

Curriculum activity risk assessment

Triathlon

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Activity scope

This document relates to student participation in Triathlon as a curriculum activity.

Refer to the following for specific schedules when teaching/coaching the disciplines included in the triathlon:

- [Swimming](#), for the swimming leg
- [Athletics - Running Events](#), for the running leg
- [Cycling](#), for the cycling leg.



Risk level

This document is a guideline, the actual risk level will vary according to the specific circumstances of the activity and these **must** be considered when assessing the inherent risk level and planning the activity. As a starting point, ask the following questions:

- Which students will be involved?
- Where will the students be?
- What will the students be doing?
- Who will be leading the activity?
- What will the students be using?

Inherent risk level		Action required / approval
<input type="checkbox"/>	High	Likely chance of a serious incident and injury requiring medical treatment <input checked="" type="checkbox"/> A Curriculum Activity Risk Assessment must be completed. <input checked="" type="checkbox"/> Principal or delegated Deputy Principal or Head of Program (i.e. HOD, HOSES, HOC) to review and approve risk assessment. <input checked="" type="checkbox"/> Obtaining parental permission is recommended. <input checked="" type="checkbox"/> Once approved, activity details are to be entered into the <i>School Curriculum Activity Register</i> .

Teachers/leaders:

Activity description:

Start date:

Finish date:

No of students (approx.):

Class groups:

Supervision ratio (approx.):

Listed below are the minimum recommendations for this type of activity. For any items ticked 'No', provide further information on the additional or alternate controls to be implemented for the safe conduct of the activity.

Minimum supervision

Adequate adult supervision is to be provided. In determining what is adequate, consider the number of students, their individual needs, and the nature of the activity.

If an adult other than a registered teacher is engaged for instruction, a teacher should be present to take overall responsibility. [Blue Card](#) requirements **must** be adhered to.

Registered teacher with minimum qualifications as outlined below

OR

An adult with minimum qualifications as outlined below, in the presence of a registered teacher.

Competition officials (event coordinator and event marshalls) should have the qualifications set out below.

Officials at the swim leg should have:

the ability to effect a recovery of a student from the water

the ability to perform cardiopulmonary resuscitation.

Further information:

Minimum qualifications

The qualifications listed in this section are minimums for each type of situation. Leaders are encouraged to seek training to raise their qualification level above the minimum listed.

- Current first aid qualifications including Cardio Pulmonary Resuscitation (CPR) or ready access to first aid facilities, including qualified personnel.
- [Blue Card](#) requirements met.

High — Likely chance of a serious incident and injury requiring medical treatment

The leader should be:

- a registered teacher with competence (demonstrated ability to undertake the activity) in the teaching of triathlon, with Level 1 Triathlon Certificate from Triathlon Australia or qualifications as specified in the guidelines related to each of the disciplines:
 - [Swimming](#), for the swimming leg
 - [Athletics - Running Events](#), for the running leg
 - [Cycling](#), for the cycling leg.

The event coordinator should be:

- a registered teacher with competence (demonstrated ability to undertake the activity) in coordinating triathlon events
- OR**
- an adult who has competence (demonstrated ability to undertake the activity) in coordinating triathlon events.

The event marshalls should:

- be over the age of 16 years
- have knowledge of, and an ability to perform, first aid procedures
- understand and enforce rules.

Further information:

Minimum equipment/facilities <i>If 'No' is ticked, provide further information.</i>	Yes	No
Communication system: <input type="checkbox"/> phone-line at location <input type="checkbox"/> mobile phone <input type="checkbox"/> walkie talkies/UHF Radio <input type="checkbox"/> student/adult messenger Other:		
A medical treatment and evacuation plan should be arranged including a medical headquarters station established in the transition area, locations of all convenient medical facilities adjacent to the course, and listing of expected medical staff. (See Physical exertion section of Hazards and controls)	<input type="checkbox"/>	<input type="checkbox"/>
Sun safety equipment (hat, sunscreen, shirt etc).	<input type="checkbox"/>	<input type="checkbox"/>
Drinking water (students should not share drinking containers).	<input type="checkbox"/>	<input type="checkbox"/>
Bicycles should be inspected. Those that fail a mechanical inspection should not be used.	<input type="checkbox"/>	<input type="checkbox"/>
Upper torso should be covered on swim, bike and run legs.	<input type="checkbox"/>	<input type="checkbox"/>
Helmets must be worn for the cycle leg and be of the type approved by Standards Australia .	<input type="checkbox"/>	<input type="checkbox"/>
Further information:		

Governing bodies/associations <i>If 'No' is ticked, provide further information.</i>	Yes	No
Guidelines/codes of practice are established for this activity. See Triathlon Australia Have these been considered during the planning of this activity?	<input type="checkbox"/>	<input type="checkbox"/>
If you are organising competitions or other events, have you referred to Queensland School Sport Unit ?	<input type="checkbox"/>	<input type="checkbox"/>
Further information:		

Hazards and suggested control measures

All persons engaging in this activity should:

- identify the hazards, including any additional hazards not mentioned here
- assess their significance
- manage the potential risks.

Listed below are indicative hazards/risks and suggested control measures. They are by no means exhaustive lists. After checking these, add details of any other identified hazards/risks and additional controls you intend to implement.

Hazards/risks	Control measures	Yes	No	Implementation plan/ Additional controls
Physical contact <ul style="list-style-type: none"> • Breaks/sprains • Cuts, abrasions and/grazes • Concussion • Accidental 'bumping' 	<ul style="list-style-type: none"> • Ensure that spectators and vehicles are kept clear of the area. • Ensure that each race is finished before the next group begins. • Undertake a risk management process in order to prevent or minimise the risk of injuries caused by manual tasks. 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Equipment <ul style="list-style-type: none"> • Footwear • Wetsuits • Goggles 	<ul style="list-style-type: none"> • Ensure that students wear footwear for the run and cycle legs, and wetsuits or stinger suits during the stinger season in relevant locations. • Consider Triathlon Australia Medical and Safety Guidelines in relation to the wearing of wetsuits. • Note that students should routinely complete an equipment check prior to commencing the activity and report any equipment issues to their teacher. • Ensure that equipment with problems is tagged NOT IN USE/FOR REPAIR and not used until it has been checked and repaired. • Note that goggles should be considered for the swim leg. 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Environmental conditions <ul style="list-style-type: none"> • Weather • Surfaces • Surrounds 	<ul style="list-style-type: none"> • Assess weather conditions before and during activity (e.g. temperature, storms). • Consider time of the day or season of the year when planning an event to minimise heat stress and dehydration. 	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	

Hazards/risks	Control measures	Yes	No	Implementation plan/ Additional controls
	<ul style="list-style-type: none"> ○ instructions for covering all triathletes and identifying swimmers having difficulty, and operational procedures for making a rescue. • Ensure that the swim course is supervised by a water safety coordinator, who is responsible for the water safety staff. <input type="checkbox"/> • Select the swim course using the following considerations: <input type="checkbox"/> <ul style="list-style-type: none"> ○ the course should be reasonably protected from potentially adverse weather conditions ○ the course should be designed so that emergency procedures can be carried out from all sides of the course ○ a triangular course is desirable – out and back courses should be avoided ○ the course should be defined by brightly coloured buoys ○ any hazards should be removed, where possible, or clearly identified ○ start and finish areas should be firm, clean, clearly marked and free from potential hazards. • Select the cycle course using the following considerations: <input type="checkbox"/> <ul style="list-style-type: none"> ○ the course should be a wide, hard surfaced roadway with exclusive use, if possible ○ head-to-head confrontations and the number of laps should be minimised ○ normal vehicular traffic patterns should be followed to allow cyclists to ride with traffic ○ railroad tracks, bridges with grates and drawbridges should be avoided ○ sharp turns and/or right hand turns across traffic should be minimised 			

Submitted by:	Date:
List the names of those who were involved in the preparation of this risk assessment.	

Approval	
<input type="checkbox"/>	Approved as submitted:
<input type="checkbox"/>	Approved with the following condition(s):
<input type="checkbox"/>	Not approved for the following reason(s):
By:	Designation:
Signed:	Date:
Once approved, activity details should be entered into the <i>School Curriculum Activity Register</i> by administrative staff.	Reference no.

Monitor and review <i>To be completed during and/or after the activity and/or at the completion of the series of activities.</i>	Yes	No
Are the control measures still effective?	<input type="checkbox"/>	<input type="checkbox"/>
Have there been any changes?	<input type="checkbox"/>	<input type="checkbox"/>
Are further actions required?	<input type="checkbox"/>	<input type="checkbox"/>
Details:		

Important links

- SCM-PR-002: School Excursions
<http://education.qld.gov.au/strategic/epr/schools/scmpr002/>
- HLS-PR-003: First Aid
<http://education.qld.gov.au/strategic/epr/health/hlspr003/>
- HLS-PR-004: Infection Control and Management of Prescribed Contagious Conditions
<http://education.qld.gov.au/strategic/epr/health/hlspr004/>
- Infection Control Guideline
http://education.qld.gov.au/health/pdfs/healthsafety/infection_control_guideline.pdf
- HLS-PR-005: Health and Safety incident recording and notification
<http://education.qld.gov.au/strategic/epr/health/hlspr005/>
- HLS-PR-013: Developing a Sun Safety Strategy
<http://education.qld.gov.au/strategic/epr/health/hlspr013/>
- HRM-PR-010: Working with Children Check – Blue Cards
<http://education.qld.gov.au/strategic/epr/hr/hrmpr010/>
- HLS-PR-006: Managing risks with chemicals in Department of Education and Training workplaces
<http://education.qld.gov.au/strategic/epr/health/hlspr006/index1.html>
- Queensland School Sport Unit
http://www.learningplace.com.au/default_suborg.asp?orgid=128&suborgid=788
- Get Active Queensland Accreditation Program
<http://www.sportrec.qld.gov.au/CommunityPrograms/Schoolcommunity/GetActiveQueenslandAccreditationProgram/Courseinformation.aspx>
- Triathlon Australia
<http://www.triathlon.org.au/>
- International Triathlon Union
<http://www.triathlon.org/>

Glossary and other information

Sag wagon

Support motor vehicle following long [races](#) or [recreational rides](#) to pick up riders unable to complete the event due to fatigue or mechanical failure.

Stinger suits

Stinger suits are made of a thin lycra-based material and cover the whole body. Only the head, hands and feet are exposed.

They are not designed to insulate the wearer against the cold, just to protect against the sting of the box jellyfish. Surfers also use stinger suits regularly.

Further information

For further information on incorporating risk management strategies into curriculum activity planning refer to [HLS-PR-012 Managing Risks in Curriculum Activities](#) and the associated list of [Curriculum Activity Risk Assessment Guidelines](#).

For further support with risk management training and advice, contact trained staff in schools such as Workplace Health and Safety Officers (WHSOs) and Workplace Health and Safety Representatives (WHSRs), and regional staff such as Senior Health and Safety Consultants.