

# Global Triathlon Safety Task Force

## How Athletes Can Minimize Risk in a Triathlon



## Task Force Members

- **Mike Wien** - Task Force Chair, Past **USA Triathlon** Board Member and Vice President
- **Gergely Markus** Sports Director, **World Triathlon**
- **Thanos Nikopoulos**, Head of Operations, **World Triathlon**
- **Beth Atnip**, Vice President of Global Operations, **Ironman**
- **Dr. Larry Creswell**, Heart Surgeon, **University of Mississippi** School of Medicine
- **Dr. Doug Hiller** , Past Medical Director for IRONMAN Kona, Medical Delegate for Tokyo 2020 Paralympic Games, Clinical Professor, **Washington State University**
- **Dr. Sergio Migliorini**, Chair, **World Triathlon** Medical Committee

# Task Force Members – 9 Federations

- **Tim Yount** – Chief Sport Development Officer, **USA Triathlon**
- **Jonny Hamp** – Director of National Events, **British Triathlon**
- **Jorge Garcia Martinez**, Director of Competition, **Spanish Triathlon Federation**
- **Ryoji Kasanami**, JITU and Asia Triathlon Medical Committee Chair, Nara University School of Health and Sports Medicine, **Japan Triathlon Union**
- **Retief Freysen**, Technical Consultant, **Triathlon South Africa**
- **Esteban Benitez**, Operations Manager, **Mexico Triathlon Federation**
- **Omar Bin Abu Bakar** , Sports Development Executive, **Triathlon Singapore**
- **Gustavo Svane**, Gerente General, **Triathlon Chile**
- **Toby Keegan**, Operations, **Triathlon Australia**

## Mission

- Save One Life (for starters)
- Reduce Fatalities and Serious Injuries





## Mission

- Save One Life (for starters)
- Reduce Fatalities and Serious Injuries
- 2021: Focus on helping National Federations and race directors host races during the current health crisis.



# Focus for Task Force

- Establish a Global Data Base
- Develop New Ideas and Programs
- Share Best Practices





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Focus for Today –Share Best Practices

Help Athletes Take Greater Responsibility to Minimize Risks During the Race

- Most Frequent Causes of Problems
- Educating Athletes to Share the Responsibility
- Role Coaches, Race Directors, Clubs and Federations can play



# Panel Members:

## Global Triathlon Safety Task Force

- **Verity Miles**, Age Group and Elite Multisport Manager, British Triathlon
- **Marilyn Chychota**, Head Coach and Owner, Marilyn Chychota Coaching and retired professional triathlete and road cyclist
- **Dag Oliver**, World Triathlon Technical Official, Past CEO of Norseman and past Secretary General of the Norwegian Triathlon Federation
- **Beth Atnip**, Vice President, Global Operation, Ironman Group
- **Johanne Suss-Burchkel**, Athletes' Service Manager – World Triathlon
- **Doug Hiller**, Past Medical Director for Ironman and Clinical Professor, Washington State University
- **Thanos Nikopoulos**, Head of Operations – World Triathlon



# Panel Format

- Moderator has a bank of prepared questions.
  - One Panelist will provide prepared comments.
  - Open discussion for panelist to respond.
- Focus is on the what the triathlete can do
- Set expectation on how race directors, coaches, clubs and Federation can support athletes related to safety



**Marilyn Chychota**, Head Coach and Owner, Marilyn Chychota Coaching and retired professional triathlete and road cyclist

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What is the Role of a Triathlon Coach in Promoting Safety?

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**Marilyn Chychota**, Head Coach and Owner, Marilyn Chychota Coaching and retired professional triathlete and road cyclist



## What is the Role of a Triathlon Coach in Promoting Safety?

- Physical
- Skills
- Mental
- Equipment

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## What is the Role of a Triathlon Coach in Promoting Safety?

- Physical
  - Training program
  - Nutrition plan
    - Hydration
    - Sodium
    - Fueling
  - Pre-Race Warm Up
  - Medical clearance





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## What is the Role of a Triathlon Coach in Promoting Safety?

- Skills
  - Swim navigation and readiness for conditions
  - Bike skills
    - Descending
    - Aid stations
    - Getting nutrition
    - Cornering
    - Bike packs/ crowded courses
  - Run pacing and trouble shooting



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## What is the Role of a Triathlon Coach in Promoting Safety?

- Mental
  - Goal setting
  - Race planning, pacing, nutrition, gear
  - Feedback systems
  - Knowledge of course
  - Focus plan





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## What is the Role of a Triathlon Coach in Promoting Safety?

- Equipment
  - Skill level appropriate
  - Practiced on similar course terrain
  - Appropriate gear for conditions
    - Wetsuit
    - Clothes
    - Shoes
    - Wheels
    - Helmet
- Appropriate for course terrain



Thank You



- World Triathlon Technology Team



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## Thank You

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