

Whitehorse Kids' Triathlon





Saturday June 12, 2021 starts at 9:30am



The purpose of this event is for kids to have fun and put their multi-sport skills to the test in a non-competitive, friendly environment.

RACE FORMAT: SWIM – RUN – BIKE

Location: Aquatic Centre and Whitehorse Nordic Centre (ski stadium and trails)

Ages	Race Distance	Ages	Race Distance
5 with a guardian  AGES 5 YEARS	Swim: 1 lap around Leisure Pool Run: 500 m Bike 500m	8 – 10  AGES 8 - 10 YEARS	Swim: 100m Run: 1kmm Bike: 2.7 km
6 –7  AGES 6 - 7 YEARS	Swim: 50m Run: 500 m Bike: 1.8 km	11 – 14  AGES 11 - 14 YEARS	Swim: 200m Run: 3 km Bike: 5 km

Covid-19 Guidelines

- Self-screen for symptoms prior to this event
- Physical distancing is required throughout the duration of the event.
- **Spectators are limited to 1 parent/guardian per registered participant** due to limited capacities
- Hand sanitizer will be available throughout the event
- Wearing of Masks:
 - Masks are not required to be worn by participants when racing
 - Masks are mandatory inside the Canada Games Centre (participants can put their masks into their transition bag right before going into the water)
 - Masks are not mandatory when outside unless physical distancing cannot be maintained

Mandatory Race Package Pick-Up Times

All race packages must be picked - up before race day

Location: Mt. McIntyre Recreation Center – Grey Mountain Room

Sunday June 6 - 12:00pm - 1:00pm

Monday June 7 - 6:00pm-7:00pm

Tuesday June 8 - 6:00pm – 7:00pm

- ❖ All waivers must be completed and submitted before picking up bib package.
- ❖ Photo ID required at time of pick-up.

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Race Descriptions

Please be aware that the trail routes may change due to the trail condition after the melting season. Visit our website for trail images: www.whitehorse.ca/kidstriathlon.

5 Year Olds with guardian:

- Swim around the Leisure Pool
- Go to Transition Area (T1) - swim/run and change into running gear
- Run around the CGC parking lot to the stadium
- Go to Transitions Area (T2) - run/bike and don bike* and helmet
- Bike through the tunnel to Ketz Hill then circle back through the tunnel to the finish line

Note: Parents are required to run or walk with their child during the bike section, not bring their own bike.

* Bike options include: pushbike, bike with training wheels or a trike

6-7 Year Olds:

- Swim 2 laps of Lap Pool
- Go to Transition Area (T1) - swim/run and change into running gear
- Run around the CGC parking lot to the stadium
- Go to Transitions Area (T2) - run/bike and don bike and helmet
- Bike through the tunnel, follow Dog Trail to the Lynx and Dog Trail junction. Then turn around and return on the Dog Trail toward the stadium and bike back through the tunnel to the finish line.

8-10 Year Olds:

- Swim 4 laps of Lap Pool
- Go to Transition Area (T1) - swim/run and change into running gear
- Run around the CGC parking lot to the stadium and continue on to do 2 laps of the Adventure Trail
- Go to Transitions Area (T2) - run/bike and don bike and helmet
- Bike through the tunnel along the Dog Trail then after the first downhill on Dog they will take a left onto the Coyote Trail connector and another left onto the Sundog Trail. Follow it all the way back through the tunnel to the finish line.

11-14 Year Olds:

- Swim 8 laps of Lap Pool
- Go to Transition Area (T1) - swim/run and change into running gear
- Run around the CGC parking lot to the stadium. Run through the stadium and through the tunnel onto Ketz Trail. At the top of the Ketz Trail run straight up the small connector to the 10K and turn right towards Olympic Trail. They will start their climb on Olympic Trail and follow it up to the 5K Trail. Turn right on the 5K, continue on the 5K, and follow it as it circles back towards the Ski Club wax room. Continue on this trail as it leads back down into the stadium then run by the Sea Cans at the edge of the stadium and turn right into Transition 2.
- Go to Transitions Area (T2) - run/bike and don bike and helmet
- Bike through the tunnel along Dog Trail then after the first downhill on dog they will take a left onto the Coyote Trail connector and another left onto Sundog Trail. Follow Sundog Trail back to the dog parking lot junction then repeat the bike loop a second time. Once they have done their second loop head back toward the tunnel to the finish line.

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General Triathlon Information

- Participants must be the correct age by the race date. Children in the 5-year-old category must have one parent/guardian accompanying them throughout the race, with all necessary equipment for themselves, including swim attire (this includes being in the water within arm's reach for the swim portion). Athletes 6 years of age and older do not require parental assistance during the race.
- **Participants must complete the entire course. Any participant who does not cross the finish line is considered a missing child. If your participant cannot complete you must check-out at the finish line before leaving.**
- All participants are placed in heats according to their age category.
- Each age category course route is marked and signed using their corresponding animal (e.g. 6-7 year olds look for the moose image throughout the course)

Guidelines

<p>Course</p> <ul style="list-style-type: none"> - Volunteers are stationed throughout the course to lend any assistance needed to ensure participant safety and well-being. - It is the participant's responsibility to learn the route and follow the age category signage. There will be clear marking and signage throughout the course. - When overtaking a fellow runner or rider, pass to the left and return to the right side of the trail. When passing, please call out "on your left" to let the person in front of you know you are there. - Volunteers count laps for bike riders if more than one lap is required for their age group. - Parents cannot assist children during the event (with the exception of the 5-year-old category) 	<p>Swim</p> <ul style="list-style-type: none"> - 5-year-olds swim in the Leisure Pool within arms' distance of support person. - 6-14 year-olds swim in lanes in the lap pool. - Anxious swimmers will be placed as close to lifeguards as possible. - Please bring your child's own PFD (life jacket) if your child requires one for the swim portion. Only a limited number and size of flutter board and PFDs (life jackets) are available for use. - Flippers and other propulsive devices are not allowed. - No jumping or diving into the water and no running on the pool deck at any time. - Any stroke is allowed; there is no disqualification for style or stopping - Children must touch each end of the pool and complete the required distance. - Volunteers will count laps for swimmers if more than one lap is required.
<p>Transition Area (T1) Swim/Run</p> <ul style="list-style-type: none"> - This transition area is outside of the pool (east side of the CGC) - Drop off transition bag for T1 & T2, at the body marking station at least 10 minutes prior to designated swim time. - Participants' change of clothes for running must be in their transition bag before proceeding to the body marking station. - Volunteers will assist participants after the swimming event to find their transition bag and direct them to the running trail. - Participants can pick up their transition bag by showing their bib at the designated table at the Finish Line 	<p>Transition Area (T2) Run/Bike</p> <ul style="list-style-type: none"> - Only participants and volunteers can be in the transition area - Participant's bikes and helmet must be dropped off in the transition area (stadium) between 7:30 am - 8:45 am June 12. No helmet = no race - Bicycles must be walked in the transition area - Participants will finish the race with their bikes and can take the directly to their vehicles. - When finishing the race, please ensure that bikes are removed from the finish line and not dropped on the ground as soon as the participants clear the finish line.

Note: It is your responsibility to see that bikes and helmets are in good working order. Bike inspection is not mandatory but recommended. Be sure to check your child's helmet before race day. Helmets must be buckled during the bike portion of the event, including in the transition zone.

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Race Day Check List

Be sure to get a good sleep and eat a good breakfast. You will need fuel for your race. Pack your gear the night before the race. Arrive EARLY – it is going to take time to park and walk to the race site. Stay hydrated throughout the race and go at your own pace.

- Bike drop off 7:30 am - 8:45 am ONLY** - transition area (T2) Run/Bike. Bike racks are marked by bib numbers and age.
- Arrive dressed (swim suit on) and ready to participate

- Swim suit
- Goggles - optional
- Towels
- PFD - if needed
- 5-year-old support person has all necessary equipment for themselves including swim attire

- Water bottle
- Hat
- Mittens, toque, buff if weather is cold
- Sunscreen - Do not forget to apply it on race day

- Race bib pinned on the FRONT of shirt. Bib # needs to be visible.
- Shirt and extra clothing depending on weather conditions
- Running shoes (no crocs or sandals)
- Covid mask

- Bicycle - suitable for uneven ground
- Helmet - CSA approved with chinstrap
- Helmet stickers - on the FRONT of the helmet

Participants must complete the entire course.

Any participant who does not cross the finish line is considered a missing child.

If your participant cannot complete you must check-out at the finish line before leaving.

Kids Tri 4 Fun



Whitehorse, Yukon

*We are looking for **VOLUNTEERS***

If you are interested, please email us at volunteer@whitehorse.ca



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TO FINALIZE YOUR REGISTRATION PLEASE RETURN THIS WAIVER EITHER:

In person at the CGC Front Desk or by
EMAIL: KIDSTRI@WHITEHORSE.CA

Release of Liability, Waiver of Claims, Assumption of Risk and Indemnity

WARNING: Please read carefully – by signing this form you are waiving certain legal rights including the right to sue

Name of Participant(s)

Date

Event: Whitehorse Kids' Triathlon Saturday June 12, 2021

I acknowledge that there are risks associated with participation in any physical training, exercise, sports, adventure or activity program. I have informed myself and my child and understand the risks associated with participation in this Event and (where applicable) my use of the facilities, including the risk of personal injury and freely accept these risks.

In consideration of the permission granted to me (or for the named participant if the named participant is under 19 years of age).

1. I hereby release and forever hold harmless, The Corporation of the City of Whitehorse, its elected and appointed officials, employees, volunteers and agents or representatives of and from all claims and legal actions arising from personal injury or property damage or loss which I may have or suffer as a result of my participation in the Event.

I have no physical or medical condition that would endanger myself or others if I participate in the Event, or would interfere with my ability to safely participate in the Event. I accept responsibility for the condition and adequacy of my competition equipment and my conduct in connection with the Event. I understand and acknowledge that there may be vehicle or pedestrian traffic on the course route, and I assume the risk or running, biking, swimming and/or other portions of this Event and participating under these circumstances. I also assume any and all other risks associated with participating in this Event, including but not limited to the following: falls, dangers of collisions with vehicles, pedestrians, other participants, and fixed objects; the dangers arising from surface hazards, equipment failure, inadequate safety equipment; and hazard that may be posed by spectators or volunteers; and weather conditions.

2. I hereby consent to receive medical care and treatment that may be deemed advisable in the event of injury, accident or illness to me while participating in the Event by a medical director or any of its agents, employees, volunteers, affiliates and designees, a physician and/or hospital. If necessary, I authorize the Event organizer, employees, volunteers, sponsors, affiliates and designees to consent to such medical care



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and treatment. I understand that this authorization is given in advance of any specific diagnosis, treatment, or hospital care being required, and is given to provide authority and power to render care which the above-mentioned may deem advisable in the exercise of their best judgment. I agree to be responsible and assume liability for any and all costs incurred as a result of my participation in the Event, not covered by my insurance, including but not limited to, medical care and treatment, ambulance services, hospital stays, and physician and pharmaceutical goods and services. I agree to indemnify and hold harmless the released parties from all liability for such costs.

- 3. I agree to read and abide by the race rules set out by the City of Whitehorse.
- 4. I shall indemnify, and forever hold harmless, The Corporation of the City of Whitehorse, its elected and appointed officials, employees, supporters, sponsors, volunteers, agents, and all other persons or entities involved with the Event from any and all liability for any damage to property or personal injury suffered by any third party resulting from my participation in the Event.
- 5. This release and waiver is binding upon me, my heirs, next of kin, executors, administrators, successors, assigns and representatives in the event of my mental or physical incapacity, personal injury or death.

Medical Conditions (asthma, allergies, etc.):

Support person for 5 year old participants

Last Name: _____ First Name: _____

Phone Number: _____ Email Address: _____

_____ Parent Signature or Guardian if under 19 years of age	Date Signed _____ 20 ____
_____ Witness – please print	_____ Witness Signature

Staff Initials: _____



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