



TRIATHLONS

Step 1: IDENTIFY THE HAZARDS: Let's look at the hazards associated with Triathlons:

- Weather (surf, heat, and extreme winds)
- Location (dirt trails, gravel roads, urban roads)
- Activities (road cycling, backcountry running/cycling, surf swimming,)
- Exhaustion, cramps, injuries
- Mechanical (failure of bicycle part(s), flat tires, etc.)

Step 2: ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Injuries and damage due to changing road and trail conditions
- Incidents involving traveling groups or through urban roads with potholes and other obstacles
- Potential for injury by marine animals
- Increased potential for mishap due to swimming/running/riding for long periods of time and fatiguing yourself; erratic riding by other cyclists. Catastrophic failure of bicycle components.

Step 3: MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should develop risk control options. Start with the most serious risk first and select controls that will reduce the risk to a minimum consistent with mission accomplishment. Decide on some controls that can be employed to reduce or mitigate the hazards:

- Check the weather and plan accordingly. Don't take chances with summer rain. Pack extra gear/clothing to be prepared
- Train for the event during the months prior to it.
- Do not exceed your capabilities. Wear protective clothing that does not leave skin exposed; wear a helmet; continuously scan road or trail ahead and shoulders of road for signs of hazards.
- Stay hydrated and nourished. Carry a basic tool and first aid kit.

With selected controls in place, decide if the benefit outweighs the risk. If risk outweighs benefits or if assistance is required to implement controls, communicate with higher authority in

the chain of command. You need to either accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

Step 4: IMPLEMENT CONTROLS: Once you select appropriate controls, implement them! A plan is only good if it is followed.

Step 5: SUPERVISE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Mountain biking is a great way to have fun and we all deserve a break every now and then. Use risk management to make your triathlon experience memorable and safe. No one wants an outing to turn into a tragedy!

Member
Printed Rank/Rate/Name

Member Signature

Date