



## New to Triathlon Junior Tips for parents

### Tips for parents

Triathlon ACT (TACT) offer a Kids Series each summer and winter so that kids can experience the sport of triathlon in a safe, fair and fun environment. The emphasis of these events is PARTICIPATION not performance.

Some kids may have done the Weet-Bix Kids TRYathlon or another junior triathlon event, however no experience is necessary for your child to participate in a TACT kids race.

### What do I need to do as a parent/supporter? Before the race

- Encourage your child to compete in events that are within their ability. Note the distances of each leg (swim, cycle and run) and practice these before the race. Starting slowly is a good idea!
- If your child is doing a race for the first time take him/her to see the venue before the race day.
- Make sure your child has a good night sleep before the race.
- Get to the race well before start time to register, get a number and organise your gear.

### Equipment needed

- Swimsuit
- Goggles
- Swim Cap - sometimes provided as part of the race entry
- Towel - to dry off after the swim
- T-shirt - for the run
- Bike Helmet - with ASSA approval (see if the sticker is on the helmet)
- Water Bottle
- Bike - in good working order (can be a road, mountain or BMX bike)
- Running Shoes - elastic laces are an idea for ease of putting on shoes
- Socks (optional)
- Sunscreen

- Hat
- Bike Pump
- Warm Clothing - for after the race
- Snack - for after the race
- A Positive and Supportive Attitude!

### **Preparation at the race site**

- Be calm and reassuring. Remind your child that this is about having fun!
- Make sure your child is hydrated before the race, has a hat and wears sunscreen.
- Encourage your child to do some stretching and warm-up before the race.
- Remind your child (and yourself) that the Marshals are there for safety and should be listened to at all times - do not argue with the Marshals.
- Make sure your child's helmet fits securely and your child can do up and undo the strap easily.