

## BOPSS Race Safety Briefing

- Your race is timed manually by a tablet. Please wear your race number on the front.
- If you pull out part way through the event – please advise us promptly and return the transponder to us.
- If you are in a team then the swimmer & cyclist must tag your teammate in the ‘team tag’ area, at the back of transition where your runner & cyclist will wait
- The swim is ...m. The first wave starts at ..... **am**. You **MUST** start in the correct wave
- Please provide your own swim cap.
- You will enter the water when called by the marshals and when the start horn for your wave sounds, you will swim in a straight line down to and around the orange buoy turning left/right and then into the shore.
- This is a swim. You may stand but there is to be no walking and moving forward.
- If in difficulty at any time during the swim, raise 1 arm above the head to alert the water safety.
- You will then jog/walk up the grass area to the transition entry.
- You **must** have your cycle helmet on and fastened before you remove your bike from the rack, and it must stay on your head and stay fastened until your bike is racked when you return
- . You will walk/jog your bike from your spot to the transition area exit and the mount line. Once you have **crossed** the bike mount line, you can then start your cycle leg.
- This event is held on public roads. Caution and common sense must be used at all times. **Road Rules apply at ALL times and all road rules must be obeyed at all times.** The road may have traffic on it at any time. Do not presume that you have any special privileges or right of way because you are participating in an event.
- Crossing the white centre line of the road at any stage during the cycle will result in automatic disqualification.
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- Marshals will be available to assist you where and when possible. You must obey their instructions at all times.
- You dismount your bike **before** the dismount line (where the marshal is just before the entry to transition) and walk/ jog your bike back to your area, rack your bike, and then take your helmet off. Please dismount when directed by marshalls.
- The run/walk leg will begin once you or your team member has returned their bike to the racks in transition. You will then walk/jog out of transition by exiting at the beach end and down the run chute and proceed onto the run course.
- Wearing/using ipods, cellphones, mp3 players, or any listening device with speakers or headphones is **not** allowed. This is a safety issue as you need you to be able to listen out for vehicles and other participants during the event.
- For the safety of all participants, we do not permit you to be accompanied on the course by any supporters or children. In addition, we do not allow any vehicles, bicycles, prams, children in bike seats etc.
- In the case of any injury or emergency please approach the nearest marshal (identified by high visibility vests) and advise them what you need.
- Any decision made by the event director or Sport BOP team is final.
- U16/U19 race is a draftlegal event & can draft off the same gender.