

Athlete Checklist

Triathlon Scotland Performance Programme



Check List

- All athletes require appropriate training/competition kit as detailed in the kit list below.
- All athletes are asked to bring appropriate sun protection - sun screen, hats etc.
- All athletes should bring waterproof clothing - tops/bottoms.
- All athletes are asked to bring a personal water bottle or sports drink labelled with their initials
- Shower facilities will be available so towel and shampoo etc. will be required.
- Athletes must provide their own snacks - details meal arrangements will be contained in camp guides.

N.B. If athletes are unable to carry their own bag 150 meters unaided they may have packed too much! Please ensure you are able to carry your own belongings and you only pack what is necessary, as staff will not be available to assist in carrying luggage.

Health & Safety Check List

- All Athletes must have filled in and had signed by a parent/carer, the athlete consent form - no form no participation.
- At registration athletes should notify us of severe allergies or any other medical condition that we should be aware of.
- All athletes are required to wear bike helmets of ANSI Z90.4, SNELL B90, EN1078 or an equivalent national standard.
- No Jewellery is to be worn - if it cannot be removed it **MUST** be taped down.
- ALL pricings should be removed - if it cannot be removed it **MUST** be taped down.

Kit List

General

Towel
Foam roller
Toiletries

Swim kit

Costume / trunks
Towel
Hat & Goggles
Kick board / pull bouy

Bike kit

Inner tube
Pump
Multitool
Tyre levers
Bike lights (rear)
Helmet
Cycling shoes
Cycling shorts (x2)
Cycling leggings (x1)
Arm & leg warmers (optional)
S/S jersey / t-shirt (x2)
L/S jersey (X1)
Waterproof jacket (X1)
Gloves (full finger)
Base layer
Overshoes

S&C Kit

Shorts
T-shirt
Trainers

Other

Leisure clothes
Pen
Paper
School work
Vicks First defence nasal spray
Hand sanitiser

Run kit

Trainers- will be on grass if dry
Leggings/Shorts (x2)
T-shirt
Long sleeved top
Hat
Gloves