

AQUATHLON RISK ASSESSMENT

Overview

An Aquathlon is a sea swim/run event, consisting of a 750-metre sea swim, at low tide, from Dawlish beach, the course will be identified by large triathlon marker buoys

Transition will be on the Beach in a designated area.

The run will be 5 km along the sea wall. This route will be clearly marked and marshalled.

Everyone receives a race number, which is pinned to their race vest (run) and written on their left hand in permanent marker, plus a swim cap with their number (swim). All swimmers are required to wear a wet suit.

Route maps will be on display.

Each contestant is required to sign a disclaimer, the principles of which are as follows:

1. I am a competent swimmer
3. To respect the resort, marshals and the race route
4. I agree that I am over the age of 18
5. Possessions and personal belongs are left at the owner's risk
6. Dawlish Celebrates Carnival doesn't take any responsibility for injury's, or if the event is cancelled for unforeseen circumstances, particularly sea conditions.
7. Medical history relevant to the event is to be identified. i.e. inhalers.

Hazards

- i) Swimmers in difficulty during the swim phase.
- ii) Trip hazards during the run phase
- iii) Fatigue

Management of Risk

Swimmers in Difficulty during the Swim Phase

Water Safety – This is a priority for this phase of the event. Three boats will be available for course marshalling. A power ribbed boat from the Dawlish Warren Surf Life Saving Club, with on board qualified medical support. 2 further powered boats will be available.

The course is identified by line of sight, using three large triathlon sea buoys. The course is a short distance from the shoreline at low tide.

Safety crews are briefed prior to the event and navigate along the length of the swim monitoring swimmers at all time.

Consideration of sea conditions will be taken before the start of the race.

Residual Risk: Low

Trip Hazards during the Run Phase

The transition for this event will be on the beach.

The 5k run is then undertaken along the sea wall, in direct line of sight, marshalled at regular intervals and is a circular route.

Competitors are briefed before the start regarding the undulating surface of the sea wall and cautioned to take care.

Residual Risk: Low

Fatigue

This is a short course when compared to other triathlon or biathlon events. Entrants are normally triathletes and experienced. However, there may be occasions when some may experience an element of fatigue. There will be on site medical support for water safety crews, beach transition and the half way point for the run which also includes a water station and at the finish.

Residual Risk: Low

Marshals will also have radios available and full radio procedures will apply.