

# Triathlon

## Swimming/Running/Cycling

### SECONDARY - CURRICULAR 2025

- Consult [Disability-Centred Safety](#) if your groups of students include students with disabilities.
- 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](#).
- 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 these regulations 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 [Outdoor Education\(Swimming - Instructional\)](#) if any associated activity (for example, swimming or the In-Water Swim Assessment) is to take place at a Designated Swim Area at a waterfront in a lake/pond/river.
- Consult [Swimming - Recreational](#) for a definition of and safety standards for recreational swimming if, during an instructional swimming session, the focus moves from instructional to recreational swimming.

- Consult [Outdoor Education \(Swimming - Leisure\)](#) for a definition of and safety standards for leisure swimming if, during an instructional swimming session, the focus moves from instructional to leisure swimming.

## Equipment

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- Determine that all equipment is safe (for example, no sharp corners, cracks, or splinters) and all assistive devices (for example, a walker) are in good working condition and properly adjusted for the height and mobility needs of the student prior to participation.
- Bicycles must be inspected and checked on a regular basis before they are to be used.
- Bicycle size must be appropriate for the rider.
- 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.
- Students who do not successfully complete the In-Water Swim Assessment or do not have a Bronze Star certification or higher, must wear a correctly fitting, properly secured/ fastened and Canadian approved personal flotation device (P.F.D.) or lifejacket at all times near the water ((for example, on the deck/ the dock/ at the waterfront), and in the water.
- Pools must have access accessibility to standard safety equipment as stated in [Ontario Public Pools Regulation 565,s20 \(1\)](#).
- Designated Swim Areas at Waterfronts (lakes/ ponds/rivers) must have access to standard safety equipment as stated in [Ontario Regulation 503/17: s24 \(4\), Recreational Camps](#).

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

## Clothing/Footwear/Jewellery

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- 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.
- Where the activity takes place in a pool, follow pool rules for the wearing of jewellery.
- 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

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- Determine that all facilities are safe and accessible for the students participating. Students must be encouraged to report facility problems to the teacher.
- 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.
- Choose routes carefully considering the length, road surface, steepness of slopes, frequency of traffic, complexity of intersections and railway crossings.
- Routes for running and cycling must be checked by the Teacher before initial use and determined safe for use.
- Prior to initial use of route, the Teacher must do a safety check “walk -through” in order to identify potential hazards and severely uneven surfaces which must be brought to the attention of the students.

- Teachers must familiarize students with the route or course before initial attempt (for example, notice of intersections to approach with caution).
- Map of training routes must be available in school and available for students.
- Use Class A pools or pools privately owned and operated by an educational institution.
- Apartment, backyard, club, condominium, campground, or hotel pools must not be used.
- Designated Swim Areas for swimming in lakes/ponds/rivers must:
  - Be clearly designated with defined physical boundaries (for example, at camps buoyed, or enclosed dock areas);
  - Have boundaries that are clearly visible to watercraft users (for example, buoy line is visible to users of personal watercraft and motorboats occupying the same body of water);
  - Be free from hazards;
  - Be of suitable water temperature; and
  - Have stationed water rescue equipment.
- Prior to swimming in a Designated Swim Area (lake, pond, river) or open water, the teacher must check with local authorities to determine whether water is safe for swimming (for example, location, water quality and away from fast moving water).
- Water temperature must be a minimum of 19 degrees Celsius (66 degrees Fahrenheit). If below this temperature, follow [Triathlon Canada Competition Rules](#) or [Ontario Association of Triathletes Rules](#).

## Environmental Considerations

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- When environmental conditions may pose a risk to student safety (for example, thunderstorms [lightning] or student(s) with asthma, triggered by air quality), Teachers 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, poisonous plants).
- 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.
- Teacher and qualified instructor/lifeguards (as appropriate) must:
  - be aware of and respond to changing weather and water conditions prior to and during the activity; and
  - cancel, postpone or alter the swimming activity excursion if conditions put students' safety at an elevated level of risk (for example, wind, temperature, lightning storms, fog).
- Do not swim if there are any indications of hazardous weather (for example, lightning, high winds). If hazardous weather approaches, leave the water immediately. Prior to allowing students back into the water, there must be a 30-minute lapse from the last visual observation of lightning or sound of thunder. If possible, consult local weather radar predictions and Canadian lightning danger maps.

## Special Rules/Instructions

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- Activities must be based on skills that are taught.
- Skills must be taught in proper progression.

- Prior to participation, the Teacher must reference and apply their school board's policy on equity and inclusion as it affects student participation and makes appropriate accommodations/modifications to provide a safe learning environment. Consult the Intent subsection within the [About section](#).
- Students must not participate in the activity until they receive information on concussion prevention specific to the activity, inherent risks of the activity (for example, outline possible risks and ways to minimize the risks), and procedures and rules for safe play. Students must receive instruction on the importance of reporting symptoms related to a suspected concussion.
- 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 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.
- Activities must be modified according to the age, ability level, language, and experience of students, number of participants, and the facility available.
- 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 warm-up and cool-down must be included.
- Teachers and all individuals who assist the Teacher with the activity must be aware of the possibility of pressuring Students. Students must be informed not to coerce a reluctant student into participating in any component of the activity with which they display or vocalize reluctance.
- When a student displays or vocalizes reluctance about participation, at any time, before or during any component of the activity, they must be provided with alternative ways to participate in the activity (for example, permit Students to select a role within the activity, remain at or return to a different component of the activity, break down new experiences/ components into smaller steps, be introduced

to a new component with which they are comfortable).

- 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 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.
- The activity may include organized games (for example, relay activities, tag games which incorporate skills ) but cannot include a recreational/free swim.
- Training must be done with a partner in all three events.
- An In-Water Swim Assessment of students' swim ability must be completed at the beginning of the first try-out/ practice at a pool or Designated Swim Area at a waterfront (refer to the [In-Water Swim Assessment](#)).

## In-Water Swim Assessment

- Students must successfully complete the following in its entirety, in sequence and without any aids or stops to be permitted to swim without a P.F.D/ Life jacket:
  - Swim 50 m (164') continuously any stroke;
  - Tread water for 1 minute
- In lieu of completing the In-Water Swim Assessment, students must provide proof of Bronze Star certification or higher.
- If the facility has a Swimming competency test (i.e. an alternative to the In-Water Swim Assessment) schools must adhere to that standard.

- The In-Water Swim Assessment must be administered by a certified aquatic instructor or a certified lifeguard. If the aquatic instructor does not hold a lifeguard certificate or an assistant lifeguard certificate ( pools only), a certified lifeguard must also be on deck/ dock/shoreline during the In-Water Swim Assessment.
- Results of the In-Water Swim Assessment 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 successfully complete the In-Water Swim Assessment or who do not have a Bronze Star certification or higher must be identified and wear a correctly fitting, properly secured/ fastened and Canadian approved personal flotation device (P.F.D.) or lifejacket at all times near the water (for example, on deck/ dock/ waterfront) and in the water, or must not participate in the activity.

## Safety Rules and Emergency Procedures

- Prior to participation, students must be familiar with safety rules and emergency procedures.
- When the activity occurs at a Designated Swim Area (lake/pond/river), Teachers/qualified instructors must be knowledgeable of the established safety rules, and emergency procedures.
- A record of students running and cycling and the route they will be traveling must be left in the school with the appropriate staff.
- Students must receive instruction on transitions between events.
- Audio devices are not permitted.

## Swimming

- When swimming in Designated Swim Areas/ Open water, students must be made aware of the value of wearing wetsuits to prevent hypothermia and/or to promote buoyancy.

- 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).
- After initial instruction, students who must wear a P.F.D./life jacket must demonstrate the ability to select a correctly fitting P.F.D./ Life jacket and to properly secure/fasten it.
- Students must adhere to the facility safety rules (for example):
  - no running or pushing on deck
  - no gum chewing
  - no food in pool area
  - stay clear of diving area
  - no diving off the deck into water less than 2.75m (9') in depth
  - no street shoes on deck
  - students must ask permission to leave pool/swimming area
- No swimming after sunset or before sunrise when the activity occurs at a Designated Swim Area (lake/pond/ river) or in open water.
- Teachers must be knowledgeable of the school board's procedures for emergency, accident or injury in a pool.
- When the activity occurs at a Designated Swim Area at a waterfront (lake/pond/ river):

- A site specific rescue plan must be devised and shared with all teachers/monitors and students.
- Lifeguards must be readily identifiable to all swimmers at all times when swimming occurs at lake/pond.
- In a water emergency situation, the aquatic instructor/lifeguard is in charge. Where an emergency situation extends beyond the water, accessing emergency medical services or emergency transportation from the site, the teacher in charge of the trip in consultation with the aquatic instructor/ lifeguard are to determine an action plan in accordance with school board procedures.
- During the initial swim, students must demonstrate procedures for exiting the water during emergency situations (for example, 3 loud whistle blasts).

## 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 bicycle.
- Students must demonstrate to the Teacher/Monitor competency in stopping, changing gears, turning, signaling and passing before leaving school property.
- The rules of the [Highway Traffic Act](#) must be reviewed and followed. This includes group riding protocol.

## Race Distances

| Age | Swim | Bicycle | Run |

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| 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

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- 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 Teacher (e.g., students cycling/running off school site).
- Swimming:

- On-Site Supervision is required by the Teacher when an Aquatic Instructor(s) and/or Lifeguard(s) are providing safety and initial skill instruction, and monitoring while students are in the water.
- In-the-Area Supervision is required by the Teacher when students are being monitored by an Aquatic Instructor(s) and/or Lifeguard(s).
- Where a Qualified Instructor is used and the Teacher is not directly with the Qualified Instructor, 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 Teacher, can monitor students during physical education activities. Refer to your school board's policy on Volunteers assisting with students' physical activities.
- Responsibilities must be clearly outlined for additional Teachers and Volunteers who are monitoring the activity.

## Supervision Ratios for Instructional Time (Swimming)

- There must be a minimum of 2 Certified Aquatic Instructors/Certified Aquatic Coaches on deck or in the pool.
- Supervision ratio is 2 Certified Aquatic Instructors/Certified Aquatic Coaches 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/Certified Aquatic Coaches for 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**.

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## Qualifications

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## 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.

## 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.

# First Aid

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- 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.
- At least one Aquatic Instructor, Lifeguard, or Assistant Lifeguard must have a minimum of a current (not more than three years prior to the day on which the holder is on duty) first aid certificate (standard or higher) issued by one of the following agencies: St. John Ambulance; Canadian Red Cross; Lifesaving Society; Canadian Ski Patrol; or an organization whose certificate is deemed equivalent by the medical officer of health in the local health unit.
- Follow the school's first aid emergency response ((consult [First Aid Plan and First Aid Emergency Response](#)) and the school board's concussion protocol (consult [Concussions](#))).
- An emergency action plan and response to deal with evacuations and lockdowns, including specific direction for participants with accessibility needs, must be followed and communicated to all students.☒

# Definitions

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- **In-charge Person:**
  - Some activities refer to an "In-Charge" person. While the teacher is in-charge and responsible for the overall safety and well-being of students under their care, sometimes there are other personnel who must be identified as "In-Charge" related to specific situations (for example, a pool lifeguard). In activities where an "In-Charge" person is designated, that person, in consultation with the teacher, must make final decisions regarding safety of the students
- **Instructional Time:**
  - Time during which there is formal instruction and/or instructor led activities. 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:**

- An individual who assists the Teacher with a group of students, (e.g., Volunteer, Qualified Instructor) and has a responsibility to monitor student behaviors for the duration of the activity.

- **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 teacher for management and direction.

- **Outside Activity Provider:**

- A commercial company, volunteer organization, or individual, not associated with the school board, who possess the required qualifications to provide safety and initial skill instruction, and monitoring for the duration of an activity.

- **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:**

- A person with a current certification from the Ontario College of Teachers and under contract by the school/school board (i.e., teacher, vice-principal, principal). This person is legally responsible for the students and has the authority and responsibility to supervise.

- **Types of Supervision:**

- **Direct Supervision:**

- Direct Supervision requires that the Teacher 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 Teacher 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 Qualified Instructor(s) is providing the safety and initial skill instruction and monitoring for one activity and requires the Teacher to be present at that activity for management and direction.

- **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 Teacher 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 Teacher is circulating between the activities occurring at separate locations, and is readily accessible, or the location of the Teacher is communicated to the student.
  - Where a Qualified Instructor(s) is providing the safety and skill and instruction and is monitoring at a combination of locations, the Teacher is located in proximity to where the student activities take place, is circulating between the activity locations, and is accessible for management and direction.
  - 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., Fitness activities);
  - 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 separate location from the teacher (e.g., Cross Country Running, Skiing (Alpine), Cycling, hiking on trails);
  - When the 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 Teacher is present at one location where the student activity takes place (e.g., gymnasium, sports field, climbing wall at an Outside Activity Provider's facility, campsite) 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 Teacher is circulating between the activities and is accessible for management and direction.
- Momentary presence in adjoining rooms (e.g., equipment room, outdoor storage shed, boathouse, staff tent) is considered to be On-Site Supervision.
- Where a Qualified Instructor(s) is providing the safety and initial skill instruction and monitoring for an activity or a combination of activities at one location and the Teacher is present and is circulating and accessible for management and direction.
- 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 Teacher is circulating;
  - When combining two or more activities at one location while the Teacher 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 Teacher and has been instructed on their monitoring responsibilities. Refer to your school board's policy on volunteers assisting with student's physical activities.

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