

WORLD TRIATHLON ACTIVATOR COMMUNITY SEMINAR – COURSE OVERVIEW

Version 2021

TABLE OF CONTENTS

INTRODUCTION	3
1. SEMINAR LOGISTICS	4
2. COURSE CONTENT	5
3. FACILITY REQUIREMENTS	6
4. THE EVENT (DAY 4).....	6
5. SCHEDULE EXAMPLE	6

INTRODUCTION

This document provides an overview of the World Triathlon Activator Community Seminar.

The aim of the course is to support developing National Federations (NFs) to create a team of people who have the basic skills to grow and develop the sport in their area.

By the end of the course Activators will be able to:

- Plan and deliver training activities (swim, bike, run and transition) for participants.
- Organise and deliver fundamental multi-sport skills training sessions to novice children and adults in a fun learning environment.
- Supervise participants to ensure their safety and welfare are maintained.
- Effectively manage and facilitate triathlon activities in their community.
- Work with club officials, and National Federation staff in a variety of areas.
- Have a basic understanding of the rules and regulations of the sport.
- Maintain ethical values and practices and keep participants (children and Adults) safe.
- Organise and promote simple multisport events, e.g. Aquathlon, Triathlon, Duathlon and Cross-Triathlon.
- Be able to support the NF by putting in place the relevant governance procedures and practices.



1. SEMINAR LOGISTICS

World Triathlon Activator Community Seminar	
Location	Targeted NFs host the course locally in run up to an event that they are hosting.
Attendees	16-25 usually from single NF from the host NF.
Target Audience	Federations where Triathlon is in its early stages of development with limited support for the growth of the sport.
Entry Requirements	None
Selection	Open to all
Course Overview	Facilitators focus on helping Activators to develop the skills to plan and deliver a local event (day 4). Delivery is flexible depending upon the local resources. Focused on applying practical skills.
Delivery	Two facilitators deliver the course: One with a profile of Technical Officiating & Event Organizing One with Coaching profile
Delivery Style	Facilitator Led – appropriate to local situation
Resources	Written Workbook and online content (text & video)
Schedule	4 days on-site plus additional online reading and micro tasks and reading
Key Outcomes	Attendees inspired to pursue key roles in triathlon, e.g. coaching. Local event organized (as pre-cursor to National Championships).
Assessment	Online informal Assessment, informal feedback from Facilitators
Course Content	General Triathlon overview, including Technical Official (rules), events, intro to training (coaching).
Certification	Attendance Certificate



2. COURSE CONTENT

World Triathlon Activator Community Seminar – Course Content	
	Short description
Pre-Course Tasks	Candidates are required to review short online content on Triathlon and answer a mini online quiz. They are also required to complete a personal profile, outlining their background relevant to the course.
Role of Activator	This section outlines what is expected from a person undertaking the role of an activator, including the different aspects and type of activities they will undertake, and equipment they may use. It also provides guidance on ethics, equality and diversity
Understanding Participants	This section explains why different people take part in sport, and why all the different reasons have equal importance and value in the world of Triathlon.
Safety & Welfare	This section covers the basics of how Activators can provide a safe environment where the welfare of all is taken into consideration. It includes safe use of equipment, appropriate clothing, how to assess risks and manage emergencies is also covered and discusses how to deal with and report injuries.
Swim	This section covers how to set up a swim course, including discussion of all the factors that can affect a safe and fair environment, which need to be considered. Information is included on different safety roles, and equipment including water craft.
Transitions	Information concerning how to design a safe and fair transition zone, with focus on applying the rules, and specific organizer equipment.
Bike	Information provided on designing a bike course, positioning of volunteer team, managing communication across the volunteer team, specific equipment and how to deal with hazards.
Run & Finish	How do design and manage a run course, and the finish area are discussed along with the basic rules. Managing aid stations and a recovery area are detailed.
Team Relay	How to design and manage a team relay event, covering the differences between this type of event management and an individual event.
Planning an Event	Guidance on a step by step approach to planning and running an event, based on the 5 pillars approach. What distance should your event be, what type of event? How to run a timing system, allocating volunteers to roles within the event team, maintain a secure venue, up to a medal ceremony and after event activities.
Training Activities	Basic training and racing tips of participants, how to plan training activities for participants before the event so they get the most out of the event. Some examples of training activities to improve the skills of participants are included for swim, bike, run and transition.
Sport & personal Development	This section discusses how Activators can develop themselves and also seek to grow and develop the sport of Triathlon in their area.
Assessment Task	The online learning platform has some simple quizzes which candidates are required to complete, in addition to successfully completing the practical elements of the course whilst observed by the facilitator team.

3. FACILITY REQUIREMENTS

World Triathlon Activator Community Seminar – Facility Requirements	
Theoretical Sessions	<p>A classroom for of the course (4 days) allow for (e.g. 60 minutes before/ after the course). To comfortably fit 25-30 people, with tables laid out in groups of 4 or 5, not in a square or U-shape. This will promote group work as required for the course. Good natural lighting and space to stand up and move around.</p> <p>Stable Internet access. Access to a Copier/ printer at the venue. Data projector, extension cable, white board/ flip charts.</p> <p>Security: the room must be able to be safely secured, and be able to store bikes and equipment, if the room will not be able to store equipment a separate room, should be booked.</p>
Practical sessions	<p>Swimming Pool (minimum 20m length and minimum 2 lanes for course) - 2-3-hour booking,</p> <p>Cycling Environment - large concrete or tarmac car park or similar 50m x 20m, free from cars.</p> <p>Run environment, can be inside sport hall, same venue as cycling or at a running track</p>

4. THE EVENT (DAY 4)

World Triathlon Activator Community Seminar – The event (Day 4)	
DAY 4	<p>On the final day of the course, the Activator team will put on a live Triathlon (or multi-sport) event for the local community. The aim is to practice the skills learned during the course and to create an event which can become a regular occurrence and allow the development and progression of the sport for the benefit of the community in the long term.</p>



5. SCHEDULE EXAMPLE

Time		Day 1	Day 2	Day 3	Day 4
Morning	8:30-9:00	Welcome & Introductions	<i>Theoretical & Practical Sessions and Activities – BIKE</i>	<i>Theoretical & Practical Sessions: Planning for an Event / Race Planning and Preparation</i>	EVENT
	9:00-10:00	What is Triathlon?			
	10:30 - 11:30	The Role of an Activator			
	11:30 - 12:30	Engaging and communication with participants			
	12:30 - 13:30	Lunch	Lunch	Lunch	Lunch
Afternoon	13:30 - 18:00	<i>Theoretical & Practical Sessions and Activities – SWIM</i>	<i>Theoretical & Practical Sessions and Activities – RUN, TRANSITIONS, FINISH</i>	<i>Theoretical & Practical Sessions: Planning for an Event / Race Planning and Preparation</i>	Event Review
					Legacy – sport development in your region
	19:00	Dinner	Dinner	Dinner	Travel
Eve	20:00	Meal, Personal reflections & home study	Meal, Personal reflections & home study	Meal, Personal reflections & home study	

Morning sessions with a 30-minute coffee break from 10:00-10:30

Afternoon sessions with a 30-minute coffee break from 15:30-16:00