

Triathlon

Swimming/Running/Cycling

SECONDARY - INTERSCHOOL 2024

HIGH RISK ACTIVITY

- Consult [Risk Management](#).
- The safety standards for this activity must be presented to the activity provider prior to the activity taking place. The activity provider must meet the minimum requirements listed in the safety standards. For more information on planning trips using outside providers, consult [Outside Activity Providers](#).
- The rules of the [Highway Traffic Act](#) must be reviewed and followed. This includes group riding protocol.
- Lake/pond swims at recreational camps are governed by [Ontario Regulation 503/17](#).
- All pools are governed by the [Ontario Public Pools Regulation 565](#). Sections of this regulation have been highlighted, as they are of the utmost importance for the safety of students as they participate in swimming programs.
- Consult [Outdoor Education \(Swimming - Instructional\)](#) for a definition of and safety standards for instructional swimming in designated swim areas in lakes, ponds, and rivers.
- Consult curricular [Fitness Activities](#) and curricular [Weight Training](#) when involving participants in weight training and/or training and fitness development activities.

Equipment

- Determine that all equipment is safe for use (for example, no sharp corners, cracks, or splinters). Students must be encouraged to report equipment problems to the Coach.
- Protective equipment must not be altered (for example, cutting a portion off the back of mouth guards).
- Students must inspect bikes prior to use.
- Concerns must be brought to the attention of the Coach.
- A properly fitted (as per manufacturer's guidelines) and properly worn bicycle helmet certified by a recognized safety standards association (for example, CSA, CSPC, ASTM, Snell, BSI, AS) must be worn.
- Must have accessibility to standard safety equipment as stated in [Ontario Public Pools Regulation 565](#)

Refer to the [First Aid](#) section for first aid equipment requirements.

Clothing/Footwear/Jewellery

- Appropriate clothing must be worn. Appropriate swimwear and swim caps must be worn during the swim portion of the event.
- Appropriate footwear must be worn. Proper running shoes in good condition must be worn for distance training. No open-toed shoes or sandals are permitted.
- The wearing of jewellery during practices and competitions must meet the rules of the governing body of the sport/activity, [OFSA](#), and local athletic association. Consult the [General Safety Standards for Clothing, Footwear, and Jewellery](#) when jewellery is not addressed by the governing body of the sport/activity, OFSAA or the local athletic association.
- When long hair poses a safety risk it must be secured. Devices (for example, hair pins, elastics and barrettes) used to tie back long hair must not present a safety concern.
- Students must not participate when the length of fingernails poses a safety risk to themselves or others.

Facilities

- Determine that all facilities are safe for use. Students must be encouraged to report facility problems to the Coach.
- Running and cycling surface and surrounding area must be free of all obstacles and must provide safe footing and traction.
- Practices: Holes, hazards (for example, glass, rocks, sprinkler heads, sewer grates), and severely uneven surfaces must be identified. The conditions must be made safe or the activity must be modified or moved to a safe location. Hazards which cannot be removed must be brought to the attention of the students. The Coach must notify the Principal/Designate of unsafe field conditions.
- Competitions: Where hazardous conditions that cannot be avoided are identified by the Coach and/or officials the conditions must be made safe or the competition must be cancelled or moved to a safe location. The Coach must notify the Principal/Designate of unsafe field conditions.
- Walls, stages, equipment, trees, and posts must not be used as turning points, finish lines, end zones, or boundaries. Establish a clearly delineated boundary line away from the hazards, using visual markers (for example, lines, pylons), to prevent contact/collision.
- When running takes place off school site for a warm up, conditioning run and/or is an integral part of the activity:
 - Coaches must do a safety check 'walk through' in order to identify potential problems prior to initial use of route or course.
 - Coaches must outline to the students the route or course (for example, notice of areas to approach with caution) before the start of the run.
 - Coaches must determine that students are not crossing busy intersections unless directly supervised.
- Coaches must familiarize students with the route or course before initial attempt (for example, notice of intersections to approach with caution).
- Choose routes carefully, considering the length, road surface, steepness of slopes, frequency of traffic, complexity of intersections and railway crossings.

- If using roadways, intersections must be monitored (for example, volunteers, police officers) during competition. If using community roads, police/appropriate officials must be informed.
- Map of training routes must be available in school and available for students.
- Use school or community pools.
- Water temperature must be a minimum of 19 degrees Celsius (66 degrees Fahrenheit). If it's below this temperature, follow the [Triathlon Canada](#) Competition Rules or [Triathlon Ontario](#).

Environmental Considerations

- When environmental conditions may pose a risk to student safety (for example, thunderstorms [lightning] or student(s) with asthma, triggered by air quality), Coaches must take into consideration their school board/school's protocols and procedures related to:
 - environmental conditions (consult [Weather](#)); and
 - insects (for example, mosquitoes and ticks [consult the school/school board's protocols and/or regional Public Health Department's website]).
- Students must receive instruction on safety procedures related to environmental conditions and be made aware of ways to protect themselves (for example, sun burn, heat stroke).
- At all times the school board's weather and insect procedures are the minimum standards. In situations where a higher standard of care is presented (for example, outside activity providers, facility/program coordinators), the higher standard of care must be followed.

Special Rules/Instructions

- Be aware of students whose medical condition (for example, asthma, anaphylaxis, casts, previous concussion, orthopaedic device) may affect participation. Consult [Medical Conditions](#).
- Prior to participation students must receive concussion information through the appropriate Ministry of Education's Concussion Awareness Resource or the school board approved concussion resources.

Students must also receive information on:

- the Concussion Code of Conduct;
 - concussion prevention strategies specific to the activity and inherent risks of the activity (that is, outline possible risks and ways to minimize the risks);
 - procedures and rules for safe play; and
 - the importance of reporting symptoms related to a suspected concussion.
- Students must confirm their review of the concussion awareness resource and Concussion Code of Conduct prior to participation.
 - Refer to school board policies and procedures (i.e., transportation, excursion/field trip) for communication with parents/guardians, the location of an off-site activity, means of transportation, supervision ratios, and parent/guardian permission.
 - Previous training, fitness level, and the length of time and intensity of physical activity must be taken into consideration.
 - Activities must be based on skills that are taught.
 - Skills must be taught in proper progression.
 - A proper warm-up and cool-down must be included.
 - Fair play and rules of the sport must be taught and strictly enforced.
 - Adequate liquid replacement (personal water bottles, water fountains) must be accessible for students before, during, and after physical activity to prevent dehydration.
 - Students must be informed that they are not to share water bottles.
 - Modify length of routes and swims to accommodate training and differences in age, ability, physical development.
 - Students must practice transitions between events prior to competition.
 - A record of students running and cycling, and the route they will be travelling, must be left in the school with the appropriate staff.

- Training must be done with a partner in all three events.
- No audio devices (for example, MP3 players) must be used.
- Students must be made aware of emergency procedures.
- Coaches must do a final inspection of the competition route in order to ensure all students are finished prior to removing any route markers or packing up.
- Parents/guardians must be informed of the school board's policy related to initiation/hazing activities.
- The presence and location of spectators must not present a safety concern. A school is responsible for supervising its own spectators. The ratio of supervisor to spectators must address safety concerns.
- Students must be informed that the use of equipment and the gymnasium are prohibited without supervision. In addition to verbal communication, the doors must be locked or signs must be posted indicating that students are not allowed to use the gym unless appropriately supervised.

Swimming

- Inform in-charge person of any student with a medical history or any medical problems that may affect the student's safety in water (for example, diabetes, asthma, heart condition, convulsions, epilepsy, frequent ear infections).
- Students must be made aware of the value of wearing wetsuits to prevent hypothermia and/or to promote buoyancy.
- A means to reach a swimmer in trouble must be accessible (for example, paddle board, motorized boat).

Cycling

- Students must be made aware of the importance of eye protection in cycling.
- A clearly designated bicycle disembarkment area to be in place.
- Bicycles must be retrieved from a designated location and returned to the designated location.
- Helmets must be placed on head with strap in place prior to mounting the bicycle and taken off only after getting off the bike.

- Students must demonstrate to the Coach competency in stopping, changing gears, turning, signalling and passing before leaving school property and/or entering competition.

Race Distances

Age	Swim	Bike	Run
12-13	Up to 300m	10km	3km
14-15	Up to 500m	10km	4km
16-19	Up to 750m	20km	5km
18-19	Up to 1.5km	40km	10km

(Adapted from Triathlon Canada, Kids of Steel® and Youth Development - Principles and Rules, 2015, p.5).

Supervision

- All activities must be supervised.
- The type of supervision must be commensurate with the inherent risk of the activity. The level of risk is related to the number of participants, the skill level of the participants, the type of equipment used, and environmental conditions.
- Cycling and Running:
 - On-Site Supervision is required during the safety and initial skill instruction.
 - In-the-Area Supervision is required after demonstration of proficiency.
 - In-the-Area Supervision is required where the skill application of the activity takes place at a separate location from the Coach (e.g., students cycling/running off school site).

- Swimming:
 - On-Site Supervision is required by the Coach when an Aquatic Instructor(s) and/or Lifeguard(s) are providing safety and initial skill instruction, and monitoring while students are in the water for Swimming.
 - In-the-Area Supervision is required by the Coach when students are being monitored by an Aquatic Instructor(s) and/or Lifeguard(s).
- The Community Coach Liaison must be accessible to the Community Coach and students (at practices and competitions). The level of support will be commensurate with the expertise and qualifications of the Community Coach as determined by the Principal/Designate.
- As a minimum the Community Coach Liaison will provide In-the-Area supervision for all practices and competitions. Direct Supervision is required if a Community Coach is under the age of 18.
- When students are competing outside their school district (e.g., travel tournaments, regional/ provincial competitions):
 - a Community Coach Liaison from the same school board must be accessible to the Community Coach; and
 - consult school board and local athletic association rules and regulations with regard to Coach, Community Coach, and Community Coach Liaison duties and adhere to the higher standard of care.
- Where a Qualified Instructor is used, the Qualified Instructor must provide safety and initial skill instruction and monitoring for the safe application of skills and student behaviour for the duration of the activity.
- A Volunteer, under the direction of a Coach, can monitor students during practices and competitions. Refer to your school board's policy on volunteers assisting with students' physical activities.
- Responsibilities must be clearly outlined for additional Coaches and Volunteers who are monitoring the activity.

Refer to the [Swim Test](#) section for the swim test supervision ratios.

Supervision Ratios for Instructional Time (Swimming)

- There must be a minimum of 2 certified aquatic instructors on deck or in the pool.
- Supervision ratio is 2 certified aquatic instructors per 1-50 students, with both instructors also certified as lifeguards or one lifeguard and one assistant lifeguard.
- In situations where there are 51-75 students, an additional certified aquatic instructor is required.
- If assistant lifeguards are used, the number of assistant lifeguards on deck may never exceed the number of lifeguards.

Refer to the definition of [Instructional Time](#).

Qualifications

Coaching Qualifications

- Game/match official(s) must be certified and/or experienced in officiating the sport.
- The Head Coach must demonstrate knowledge of the sport, skills, and strategies to the Principal or Designate.
- All Coaches must be familiar with and implement, where applicable, the criteria outlined in [Coaches Expectations](#).
- At least one Coach must possess one of the following coaching qualifications:
 - NCCP Competition Coach – Competition Introduction Course
 - Accreditation as a NCCP Triathlon Learning Facilitator
 - Completion of triathlon NCCP level 1 and/or level 2 certification in the past
 - Attendance at a clinic or workshop within the last three years provided by an instructor who is knowledgeable of the activity (for example, appropriate skills and progressions), and where safety is addressed as outlined in the Ontario Physical Activity Safety Standards in Education.

- Past experience within the last 3 years as a coach in triathlon, having knowledge of the activity (for example, appropriate skills and progressions) and current safety practices as outlined in the Ontario Physical Activity Safety Standards in Education.
- For more information on sport-specific NCCP training please visit coach.ca.

Aquatic Instructor Qualifications

- An Aquatic Instructor must possess both an Aquatic Instructor certificate and a Lifeguard/Assistant Lifeguard certificate that are dated not more than two years prior to the date on which they are acting as an Aquatic Instructor and Lifeguard. If the Aquatic Instructor does not hold a Lifeguard certificate or an Assistant Lifeguard certificate, a certified Lifeguard must also be on deck during the aquatic instruction. When the instruction is administered at a waterfront, Aquatic Instructors must also hold a Lifeguard certificate.
- Aquatic Instructor Certificates for Waterfronts:
 - Lifesaving Society - Instructor Certificate
 - YMCA - Instructor Certificate
- Verified copies of certification must be available in the swimming area.

Refer to the [**Swim Test**](#) section for the swim test aquatic instructor qualification requirements.

Lifeguard and Assistant Lifeguard Qualifications

- A Lifeguard/Assistant Lifeguard must be 18 years of age or older and possess a current (the date on the certificate must not be older than two years) Lifeguard/Assistant Lifeguard certificate issued by one of the following organizations:
 - Lifeguard Certificates:
 - Lifesaving Society - National Lifeguard - Pool/Waterfront
 - Equivalent certificate approved by Minister of Health and Long Term Care
 - Assistant Lifeguard Certificates for Pools:

- Lifesaving Society - Bronze Cross
- Equivalent certificate approved by Minister of Health and Long Term Care
- A student may not act as a Lifeguard/Assistant Lifeguard if they are participating in the activity.
- Lifeguard certification is the only acceptable standard in a recreational camp waterfront scenario.
- Verified copies of certification must be available in the swimming area.

Refer to the [Swim Test](#) section for the swim test lifeguard qualification requirements.

First Aid

- A fully stocked first aid kit must be readily accessible. (Consult [Sample First Aid Kit](#))
- A working communication device (for example, cell phone) must be accessible.
- The individual who takes responsibility for providing first aid to injured students must:
 - as a minimum, have a current first aid certification from a recognized first aid provider (for example, St. John Ambulance, Red Cross) that includes CPR B or C and training in head, neck and spinal injury management;
 - be in the area and readily accessible during the entire practice/competition;
 - be aware of the school's first aid emergency action plan and follow their first aid emergency response (consult [First Aid Plan and First Aid Emergency Response](#));
 - follow their school board's concussion protocol for a suspected concussion; and
 - not be a participant in the activity.

Swim Test

Swim Test for Water Activities

- Students must successfully complete the following swim test in its entirety, in sequence and without any aids or stops:
 - tread water for 1 minute
 - swim 50m (164') continuously any stroke
- The test must be administered by a certified Aquatic Instructor or a certified Lifeguard (the test is based on the Lifesaving Society's Swim to Survive™ Standard).
- The swim test must be completed within the school year in which the activity is taking place.
- In lieu of completing the swim test, students may provide proof of Bronze Star certification or higher.
- Results of the swim test must be documented and communicated as per school board policy (for example, to the Student, Teacher, Principal, Parents/Guardians, Trip Guide(s), Lifeguards, Aquatic Instructor, and Outside Provider [if applicable]).
- Students who do not pass the swim test or who do not have the aforementioned certification must not participate in the activity.

Clothing/Footwear/Jewellery for the Swim Test

- Appropriate swimwear must be worn.

Aquatic Instructor Qualifications for the Swim Test for Water Activities

- An Aquatic Instructor must possess both an Aquatic Instructor Certificate and a Lifeguard/Assistant Lifeguard certificate that are dated not more than two years prior to the date on which they are required to instruct and lifeguard. If the Aquatic Instructor does not hold a Lifeguard certificate or an Assistant Lifeguard certificate, a certified Lifeguard must also be on deck during the swim test.
- Aquatic Instructor Certificates:
 - Lifesaving Society - Instructor Certificate
 - YMCA - Instructor Certificate
 - Ontario Teachers Aquatic Standard (OTAS) - for pool situations only
- Verified copies of certification must be available in the swimming area.

Lifeguard and Assistant Lifeguard Qualifications for the Swim Test for Water Activities

A Lifeguard/Assistant Lifeguard must be 18 years of age or older and possess a current (the date on the certificate must not be older than two years) Lifeguard/Assistant Lifeguard certificate issued by one of the following organizations:

- Lifeguard Certificates:
 - Lifesaving Society – National Lifeguard – Pool/Waterfront
 - Equivalent certificate approved by Minister of Health and Long Term Care
- Assistant Lifeguard Certificates:
 - Lifesaving Society - Bronze Cross
 - Equivalent certificate approved by Minister of Health and Long Term Care
- A student may not act as a Lifeguard/Assistant Lifeguard if they are participating in the activity.
- Lifeguard certification is the only acceptable standard in a waterfront scenario.
- Verified copies of certification must be available in the swimming area.

Supervision Ratios for the Swim Test for Water Activities

Pool Swim Test

- There must be a minimum of 2 certified Aquatic Instructors or Lifeguards on deck or in the pool.
- Supervision ratio is 2 certified Aquatic Instructors or Lifeguards per 1 to 50 students.
- In situations where there are 51 to 75 students, an additional certified Aquatic Instructor or Lifeguard is required.
- If Assistant Lifeguards are used, the number of Assistant Lifeguards on deck may never exceed the number of Lifeguards.

Waterfront Swim Test

- There must be a minimum of 2 certified Aquatic Instructors or Lifeguards at the waterfront or in the water.

- Supervision ratio is 2 certified Aquatic Instructors or Lifeguards per 1 to 25 students.
- For every additional 25 students, an additional certified Aquatic Instructor or Lifeguard is required.

Definitions

- **Coach** (i.e. Teacher Coach/Community Coach):
 - An individual who volunteers to coach a school team and is approved by the Principal/Designate.
- **Community Coach:**
 - An individual approved by the principal who volunteers to coach a school team. An individual acting in the role of a Community Coach must be assigned a Community Coach Liaison.
 - Examples of a Community Coach are:
 - teachers not under contract by the board;
 - retired teachers;
 - early childhood educators, teacher candidates, educational assistants;
 - co-op students, other secondary students;
 - parent/guardian;
 - individuals/coaches from the community.
- **Community Coach Liaison:**
 - A Teacher, Principal, or Vice Principal with a current certification from the Ontario College of Teachers and under contract by the school board who is responsible for carrying out all the duties required of a Teacher pursuant to the Education Act and the safety standards. The level of support will be commensurate with the expertise and qualifications of the Community Coach and will be determined by the Principal or Designate.
- **Instructional Time:**

- Instructional time is defined as time during which there are organized activities or instructions. Examples of instructional time are lessons, events, practice, and games.

- **Lifejacket:**

- Canadian-approved lifejackets are designed to turn an unconscious or incapacitated person face-up in the water. Lifejackets are available with varying amounts of flotation and turning ability. Canadian approved Lifejackets are stamped or labelled indicating that they are approved by Transport Canada, the Canadian Coast Guard or the Department of Fisheries and Oceans.

- **Monitor:**

- A Volunteer and/or Qualified Instructor who assists the Teacher Coach with a group of students and has a responsibility to monitor student behaviors for the duration of the activity.
- A Community Coach who has a responsibility to coach and monitor student behaviors for the duration of the athletic season and/or a Qualified Instructor(s)/Volunteer(s) who assists the Community Coach during practices and competitions.

- **Monitoring:**

- The role of monitoring is to observe, identify, act, and report:
 - Observe: Observe with attention to detail the actions of the students.
 - Identify: Identify the student and the unsafe behaviour.
 - Act: Take appropriate actions to safeguard students and others (e.g., stop the activity).
 - Report: Provide the name of the student and the unsafe behaviour to the Coach for management and direction.

- **Personal Flotation Device (P.F.D.):**

- Canadian-approved P.F.D.'s are designed for use in recreational boating and are generally smaller, less bulky and more comfortable than lifejackets. They may have less flotation than lifejackets and may have no or little self-turning ability (the ability to turn an unconscious or incapacitated person face-up in the water). Canadian approved P.F.D.'s are stamped or labelled

indicating that they are approved by Transport Canada, the Canadian Coast Guard or the Department of Fisheries and Oceans.

- **Qualified Instructor:**

- An individual who provides safety and skill instruction, and monitoring for an activity, and possesses the required qualifications (e.g., experience, certifications). This role could be fulfilled by a teacher, volunteer, or an employee of an outside provider. An instructor does not have the authority to supervise.

- **Supervision:**

- The vigilant overseeing of an activity for management or direction. Activities, facilities, and equipment have inherent risks, but the more effectively they are supervised, the safer they become.
- The Ontario Physical Activity Safety Standards in Education includes three Types of supervision, Direct Supervision, On-Site Supervision, and In-the-Area Supervision. These types of supervision take into consideration the level of risk, which is related to the number of participants, the skill level of the participants, the type of equipment used, the environmental conditions, the age, and developmental stage.
- The three types of supervision described are not hierarchical but represent the type of supervision that activities require and the type of supervision that is inherently possible.
- Some activities in OPASSE transition from one type of supervision to another type of supervision (e.g., Direct Supervision to On-Site Supervision OR On-Site Supervision to In-the-Area Supervision).

- **Teacher Coach:**

- A Teacher Coach is a teacher, principal, or vice principal with a current certification from the Ontario College of Teachers and under contract by the school board.

- **Types of Supervision:**

- **Direct Supervision:**

- Direct Supervision requires that the Coach is physically present at the activity, providing visual and verbal oversight for management and direction of both the activity and student safety.

- **Provisos:**

- No other activity can occur when part of the activity or the entire activity is under Direct Supervision when there is only one Coach supervising.
- The Supervision section of the relevant activity safety standards page in the Ontario Physical Activity Safety Standards in Education describes when parts of an activity are under Direct Supervision.
- Where a Community Coach is providing the safety and initial skill instruction and monitoring, a Community Coach Liaison is accessible for management and direction as determined by the Principal/Designate.

- **An activity may be under Direct Supervision:**

- During the entire duration of the activity;
- During the set up and take down of equipment;
- During the safety and initial skill instruction;
- During the performance/practice of the activity skill; and
- When the activities transition from Direct Supervision to On-Site Supervision.

- **In-the-Area Supervision:**

- The Coach is located in proximity to a combination of locations where the student activities take place, is circulating, and is accessible for providing management and direction of the physical activity and student safety.

- **Provisos:**

- The Coach is circulating between the activities, occurring at separate locations, and is readily accessible, or the location of the coach is communicated to the student.
- Where a Community Coach is providing the safety and initial skill instruction and is monitoring, a Community Coach Liaison is accessible for management and direction as determined by the Principal/Designate.
- Students may be out of sight for periods of time.
- An activity or a component of the activity is under In-the-Area Supervision:
 - Where the same activity is located in separate locations. (e.g., Track and Field, Cross Country Running, Skiing (Alpine));
 - Where two or more activities under In-the-Area Supervision occur in separate locations (e.g., Badminton, Table Tennis, Handball (Wall));
 - Where the skill application of the activity takes place at a different location from the Coach (e.g., Cross Country Running, Skiing (Alpine), Cycling);
 - Where activities occur in double or triple gymnasiums; and
 - Where more than one Qualified Instructor is providing activities at a combination of locations.
- **On-Site Supervision:**
 - The Coach is present at one location where the student activity takes place (e.g., gymnasium, sports field, tennis courts at an Outside Activity Provider's facility) and is accessible for providing management and direction of the physical activity and student safety.
 - **Provisos:**
 - Where more than one activity occurs in one location, the Coach is circulating between the activities and is accessible for management and direction.

- Momentary presence in adjoining rooms (e.g., equipment room, outside storage shed, boathouse) is considered to be On-Site Supervision.
- Where a Community Coach is providing the safety and initial skill instruction and monitoring, a Community Coach Liaison is accessible for management and direction as determined by the Principal/Designate.
- An activity may be under On-Site Supervision:
 - During the entire duration of the activity;
 - During the safety and initial skill instruction;
 - With activities using multiple stations while the Coach is circulating;
 - When combining two or more activities at one location while the Coach is circulating; and
 - When activities transition from On-Site Supervision to In-the-Area Supervision.

- **Volunteer:**

- A responsible adult (e.g., Educational Assistants, Retired Teachers, Co-op Students, Parents/Guardians, Teacher Candidates) approved by the Principal/Designate who is under the direction of a Coach and has been instructed on their monitoring responsibilities. Refer to your school board's policy on volunteers assisting with students' physical activities.

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