onto the footpath continuing along until you reach a marshal and a 'Taster Tri turn-around' sign. Continue back along the road to the main beach before emerging back at the finish.

Race Briefing: 8.20 am at the start/finish line.

Start: 8.45 am at the beach next to boat ramp

Waiver to be signed by all athletes – if submission is electronic the acceptance for the waiver is automatic.

WAIVER:

By submitting this document online/or signing this as a paper document for acceptance of my/our entry, I/we hereby agree the exclusion of liability to the event, event directors, officers, sponsors, volunteer groups, or individuals from all claims for injuries and or damage however caused (whether fatal or otherwise) that I/we may suffer out of the participation in this event. I/we also release and

forever discharge the above groups from all actions, suits, proceedings, claims, demands, losses, damages, penalties and fines however arising (including negligence). I/we intend on competing entirely at my/our own risk. I/we understand the roads are all open to traffic and I/we will obey the Road Code at all times. I/we accept that competitors must adhere to all instructions given by officials including specific event instructions that are provided at the briefing events. In the case of the event being cancelled due to safety reasons or a natural disaster, entry fees will not be refunded. At all times I/we agree to the expectation of fair sportsmanship.

.....