



Rules For Safety

The North Bay Kids Triathlon is sanctioned and insured by the provincial governing body of triathlon, Triathlon Ontario

Safety is the top priority of the North Bay Kids Triathlon. The directions of the race directors and volunteers are to be taken as serious and final. Many of the volunteers have years of triathlon experience and the safety of your child as their main concern.

Please respect the people in these roles!

Swim

The age groups 6 & 7 and 8 & 9 will swim in very shallow water. The participants will be able to walk the swim course if required. The water will not be over their head.

Life jackets and other flotation devices are permitted for any athlete regardless of age, but must be clearly attached to the child. Flutter boards, water noodles, fins or other non-attached devices are not allowed.

Bike and Run

Athletes must have a well-maintained, safe bicycle or tricycle and must wear a bike helmet with chinstrap. Parents are encouraged to have their bikes inspected before the event but this is not mandatory. Both Cheapskates and Cycle Works in North Bay will complete quality inspections.

Helmets must be buckled during the bike portion of the event, including in the transition zone. The chinstrap must be secured before touching the bike on the rack.

Helmets must be certified with CPSC, SNELL or ANSI sticker. This is an absolute must. If the helmet does not meet these standards the child will not be permitted to participate.

All athletes must wear the race-distributed shirt while on the bike and run portions of the race. This allows the volunteers to clearly identify the kids' ages and, therefore, assist them in following the correct course.

All athletes must follow the directions given by race volunteers wearing clearly identifiable t-shirts. It is critical that the volunteer's instructions are obeyed.

Athletes may NOT ride their bike in the transition zone. Athletes will be directed to where and when to mount/dismount their bikes. Athletes will mount and dismount, with the assistance of volunteers at the designated lines outside of transition on either Coreen Crescent or Lakeside Drive, depending on the participant's age.

Transition Zone

Parents/spectators are NOT permitted in the transition zone at any time during the event. Many volunteers will be available to guide and assist the kids in transition area.

The transition zone is a large, secured area near the swim exit. It is the area where athletes transition between the swim and bike and the bike and run. Athletes will place (rack) their bikes, helmet and run gear in designated areas within transition. The bike racks will be marked with age group signs. Rack your bike according to your age group – volunteers will be available to assist.

The age group 6 & 7 will have their own transition area for tricycles and much smaller racks.

After the swim the athlete will find his/her spot. Athletes put on shorts and their race issued shirt over their bathing suit. It is advised that their race number be pinned on their shirt prior to the start of the event.

The athlete will take their bike off the rack and quickly walk to the exit of the transition zone at which time they can get on their bike once they have reached the mount line. A volunteer will be available to assist at the line.

Bike helmets must be worn with chinstrap in place at all times while the athlete is in contact with the bike, even when dismounted. After the ride the athlete returns to the entrance of transition zone. The athlete must dismount the bike when he/she reaches the dismount line. The bike is placed on the rack, helmet and other riding equipment are removed, and the athlete prepares for the run. Participants run through the transition zone and go off to complete the final leg of their race.

A couple notes on the transition zone:

1. Get to the race early so that you can set up your race gear. Look for your designated area based on your age group. Please be courteous to other athletes while setting up in transition.
2. Put a towel on the ground beside the bike and place your race stuff on it. We suggest you have a water bottle there so you can grab a quick drink before exiting the transition zone. Your equipment should look similar to this:



End of event

As the kids run down Lakeside Drive to the finish line we encourage parents, friends and family to cheer like crazy and take many great photos. Please obey the cones, signs and volunteers at the finish area. This area can get very crowded and this needs to be an outstanding experience for the participants.

Please note that the transition area will not be open to remove bikes/equipment until the final athlete has completed the run.

This is non-negotiable.