

# SPECIAL OLYMPICS FLORIDA

## *TRIATHLON OVERVIEW*

In addition to the Special Olympics International triathlon rules, Special Olympics Florida has added additional procedures to ensure the safety of all triathlon participants. These procedures must be followed for all triathlon events.

### **Guidelines Surrounding Triathlon**

- ALL participants must have valid paperwork:
  - **Athletes**- valid medical form
  - **Unified Partners**- valid Unified Partner form and Protective Behaviors training  
*\*\*\*New unified partners will be asked to provide a description of their triathlon experience*
  - **Volunteers**- valid Class A form and Protective Behaviors training
  - **Coaches**- valid coach certification, concussion training, Class A form, protective behaviors training.
- At the start of each season, athletes will be required to complete a 200yd swim test before being approved to participate,
- ALL training sessions and competitions must have lifeguards present. There should be a minimum of (1) lifeguard for every (15) athletes.
- Participating athletes must compete with a Unified Partner unless approved by Head Coach to participate independently
  - This Unified Partner **must have triathlon experience** and must be familiar with the athlete before competing.
- Each county offering triathlon must have a certified triathlon coach.
- **Guidelines on where/when athletes compete.** If a Region has an established triathlon program, athletes from that Region are approved to attend clinics and competitions in that Region. If an athlete is in a Region that does not have established clinics/races, that athlete should be permitted and financially supported to attend clinics and trainings in another area. *\*\*\*If an athlete in an area with an established program wants to attend additional trainings/clinics in another area, they can do so at their own expense.*
- When selecting a race/competition, a dedicated Special Olympics Florida representative must be in direct communication with the Race Director to ensure the following:
  - The event will have a dedicated Special Olympics division

- The event meets all safety requirements listed in the Special Olympics Triathlon rules
  - A sanction form is submitted
  - All participants register both in GMS and on the race registration website.
- On competition day the following protocols must be in place:
  - A representative from Special Olympics Florida must be present at each competition to ensure that all safety policies are followed.
  - The head coach and/or SOFL representative must have a physical copy of each athlete's medical form with them at all trainings and competitions.