

Triathlon Equipment

Only a minimum amount of inexpensive equipment is required to complete a youth triathlon. Below is a list of items athletes will need to complete an event.



the swim

- ☐ a swim suit (must have)
- ☐ goggles (highly recommended)
- ☐ swim cap (optional but some races provide all athletes with caps)

the bike

- ☐ a certified helmet that fits properly
- ☐ a bike (any type will do—mountain bikes are recommended for KOS athletes)
- ☐ shirt, singlet, or swim suit to cover the chest and stomach (must have)



the run

- ☐ running shoes (with good support)
- ☐ shirt, singlet, or swim suit to cover your chest and stomach (must have)

other items (optional)

- ☐ water bottle
- ☐ elastic number belt (to pin your number on)
- ☐ sun glasses
- ☐ hat or visor (if sunny or raining)
- ☐ towel (for drying feet)

Important Safety Notes

Helmets should be certified by: CSA (Canadian Standards Association), ASTM (American Society for Testing and Materials), BS (British Standard), AS (Australian Standard), SNELL, or CPSC (Consumer Product Safety Commission in the U.S.). See Safe Kids Canada (website). www.sickkids.ca.

- ☐ **Cycling helmets** are only designed for one hard crash, even if they do not look damaged. Replace helmets after a crash or if a helmet has been thrown or dropped repeatedly on a hard surface.
- ☐ **Avoid borrowing** or buying used helmets.
- ☐ **Replace helmets** at least once a year if children and youth are riding often.
- ☐ **Complete a thorough bike check** before each ride (see p. 15) and take the bike in for regular maintenance at a bike shop.
- ☐ **Brakes.** Ensure athletes can reach the brakes comfortably, brake pads are not worn, and the brakes work quickly and effectively.
- ☐ **Size.** Ensure the bike size fits your athlete and will not cause injury (see p. 15).

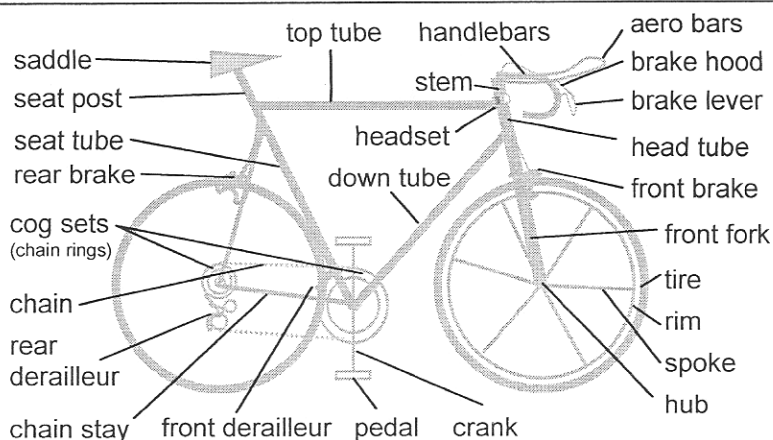


APPENDIX 1: Bike Safety

Bike Check

Before every ride, make sure your bike is in working order. Always check:

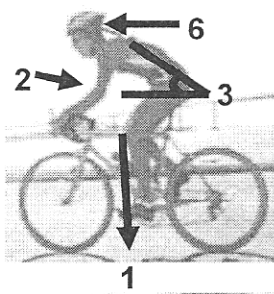
- ☐ **brakes** (work quickly)
- ☐ **stem and handlebars** (no twisting)
- ☐ **seat** (no twisting or loosening)
- ☐ **wheels** (spin freely) and tires (pumped up)
- ☐ **chain** (oiled and does not grind)
- ☐ **pedals** (spin but do not wobble)
- ☐ **gears** (change smoothly)



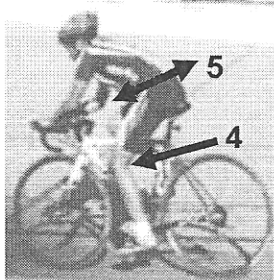
Bike fit

Proper bike fit is extremely important for athletes of all experience levels. A properly fit bike will prevent injuries, make the bike easier to handle, allow the athlete to progress more quickly in skill learning, and increase their comfort while riding. The guidelines in the box below are general and apply more to older youth. Younger athletes should get the bike store to assist them with set-up. Important safety notes for parents of younger athletes include:

- ☐ Knees should stay below the hips and behind the toe when cycling
- ☐ Some athletes like to be able to touch the ground with both feet while sitting on the seat (safety) but this position may place the seat lower than suggested and stress the knees while riding. In this case you may need to experiment with different bike styles to find one that has the best compromise - seat height and knee position when pedaling.
- ☐ For larger wheels on small frames, make sure the pedal will not hit the front wheel as it turns from side to side.



1. When the front pedal is parallel to the ground (horizontal), a plum bob from the knee should fall in line with the pedal and ball of the foot.
2. Arms should be comfortable, with a slight bend.
3. When their hands are on the brake hoods, an athlete's back angle should be approximately 35 degrees from the ground. (When their hands are on the top of the handlebars next to the stem, the back angle increases to about 45 degrees).
4. When the pedals are vertical (12 o'clock and 6 o'clock), the lower leg should have a slight bend of 10-20 degrees.
5. The athletes' hips should not rock when cycling. (Watch them from behind). If the hips rock, the seat is too high.
6. Their head should be as neutral as possible (avoid hyperextension or bending the neck backwards)



Helmets



Helmets are mandatory when training and racing in triathlon. Helmets protect the brain in case of an accident or fall. You can tell if a helmet fits properly if it follows the criteria below:

- Snug on head—does not slide sideways or tip back and forth. No loose straps.
- Only two fingers fit (vertically) between chin strap and chin. Straps make triangle under ear.