

Sahuarita Triathlon Safety Guide – Volunteers & Staff

- All Volunteers MUST Sign a Waiver at the red volunteer tent
- All Volunteers must review this entire Safety Guide
- All Volunteers will sign in on the Event Crew Sheet including their name, group affiliation (if necessary) and provide their cell phone number. Kristen Stewart, the Volunteer Director, will have the Event Crew Sheet.
- During the event, their cell phone will be on and available UNLESS they are near/in the water.

Emergency Communications:

Head Volunteers for each group/location will be provided walkie-talkies, cellphones are to be used in case of emergency:

- If any athlete, spectator, or volunteer is unresponsive or seriously injured, **call 911 immediately and stay on the line with the dispatcher. Please let the dispatcher know there are police and EMTs on-course when they put the call out for emergency assistance.**
 - Have another member of your group call Safety Director, Randy Coope at 480 862-3681 immediately.
- If there is any **non life-threatening situation** where an athlete, spectator, or volunteer needs assistance, use your group's walkie-talkie on **Channel 3** to contact Randy Coope, our Safety Director. If there is no response after 2 attempts, call or text 480 862-3681 with your name, course location, and type of situation immediately.
- If your group's walkie-talkie is not functioning properly, text 480 862-3681 with your name and course location, we will have another walkie-talkie sent to you ASAP.

Walkie Talkie Channels:

- Channel 1: Main Communications for start/finish, lake, transition, and run course.
- Channel 3: Safety Director, Randy Coope

Cell Phone Numbers:

- Safety Director, Randy Coope - 480 862-3681 (All safety-related concerns or emergencies)
- Race Director, Brett Stewart – 860 378-4556 (All event or course-related concerns or emergencies)
- Volunteer Director, Kristen Stewart – 203 470-0602 (Volunteer placement, supplies needed)
- Bike Course Director, Gard Garland – 623 703-7394 (Any concerns with bike course or rider safety)
- Motorcycle Bike Course Safety, Tom Jones – 520-954-2604

EVENT BEGINS:

4:30am on Saturday, 5/6 Registration and Transition Area is open. Volunteers need to be at the Volunteer Check In (Red Tent) at the sidewalk to the west of the finish line. Sign in on the Event Crew Sheet and await instructions on placement from Kristen Stewart.

RACE STARTING TIMES:

Sprint Triathlon & Duathlon Start 6:00am, Olympic swim will begin as soon as final sprint swimmer has rounded the turn buoy. Duathlon runners will make 1 loop around the lake counter-clockwise, starting on the east side of the amphitheater. 8:30am 5k start

EVENT END:

Final athletes around 11am, and we will have a race marshall on a mountain bike following them for safety and alerting the aid stations that they can pack up. Awards will take place at 10:30am.

Volunteer/Staff Positions, Volunteers, and Timing

4:30am: All volunteers at Volunteer check-in at Medical/Volunteer red tent, sign volunteer sheet & waiver, get t-shirt & assignment.

Registration assistants will help with handing out t-shirts and timing chips to athletes, as directed.

Transition area body markers each take a marker, head to transition area (See Transition Area Duties)

5:30 – 5:45am: All Swim safety volunteers will meet with Brett Stewart at the water's edge, directly by the start of the swim for assignments. 15-20 dry land swim safety volunteers will walk out to positions around the lake in preparation for a 6:00am start. (See Swim Course Duties)

6:00am: Sprint Swim Start (shorter swim, swimmers will turn around at designated buoy) Water safety lead Eric Acuna will lead out the swimmers in a kayak. During swim, all swimmers will stay to the right of all buoys, at all times.

6:15 – 6:20am: Olympic Swim Start (when last sprint swimmer has reached the turn-around). Olympic swimmers will swim the full length of Sahuarita Lake. During swim, all swimmers will stay to the right of all buoys, at all times.

6:15am:

- 2-4 volunteers will be at the swim exit helping athletes out of the water. NOTE: These volunteers will get wet, and may have to wade into the shallow water. Please bring shoes that can get wet.
- 1-2 volunteers will be at the Mount/Dismount area in transition, verbally instructing bikers to mount their bikes after the sign/line on the pavement. All cyclists MUST have their helmets on & strapped before mounting bike. Don't be afraid to be loud, they cannot leave without a helmet strapped or will be disqualified.

6:30 – 6:40am (approx.): As final Olympic swimmer safely passes a spotting area and is in plain view of the next dry land spotter, volunteers can return to the volunteer check-in area or proceed to their next assignment.

6:40am: Aid Station #1 volunteers need to be in position with cups filled. Volunteer at S. Camino Largo Vista will be watching for cars and help runners cross safely from the park to the sidewalk of Camino Rancho Caliente.

After all athletes have exited the water safely, volunteers who have not been assigned additional duties will meet at the Volunteer Check-In tent; most will be staffing Aid Station #2 & #3, food table, chip recovery, and medal hand-out.

Clean-up of aid stations and entire course (cups/garbage) is ongoing the entire event – please help us respect Rancho Sahuarita and Sahuarita Lake Park

Volunteer shirts will be provided, and we'll do our best on sizing. There will also be a couple boxes of really comfy shirts left over from our earlier race this year, so volunteers will probably make off with at least a couple tees.

TRANSITION AREA: Transition area opens at 4:30am and “closes” briefly before the start of the race at 5:45am, all athletes must leave transition at this time and head up toward the lake for the national anthem and swim start. Transition “reopens” at 6:00am or as the first athletes start the swim.

Transition Area Duties:

Body Marking

- With a permanent black marker (provided), write the athlete’s bib number* vertically on the right and left upper arm, starting from shoulder and progressing toward elbow.
- Ask the athlete what race they are doing, and on their left calf write:
 - “O” for Olympic Triathlon
 - “OD” for Olympic Duathlon
 - “S” for Sprint Triathlon
 - “SD” for Sprint Duathlon
 - “5k” for 5k (*any 5k body marking is optional)
- Ask the athlete their age, and write that number on their right calf.

Transition Security & Safety

- **Bar Caps:** Check all bikes for caps on the end of the handlebars. If they are missing, inform the athlete to take their bike to the bike assistant for caps. If the athlete is not present, check the bike’s sticker number, and radio it up to registration so they can make an announcement looking for the rider.
- **Helmets:** All Riders MUST have their helmet strapped on their head before leaving the transition area. Transition volunteers **may not physically stop or grab an athlete**, but they must loudly inform them of their infraction, and if they do not stop and place the helmet on their head immediately, note their body/helmet/bib/or bike sticker number and alert Brett, they will be flagged for disqualification.
- **Mount/Dismount:** All riders are required to mount AFTER the “Mount Here” sign, and dismount at the “Dismount Here” sign. **At no time should any athlete ever ride a bike in the transition area.** This is also grounds for disqualification, warn them once loudly, if they do not comply immediately, then provide their body/helmet/bib/or bike sticker number to Brett, they will be flagged for disqualification.
- **Bike Security:** The Transition area is full of tens of thousands of dollars in gear, and needs to be safe. At no point before or after the race should a bike or any gear leave the transition area without a volunteer manually inspecting the bike sticker number and the athlete’s body marking/bib number for a match. This is extremely important, and **no bicycles, helmets, or wetsuits may leave transition without a transition volunteer asking an athlete for their matching number. No gear may leave with a “friend” or family member unless that athlete is present with matching body numbers.** In the event of an athlete dropping out or an injury, please contact Brett before letting any bike leave with *anyone* other than the athlete presenting matching numbers.

Swim Course Duties:

The swim portion of a triathlon can be very intimidating to new triathletes and stressful for many athletes. Sahuarita Lake is a great place for swimmers and spectators, and also for volunteers to observe all participants for swim safety. Volunteers will be placed around the shore of the lake with whistles to alert the swim safety monitors on paddleboards for any possible athletes in distress. Please note, the safest place for any swimmer is near the edges, where the water is shallow enough to stand. Athletes will be continually reminded of this before the swim begins. If a swimmer looks confused, disoriented, or scared, reassure them to come toward the edge of the lake until they can put their feet down. They may not walk forward (that's cheating) but they may walk toward the edge and regain their composure before continuing to swim or use the edge to climb out. Once a swimmer climbs out of the water, their event is done, and they must return their timing chip to the registration desk.

NOTE: At NO POINT will ANY individual - swim safety included - DIVE IN to Sahuarita Lake. EVER. The lake is shallow around the edges, and there are many rocks protruding up from the bottom. Diving in could paralyze or kill you. If anyone along the side is required in an extreme emergency to assist a swimmer, ***after blowing your whistle for in-water safety help*** you are only allowed to wade into the water if needed in an *extreme* circumstance.

Blowing Your Whistle: Your whistle is used to summon in-water swim safety personnel to help out in cases of swimmer distress when they cannot get to the edge of the lake. This includes extreme panic, flailing, cramps, visible signs of struggling to swim, swimming off-course through the center toward oncoming swimmers, or any swimmer yelling for help.

Remember, the first duty of swim safety is to calmly, but loudly, request that athletes in distress swim toward the edges and rest when their feet touch the bottom.

If they cannot do so and the in-water swim safety does not already acknowledge their need for assistance, blow your whistle twice rapidly and as loud as possible, and point directly at the individual that needs help. Wait 5 seconds for the in-water swim safety to acknowledge, if they do not, repeat the sequence of 2 whistle blows while keeping your eyes on the swimmer. In an extreme situation, ***YOU MAY NEVER DIVE IN*** but may need to wade in to throw a swim safety buoy to provide the swimmer assistance.

Swimmers to Watch:

Skittish swimmers are usually easy to spot, as the majority of comfortable athletes will swim in a pack. Swimmers that are considerably behind the pack by $\frac{1}{4}$ to $\frac{1}{2}$ way through the swim, swimmers that zig-zag and cannot swim in a straight line, swimmers that stop and change their stroke – breast stroke, back stroke, or doggy paddle – or stop and tread water. **We are strongly encouraging those athletes to swim toward the sides of the lake where they can touch the ground and rest if needed.**

Remember, the first duty of swim safety is to calmly, but loudly, request that athletes in distress swim toward the edges and rest when their feet touch the bottom.

If a swimmer is pulled to safety via swim buoy, and/or exit the water in any way, their event is done, and they must return their timing chip to the registration desk.

Run Course / Aid Station Duties:

Run Course & Aid Stations:

- **Aid Station #1** is located just after the 1 mile mark of the 5k (also the 4.2 mile mark of the 10k) in Parque Del Lago.
- **Aid Station #2** is located at mile 2.2 of the 5k (also 5.3 mile mark of the 10k) on the southeast corner of the amphitheater as athletes cross from the sidewalk across the grass and run east around the lake.
- **Aid Station #3** is located just after the finish line for the 5k runners (5k, Sprint Tri & Du) and at mile 3.1 and mile 6.2 for the 10k runners (Olympic Tri & Du)

Aid Station #2 and #3 are on the north and south side of the amphitheater, so those volunteers will be spread along the lake shore with whistles, keeping an eye on swimmers during the swim before transitioning to the aid stations ***after all athletes are out of the water.***

FINISH LINE - MEDALS:

(1) medal will be handed out to each finisher that crosses the line with a bib and timing chip. If a runner does not have a bib, please check their ankle for their timing chip before giving out a medal. There will be a bucket for timing chips, we will have volunteers assisting with removal.

NOTE: There are a specific number of medals for the participants, ***giving away extra medals to anyone is not permitted and will result in paying athletes not receiving medals. This is neither allowed nor acceptable. If you have ANY questions about whether someone should receive a medal, please contact Kristen or Brett first. Thank you.***

FINISH LINE – FOOD: Bananas, FLUID, and Muscle Milk will be provided for athletes, and available after the finish line after receiving their medal and returning their timing chip. (please take a peek at their ankles to make sure they have removed their timing chip, if not, please remind or assist them if necessary)

Bike Course Duties:

Bike Course Safety:

We will have (2) motorcycles patrolling the bike courses; one will lead the first sprint cyclists out at approximately 6:15am. Both motorcyclists will continue to make loops of the course with their hazard lights on (and safety vests) and follow in the final rider back to transition. Gard Garland is in charge of the entire bike course, and Tom Jones is the head motorcyclist. Their cell numbers are below. NOTE: Motorola radios will not reach the entire bike course, please use cell phones.

- If any athlete, spectator, or volunteer is unresponsive or seriously injured, **call 911 immediately and stay on the line with the dispatcher. Please let the dispatcher know there are police and EMTs on-course when they put the call out for emergency assistance.**
 - Have another member of your group call Safety Director, Randy Coope at 480 862-3681 immediately.
- Bike Course Director, Gard Garland – 623 703-7394
- Motorcycle Bike Course Safety, Tom Jones – 520-954-2604

Finish Line, Medical Tent, & Volunteer Check-In:

- **Finish Line Medals, Food & Beverages** are located after the finish line, to the south of the main sidewalk.
- **Medical Tent and Volunteer Check-In** is located to the west of the finish line on the south side of the sidewalk.



Finish Line Detail:

5k Runners (5k, Sprint Triathlon & Duathlon) only run (1) loop of the Run Course, and proceed directly to the finish line as shown in green below after completing the 3.1 mile loop

10k Runners (Olympic Triathlon & Duathlon) will run (2) loops of the Run Course, they will **bypass the finish line on loop one**, continuing around the north outside ring of the amphitheater and continuing for another lap of the run course. **They will not cross the finish line or mat on their first loop.** After completing their second loop, 10k runners will proceed to the finish line, shown in green below.

