



Triathlon for Disabled People in Scotland

Event Participation Responsibilities

There are over 150 triathlon, duathlon and aquathlon events in Scotland each year and all vary in distance, facilities, location and effort. All events are encouraged to be open and inclusive but not all will meet the needs of every prospective participant. All events are listed at www.triathlonscotland.org under the heading 'events' and there is also a handy guide to your first triathlon as well as disability specific information pages for helpful advice.

Participant responsibilities

- Contact the event organiser at least four weeks in advance of your participation to ask if the event will be suitable for your needs
- Research and source all of the equipment that you require for your participation (e.g. hand cycle / wheel chair / tandem cycle)
- Clearly explain your additional needs and discuss with the race organiser anything that you might need help with, whether this is help out of the pool, a chair poolside for you to use while you fit a prosthesis or any other additional requirement.
- Bring someone with you to help you if/when required or discuss with the event organiser where you may need help so that a volunteer can be allocated to assist you

Event organiser responsibilities

- As far as is practical to your event, advertise your event as widely as possible and state that it is inclusive to all
- Provide contact details for participants to get in touch with you or an appointed person to discuss their needs
- Decide if participation will be safe based on the additional needs and be confident to refer the participant to another event if deemed unsuitable
- Consider how you will represent the person with a disability in the results and the podium placings
- Know where to sign post the participant for additional support, for example the local triathlon or athletics/swimming/cycling club as well as **triathlonscotland** and Scottish Disability Sport
- Provide event information in a format that is suitable for the participant's needs (for example large text, audio, printed etc)
- Ensure that volunteers are appraised of the person's needs and allocate a suitable person to provide 1-1 support if required. Note: helpers provided by the event to support disability participation should be appropriately trained and registered with the Protection of Vulnerable Groups (PVG) scheme



- Remind volunteers that they are not to provide support to triathletes with a disability during the race unless they have specifically asked for support to complete their race

Who to go to for further help and advice (participants & organisers)

triathlonscotland - 01786 466921 / 6903 www.triathlonscotland.org
Scottish Disability Sport – www.scottishdisabilitysport.com