



**IR. Iran Triathlon Federation**

# **World triathlon development**

## **Level 1 course**

### **Initial handbook**

"توجه: هرگونه تکثیر، اسکن یا کپی برداری از تمام یا بخشی از مطالب این جزوه حتی با ذکر منبع، ممنوع است و پیگرد قانونی دارد."

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"توجه: هرگونه تکثیر، اسکن یا کپی برداری از تمام یا بخشی از مطالب این جزوه حتی با ذکر منبع، ممنوع است و پیگرد قانونی دارد."

## **Sport History and Governing Bodies**

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### **1. History of Triathlon**

Sport is certainly one of the most interesting aspects of human life. Nowadays sport involves billions of people all over the world. Hundreds of different sports are practiced by people of all ages, races, religions and social groups, in different ways and with different objectives, from simply maintaining a good mental and physical health, to winning the gold medal at the Olympics.

Archaeological remains suggest that some forms of gymnastics were practiced in China from the year 2000 BC, and that several other disciplines were practiced in ancient Egypt and Persia.

It was the ancient Greeks who, considering the sport so important, invented the first Olympic Games in 776 BC: 5 days of sports competitions so important that all the wars were interrupted to allow tens of thousands of people to attend the different competitions every 4 years. The ancient Olympics were celebrated every 4 years until AD 393.

Where does the name ASICS come from?

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The winners at the Olympic Games, awarded with the famous laurel wreath, were sung by poets like war heroes and gods. Winning at Olympia guaranteed great glory (and no money) and for this reason the athletes prepared themselves strenuously. It was only during the Industrial Revolution that some teachers reported physical activity and sport in educational programs.

Among these was the French educator Pierre de Coubertin, who idealised the Olympic Games as the ultimate sporting event in the world.

Nowadays sport is increasingly part of people's daily life; thanks to professional sport, sponsors, media and sports organizations, you can both watch every sporting event and practice physical activity in line with a healthy lifestyle.

A great tool to be a little better today than we were yesterday!

## **2. The International Olympic Committee (IOC)**

The International Olympic Committee (IOC) is a not-for-profit independent international organization that is committed to building a better world through sport. Created on 23 June 1894 by Pierre de Coubertin, just under two years before the first Olympic Games of the modern era in April 1896, the IOC is the supreme authority of the Olympic Movement.



As the leader of the Olympic Movement, the IOC acts as a catalyst for collaboration between all parties of the Olympic family, from the NOCs, the IFs, the athletes and the OCOGs to the Worldwide Olympic Partners, broadcast partners and United Nations (UN) agencies, and shepherds success through a wide range of programs and projects. On this basis, it ensures the regular celebration of the Olympic Games,

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supports all affiliated member organizations of the Olympic Movement and strongly encourages, by appropriate means, the promotion of the Olympic values.

Image Source: <https://www.olympic.org/news/olympic-house-to-officially-open-on-olympic-day>

Location of the IOC Headquarters

IOC headquarters is located in Lausanne, Switzerland. World Triathlon Headquarters is also located in Lausanne.

The IOC house is one of the most sustainable buildings in the world.

Lausanne - the Olympic Capital

When World War I started in 1914, Coubertin decided to move the headquarters of the IOC from France—then engulfed in the conflict—to neutral Switzerland. His instincts and his allies told him Lausanne would provide an ideal epicenter for the future of the Olympic Movement. Across the last century, Lausanne became a magnetic center for those aspiring to be part of the Olympic family. Aside from the IOC, more than 50 international sports federations now call Lausanne home, many of which are headquartered in a single building—the Maison du Sport International. Anyone who visits the city today will understand the Baron's move and the pride behind Lausanne's decision to become the worldwide "Olympic Capital".

## 2.1. The Olympic Movement: vision & mission



### The Olympic Movement

The three main constituents of the Olympic Movement are the International Olympic Committee ("IOC"), the International Sports Federations ("IFs") and the National Olympic Committees ("NOCs").

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In addition to its three main constituents, the Olympic Movement also encompasses the Organising Committees for the Olympic Games (OCOGs), the national associations, clubs and persons belonging to the IFs and NOCs, particularly the athletes, as well as the judges, referees, coaches and the other sports officials and technicians. It also includes other organisations and institutions as recognised by the IOC.

As is clearly stated in the Olympic Charter: "The goal of the Olympic Movement is to contribute to building a peaceful and better world by educating youth through sport practised in accordance with Olympism and its values." (Olympic Charter, Chapter 1, Rule 1.1)

## 2.2. Olympism



Olympism is a philosophy of life, exalting and combining in a balanced whole the qualities of body, will and mind. Blending sport with culture and education, Olympism seeks to create a way of life based on the joy of effort, the educational value of good example, social responsibility and respect for universal fundamental ethical principles.

### The Olympic Charter

The Olympic Charter is the codification of the fundamental principles of Olympism, and the rules and bye-laws adopted by the International Olympic Committee. It governs the organization, actions and functioning of the Olympic movement and establishes the conditions for the celebration of the Olympic Games. Among other things, it establishes the relations between the International Federations, National Olympic Committees and the Olympic Movement.

### The Olympic Rings

The Olympic symbol - widely known throughout the world as the Olympic Rings - is the visual ambassador of the Olympics for billions of people.

"The Olympic symbol expresses the activity of the Olympic Movement and represents the union of the five continents and the meeting of athletes throughout the world at the Olympic Games. (Olympic Charter, Rule 8)



Upon its initial introduction, Coubertin stated the following in the August 1913 edition of *Olympique*: "... the six colures [including the flag's white background] combined in this way reproduce the colours of every country without exception. The blue and yellow of Sweden, the blue and white of Greece, the tricolor flags of France, United Kingdom, the United States, Germany, Belgium, Italy and Hungary, and the yellow and red of Spain are included, as are the innovative flags of Brazil and Australia, and those of ancient Japan and modern China. This, truly, is an international emblem."

The President of IOC  
Current President- Thomas Bach



Read more:

<https://www.olympic.org>

### 2.3. The Paralympic Movement: vision & mission



- **Vision: Make for an inclusive world through Para sport.**

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- **Mission:** To lead the Paralympic Movement, oversee the delivery of the Paralympic Games and support members to enable Para athletes to achieve sporting excellence.

#### Paralympic Values

The Paralympic Movement has adopted and follows athlete-focused values, which act as the underlying reference for all those involved in Para sport.

- **Courage:** Para athletes through their performances showcase to the world what can be achieved when testing your body to its absolute limits

- **Determination:** Para athletes have a unique strength of character that combines mental toughness, physical ability and outstanding agility to produce sporting performances that regularly redefine the boundaries of possibility

- **Inspiration:** As role models, Para athletes maximise their abilities, empowering and exciting others to be active and participate in sport

- **Equality:** Through sport, Para athletes celebrate diversity and show that difference is a strength. As pioneers for inclusion, they challenge stereotypes, transform attitudes and break down social barriers and discrimination towards persons with disabilities.

The President of IPC

Current President - Andrew Parsons

Read More:

<https://www.paralympic.org/>

### 3. Governing Body



World Triathlon (former International Triathlon Union) is the world governing body for the sport of Triathlon and its related other Multisport. It is founded in April 1989 in Avignon, France and existing under art. 60 and following the Swiss Civil Code. The headquarters of the World Triathlon is in Lausanne, Switzerland. World Triathlon is a non-profit organization and does not pursue any objective for its own gains.

The Mission of World Triathlon is to promote the sport of Triathlon, Paratriathlon and its related Multisport and disciplines throughout the world, and to lead the sport

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of Triathlon, as recognized by the International Olympic Committee and the International Paralympic Committee.

Triathlon, which integrates disciplines administered by other International Sports Federations (IFs), is developed according to its own specific nature and under its sole authority.

### **3.1. History**

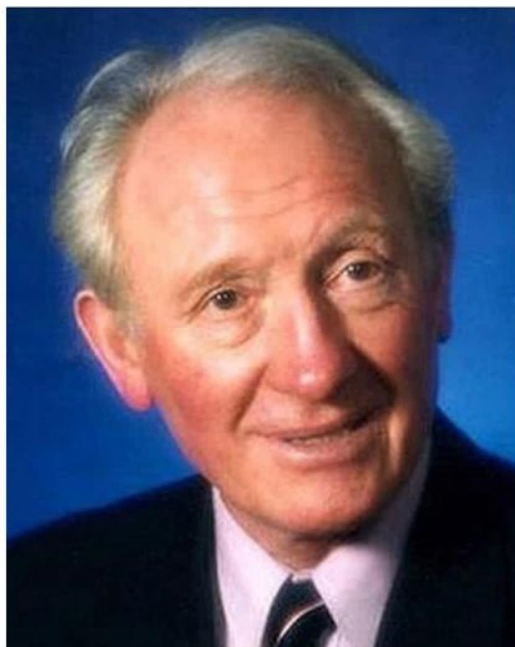
The origins of Triathlon may have started in France in the early 20th century, but modern triathlon has its origins in west coast America in the 1970's. The first recorded triathlon took place in San Diego, California on September 24, 1974. It was organized by the San Diego Track & Field Club as an alternative to the rigors of training on the track. The race, which took place in San Diego's Mission Bay, consisted of a 5.3 mile run, a 5 mile cycle and a 600 yard swim in the Bay. A total of 46 athletes finished the race.

Triathlon grew rapidly from its humble beginnings in San Diego and within a matter of years it became one of the fastest growing sports all over the world. World Triathlon was founded on the 1st of April 1989, at the first World Triathlon Congress in Avignon, France. A total of 30 National Federations attended the initial Congress and preparations were made for the sport's first World Championships to be held in Avignon in August of 1989. At this meeting the Olympic distance was set at a 1.5-km swim, 40-km bike and 10-km run. More than 800 athletes representing 40 countries competed in the first World Championships. Canada's Les McDonald was elected as World Triathlon's first president in 1989.

Since its inception in Avignon, World Triathlon maintained its headquarters in Vancouver, Canada until January 1st, 2014 when it moved Lausanne, Switzerland, home of the IOC. From its beginning World Triathlon has grown to include over 170 affiliated National Federations around the world.

- Les McDonald (CAN) was elected as World Triathlon's first president in 1989.
- Marisol Casado (ESP) was elected as World Triathlon's second president in November of 2008. She became an IOC member in February of 2010 at the 122nd IOC Session in World Triathlon's hometown of Vancouver.

Les McDonald



Marisol Casado



Watch the World Triathlon 25 Year Anniversary Video  
[ITU 25-Year Anniversary Show - TriathlonLIVE](#)

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### 3.2. Competitions History

World Triathlon began the World Cup series in 1991, staging 11 races in eight countries. The World Triathlon Championships Series (now the World Triathlon Series) was created as World Triathlon's top tier race series in 2009, staging eight races in eight different countries.

Triathlon was officially added to the Olympic Program by the IOC at its Congress in Paris in 1994. Triathlon made its Olympic debut at the 2000 Games in Sydney, with Switzerland's Brigitte McMahon and Canada's Simon Whitfield earning the sport's first gold medals. Triathlon will have the Mixed Relay added to the Olympic Games program for the first time in Tokyo in 2020. The Mixed Relay has already been on the Youth Olympic Games since its first edition in Singapore (2010).

World Triathlon has committed to supporting the development of paratriathlon for over 15 years. There are currently five sport classes for athletes with an impairment to compete in over the sprint paratriathlon distance of 750m swim, 20km bike (hand bike/tandem), 5km run (racing wheelchair) at all World Triathlon Paratriathlon sanctioned events each year.

The Rio Paralympics were also the first time that paratriathlon entered the highest level of the sport.

### Gender Equality since the first Championships

Equal Prize Money, Equal opportunity for the athlete from both gender to compete at the World Triathlon race since the first World Championships in 1989. Karen Smyers (USA) recalled the first championship in 1989 "When we got there, the organizers announced that the men would get a bigger prize purse than the women. The Men stood up and said they would refuse to race unless there was equal prize money for the women. The organizers relented, and World Triathlon has maintained the principle ever since." (25 Yearbook)

### 3.3. The Continental Confederation

The 5 Continental Confederations are also part of World Triathlon, whose tasks include:

- Promote and organize triathlons and related disciplines on their respective continents.
- Organize the Continental and elite and junior Continental Cups.
- Develop their own continental rankings (elite, junior and national).
- Support development projects and activities.

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Below are the links to the sites of the 5 Continental Conferences:



Africa Triathlon



Americas Triathlon



Asia Triathlon



Europe Triathlon



Oceania Triathlon

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### 3.4. Timeline

#### 4. Athletes' Representatives

Athletes are the core of sport, whether it is professional or amateur sport. The role of athletes in the decision-making process of World Triathlon has been a fundamental principle of our organization since its creation in Avignon, France, 1989. The inclusion of elected athletes on the World Triathlon Executive Board has strengthened the role of the athletes and is an integral part of our continued success as an International Federation striving to be 'athlete-centred'. From 2019, two athlete representatives (one man and one female) are included in the World Triathlon Executive Boards with two voting rights. Not only at the World Triathlon level, the IOC also takes its own initiative to place the 'athletes at the heart of the Olympic Movement' in the IOC Agenda 2020. The main task of the IOC Athletes Commission is to 'Empower, Support, Promote, Ensure the role of the athlete in the Decision-Making Process'

Los athletes son el Centro del deporte, sin importar si es deporte profesional o amateur.

#### 4.1. Athletes Committee

[https://www.triathlon.org/athletes/athlete\\_committee](https://www.triathlon.org/athletes/athlete_committee)

Athletes' Committee have ten (10) members (5 men x 5 women, being at least from 3 regions, with a maximum of two Para triathletes from each gender and from two different continents).

Candidates to the Athletes' Committee must have had a World Triathlon World Ranking during the previous four (4) years. The terms of office for the Athletes Committee is four (4) years.

Yannick Bourseaux (FRA)

Claire Michel

Simon De Cuyper (BEL)

Lisa Norden (SWE)

Tony Dodds (NZL)

Sally Pilbeam (AUS)

Jonathan Goerlach (AUS)

Tamas Toth (HUN)

Rachel Klamer (NED)

Ai Ueda (JPN)

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**Contact**

The Chair of World Triathlon Athletes' Committee-Tamas Toth (HUN)  
tamas.toth@triathlon.org, or you can contact all the athletes of the Committee at  
athletes@triathlon.org

The following video is an interview with Tamas

**4.2. The IOC Athletes Commission**

Reflecting the Olympic Agenda 2020 goal of placing the athletes at the heart of the Olympic Movement and strengthening the support to athletes, we serve as a link between athletes and the IOC. We advise the IOC Session, the IOC Executive Board (EB) and the IOC President on matters concerning athletes.

<https://www.olympic.org/athletes-commission>

**The Mission**

To ensure that the athletes' viewpoint remains at the heart of the Olympic Movement decisions.

Stafan Holm (SWE) is the IOC Athlete Commission liaison person for World Triathlon.

**World Olympian Association**

Established by the IOC, the WOA recognizes and supports Olympians, and empowers them to make a positive difference in their communities.

WOA provides Olympians with the following benefits: OLY postnominal letters recognition, Olympian.org email address, project grants, mentoring opportunities and Games-time hospitality, tickets, events and more.

## Introduction to Triathlon

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### 1. Introduction to triathlon



Triathlon is a unique activity. It is adaptive, inclusive and flexible. People of all ages, abilities and backgrounds can participate in triathlon, and it is a sport that emphasizes “finishing over winning”. Challenge, personal achievement and a healthy lifestyle is encouraged.

As a triathlon coach, we encourage you to teach young athletes and novices the values and philosophy of the sport. We challenge you to introduce and model the components of a healthy lifestyle. More importantly we encourage you to have fun. Triathlon is a multi-discipline sport involving a continuous race over various distances in the three disciplines of swimming, cycling and running, but is so much more. As well as the transition skills required between swim-bike (T1) and bike-run (T2) disciplines, you also need a background knowledge of the sport, the rules of

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competition, the how-to skills of coaching, and the ethics and welfare needed for safe and equitable coaching.

### 1.1. What is Triathlon?

Competitors race against the clock, which starts as they enter the swim and stops as they cross the finish line after the run. This includes time splits for each of the separate disciplines.

For this reason, triathlon is often reported as having a 'fourth discipline' known as the transition. The transition is the point in the race when competitors change from swimming to cycling (T1) , and from cycling to running (T2).

### 1.2. Format

Triathlon is quite unusual in that you don't actually complete a triathlon in training. This is generally saved for race day. Essentially you complete a swim then bike, and then run, with no stops between each one; it's as simple as that!


Obviously, there are rules, and as a coach you should be aware of these to stop your athletes getting penalties. Some common rules for beginners are:

- No outside assistance (no one can hold your equipment or help with punctures!).
- No nudity!
- Race numbers to be displayed (rear for cycling and front for running).



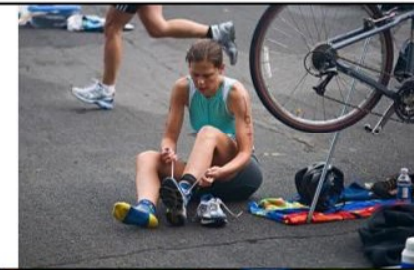

### Triathlon Format

Although triathlons vary in location, terrain and other features, the majority of triathlons follow the general format below.

**Table showing the disciplines within a typical triathlon**

Discipline	Description	Image
<b>Swim</b>	Triathlons generally commence with a swim in either open water (lakes, rivers, oceans, seas, etc.) or in a pool. Swim courses can be many different shapes. In open water races, athletes begin at the same time in a mass start or in waves for safety. In pool swims athletes can start one at a time, in small groups, or all together pending enough space.	



<b>Transition (T-1)</b>	<p>Following the swim, athletes exit the water and complete a transition on to the bike. This is called T1. All the athletes' equipment is placed in the transition area, which becomes a central focus during the event. Transition areas are usually a rectangular shape and a fair transition means all athletes travel the same distance during the race to get through.</p>	
<b>Cycle</b>	<p>Next is the cycle portion of the triathlon which is generally conducted on public roads and often closed to traffic. Large parks with adequate roads may be suitable to give participants a traffic free environment. Courses may be looped, out-and-back, or other variations.</p>	
<b>Transition (T-2)</b>	<p>T2 is the second transition, from bike to run. In most triathlons, athletes rack their bike in the original position. Usually athletes change from cycling shoes to running shoes in T2.</p>	
<b>Run</b>	<p>The race finishes with the run. Run courses are diverse and often involve a variety of different terrains.</p>	

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### 1.3. Transition: The 4th Discipline



The transition is often referred to as the 'fourth discipline' in a triathlon event. Transitions involve a change from one discipline to another and therefore include specialized skills related to equipment. In a traditional triathlon there are two transitions: **Transition 1** or (T1) which is swim-to-bike and **Transition 2** (T2) which is bike-to-run:

Transitions are unique to multi-sport events and occur between sports. Athletes 'transition' from one sport to another, changing equipment in the transition area.

The transition area is a focal point of races, where all athletes keep their equipment. It is usually an exciting, chaotic, and crazy place.

Athletes use more fine motor skills and perform specific skills like putting on helmets and shoes; taking off swim caps, and moving the bike on and off the transition racks.

- **T1:** The **swim-to-bike** transition begins when athletes exit the water and may involve running up hill or on varied terrain such as sand, grass, asphalt, and other surfaces for anything between 25m to 500m!
- **T2:** A **bike-to-run** transition begins as soon as athletes dismount their bike, and is often shorter than T1. It is during and immediately after T2 that athletes will mention the feeling of 'jelly legs'.

Depending on the race, the skills involved in a transition may include:

- Taking off a wetsuit, swim cap and goggles.
- Putting on and taking off a helmet, bike shoes.
- Putting on running shoes, number belt, running cap.

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- Possibly a jacket, socks and other attire.
- Walking or running with your bike.
- Mounting and dismounting the bike.
- Un-racking and re-racking the bike.

Transitions require an individual to be calm and fluid in their practice, while still moving as quickly as possible.

No two transitions are ever the same; there are many variables in transition so an athlete must be prepared for anything. For example, it is common for equipment to be moved or altered.

Many coaches underestimate the importance of transition practice, particularly in changing/ variable circumstances. It is important that transition practice is integrated into coaching sessions, practising for a variety of scenarios.

Safety concerns that arise in transitions usually relate to participants trying to rush which results in disrupting, tripping over, or colliding with other equipment or individuals.

#### 1.4. Competition Distances

Distances of individual events may vary from race to race, but there are some standard triathlon distances, quoted in terms of swim / bike / run. These are summarised in the following table:

Event	Swim	Cycle	Run
Super sprint	400m	10km	2.5km
Sprint distance	750m	20km	5km
Standard (Olympic) distance	1500m	40km	10km
'Ironman'® distance	3800m	180km	42km

Often longer races are referred to as 'long distance triathlons', some of which may be under the Ironman® brand. Since it began as a challenge between a group of Navy Seals, the Ironman® has grown to become one of the most recognised endurance events in the world. Originally a combination of the Waikiki Rough Water swim, the Around Oahu Bike Race and the Honolulu Marathon.

Triathlon has separate categories for athletes with disabilities (paratriathletes), elite athletes, and age group athletes (from 8 to over 85 years!), and all have recommended race distances. See the World Triathlon Competition Rules for more details.

## 1.5. Other Formats

### Duathlon



Duathlon is an activity that combines running and cycling in one event. Duathlons provide an excellent option for people who are unable to swim, or who do not enjoy the water, or in areas where there is no place to swim or weather conditions are not conducive to swimming.

The event has three segments: **Run - Bike - Run**

### Winter Triathlon



Winter triathlon, usually the swim section is replaced by cross country skiing. You need snow or ice for this one, however the run and bike segments can take place on a different surface.

The event has three segments : **Run - Mountain Bike - Cross Country Skiing**

### Cross Country Triathlon

Cross triathlon, or X-tri, is an off-road triathlon discipline that typically takes place over a 1 kilometre (km) swim, 20 to 30km mountain bike and 6 to 10km trail run. The discipline first emerged in 1996 at a race in Maui, Hawaii, and later evolved into the world-renowned XTERRA series.

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The event has three segments: **Swim - Mountain Bike - Cross Country Run**  
 Aquathlon

One of the simplest forms of multisport, Aquathlon consists of swimming and running. The official distances for the annual World Triathlon Aquathlon World Championships are a 2.5km run, 1km swim, and 2.5km run. Note in some countries there may just be a swim followed by a run.

The event has three segments: **Run - Swim - Run**

### Mixed Relay



World Triathlon's Triathlon Mixed Relay format is racing at its most thrilling. It's energetic, exciting, uncompromising and action-packed. This innovative format also known as 4×Mixed Relay, comprises of two men and two women. Each athlete completes a 'super-sprint' triathlon of swimming, biking and running, before tagging off to their next team mate. It's non-stop action from the very beginning, and the pace is relentless. It is survival of the fastest. Mixed Relay will enter as an Olympic Event in Tokyo 2020.

The event has three segments for each competitor: **4 × Swim - Bike - Run**

#### 1.6. What is a Triathlete?

When a person from outside the sport is asked to describe a triathlete, they will use some of the following terms:

- Super fit.
- Olympian.
- Winner.
- Sport mad.
- Muscles.
- Lycra.

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As insiders to the sport, we know that, whilst there are triathletes that meet all the above descriptions, Triathletes come in all shapes, sizes and have personal goals ranging from finishing a sprint to qualifying for Ironman® Hawaii.

As a coach you need to recognize and respect all athlete's goals, and you have a responsibility to encourage participants who are new to the sport, some of whom may be thinking the above is what they need to be to take part.

Let us consider some of the basic requirements of a triathlete and the starting point for a Triathlon coach. Most people will come to the sport with some experience of at least one of the disciplines, but may have very limited experience in the others. The following list shows that the required standard to be a triathlete is not high:

**Swim:**

- Have fundamental skills of swimming (floating, water confidence).
- Ideally can swim front crawl - even if only 1 length.

**Bike:**

- Able to ride a bike.
- Have road awareness.

**Run:**

- Able to jog/run.
- Distance not relevant - may have completed 5k fun runs.

Coaching and teaching are very similar, however a Triathlon Coach may not be versed in teaching someone to swim, or teach the fundamentals of riding a bike. If a person requires this level of support, they should be signposted to a specialist swim teacher or cycling coach.

There are people who may not have the physical ability to swim, cycle or run using the standard equipment, but anyone who wants to should be able to take part in triathlon activities. Paratriathlon is well developed and can support athletes and coaches to ensure our sport is open and accessible.

As a coach, you need to be able to adapt sessions to meet your participant's needs, and also learn where to signpost athletes when required.

### 1.7. Values

The values and beliefs that coaches hold will shape their coaching practice over time. Some key values that are important to World Triathlon and the National Federations within Triathlon are:



**Table showing the core values of World Triathlon**

<b>Values</b>	<b>Description</b>
<b>Respect</b>	People from different countries, cultures, and regions compete together in triathlon. Everyone encourages all other competitors, whatever their ability, background, gender, ethnicity, or age.
<b>Solidarity</b>	Athletes participate together from around the globe. They work together to bring sport to their communities, countries, and continents. Athletes and coaches of all abilities inspire others to lead healthy lifestyles, model the spirit of sport, and remain true to ethical values.
<b>Finishing</b>	Finishing is winning. It does not matter if you are first, last, or in the middle. In multi-sport, everyone who puts forth effort to reach the finish line is a winner.
<b>Inclusive</b>	Anyone can do a multi-sport event using safe equipment. Triathlon has a strong and vibrant Paratriathlon community. Triathlon is also gender equitable, women and men race on the same courses, and receive the same awards.
<b>Unique</b>	The people in triathlon make the sport unique and fun. There are people from ages 5 to over 80 years in triathlon events. Everyone comes to enjoy the challenge of testing their skills, endurance, and mental toughness. It is a perfect individual or family sport.
<b>Challenge</b>	Triathlon encourages challenge. The effort required to complete multi-sport events teach people tenacity, determination, and perseverance. Such valuable abilities can be transferred to all areas of life from academia to family and careers to volunteer projects.

### 1.8. Categories

Triathletes fall into a range of categories, these include:

**Novice:** first time participants.

**Age-Group:** Triathletes who are non-professional but passionate about the sport. These individuals are performance orientated. The age-group system allows you to

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compete against other triathlete entrants of the same age (within a five-year band) and sex. Triathlon and duathlon World Championships give all triathletes the chance to enter - they have an age-group category as well as an elite category.

**Elite:** professional triathletes or Para triathletes who compete at an international level.




Athletes are also grouped on age:

**Table showing the age categories**

Group	Age range	Image
Youth	15-16	
Junior	17-19	
Senior	20-39	

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<b>Veteran</b>	40+	
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### 1.9. Triathlon Rules

Like all sports Triathlon is governed by rules that apply to all races that come under the governance of your National Federation or the International Triathlon Union for international races.

There are some common rules that most competitors have heard about, and some less well-known ones, that are nevertheless important.

Common Rules that many people have heard of include:

- Drafting - in many races' competitors cannot sit directly behind the cyclist in front on the bike section.
- Mount and Dismount line - riders can only be 'on their bike' on the cycle section side of the mount/dismount line.
- Helmet violations - participants must have helmet on and done up whilst they are in contact with their bike.
- No headphones and no nudity.

There are however a significant number of other rules, which include specific definitions of what equipment is allowed and when, specific race rules for different distances.

Coaches should make a specific effort to learn and understand the majority of rules, at least at a high level. In this way they are in a better way to educate their athletes, and with some imagination can also simulate mental skills in a race, when dealing with issues around rules and potential penalties.

The first step is to read and digest the rules of the sport, found in the rule book. A link to the Rules of the sport will be available once you have completed the introductory section of this content in the Triathlon Rules Section.

### 1.10. Triathlon Clubs

Belonging to a club is an excellent way to get more involved in triathlon. Clubs cater for all levels of ability and experience, and either have their own coach or access to one.



## 2. Further Reading

Background reading for triathlon on Wikipedia

World Triathlon

Home page for WTC Ironman®

"توجه: هرگونه تکثیر، اسکن یا کپی برداری از تمام یا بخشی از مطالب این جزوه حتی با ذکر منبع، ممنوع است و پیگرد قانونی دارد."



## **Rules of Triathlon**

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2. Rules for Different Competitions
3. Annual Updates
4. Sanctions
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9. Cycling Directly Behind Someone
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"توجه: هرگونه تکثیر، اسکن یا کپی برداری از تمام یا بخشی از مطالب این جزوه حتی با ذکر منبع، ممنوع است و پیگرد قانونی دارد."

## 1. Introduction



A good understanding and knowledge of the rules of the sport is often neglected by athletes, and in many cases coaches too. Whilst most people are familiar with the common rules of mount\dismount line and some knowledge of drafting, many of the other rules of the sport are not clearly understood or even known.

Sometimes rules can at first seem bureaucratic, but all the rules of the sport have been developed to ensure Triathlon remains safe and fair for all participants. The aim of the Competition Rules and Technical Officials is to promote the enjoyment of the sport, but uphold the rules where safety and fairness may be compromised.

The aim of this section is to highlight some of the different types of rules and signpost to where more knowledge can be found. This section should therefore be used as a precursor to reading the Competition Rules NOT instead of reading them. Some of the key and less well-known rules are referred to in this section, however not every rule is covered and therefore coaches and participants should read the rules.

## 2. Rules for Different Competitions



Within Triathlon there are a variety of rules depending upon which organization licenses the specific race. For most coaches and participants, the three main organizations are:

- World Triathlon – governing Olympics, International races, for example WTS, World and continental cup races, Elite and Age Group World Championships.
- Ironman – governing Ironman branded events.

"توجه: هرگونه تکثیر، اسکن یا کپی برداری از تمام یا بخشی از مطالب این جزوه حتی با ذکر منبع، ممنوع است و پیگرد قانونی دارد."

- National Federation - governing most domestic and some national championship events. Some NFs developed their own rules when Triathlon was in its infancy, and may still have some discrepancies from World Triathlon rules, other NFs have adopted the World Triathlon rules completely.

From January 2017, World Triathlon, Ironman and several NFs are seeking to harmonise their rules with the aim of operating under a consistent set of rules to govern the whole sport, therefore the rules of each closely mirror each other. Each of the links above will take you to the current rules for the relevant organization. Additionally, Triathlon rules are closely related and defer in many cases to both WADA, for doping violations and UCI for regulations relating to cycling equipment. Coaches should therefore know which rules govern races that their athletes are competing under.

Note the rest of this section uses World Triathlon Competition Rules.

### **3. Annual Updates**



It should also be noted that all the organizations listed previously release updates to rules and regulations on the 1st of January each year. For this reason, coaches and participants should review annual changes and ensure they keep up to date with the current situation. This should be a process they undertake each year.

### **4. Sanctions**

Failure to abide by the rules of the sport can lead to a number of increasingly serious sanctions being imposed:

1. Warning – a warning is usually issued by a technical official, and includes use of banned equipment, such as Mobile phone, cutting the course, racing topless (or with front zip unzipped), littering. Responding positively and taking corrective action will result in no further action. Failing to take appropriate action may lead to disqualification.

"توجه: هرگونه تکثیر، اسکن یا کپی برداری از تمام یا بخشی از مطالب این جزوه حتی با ذکر منبع، ممنوع است و پیگرد قانونی دارد."



2. Time penalty – usually applied for drafting infringements, failure to correct race number or helmet issues, riding in transition. Time penalties vary between 10 seconds and 5 minutes depending upon the infringement and race distance.
3. Disqualification (DQ) reasons include breaking traffic regulations, dangerous riding, threatening or abusive behavior, failing to obey instruction, outside assistance.
4. Suspension from all competition is the most serious sanction, and is usually reserved for anti-doping violations, fraudulent behavior or repeated dangerous or unsportsmanlike conduct.

At an entry level, Technical officials will make every effort to explain rules, use warnings and allow novice athletes to rectify errors before sanctions are applied. Coaches can help athletes have a more enjoyable race by explaining key rules and outline common mistakes, so they learn and can improve.

As an athlete progress through to more advanced races of a higher competitive standing, such as qualification races or championships they will be expected to have a greater understanding of the rules, and sanctions will be applied more readily.

## **5. Equipment for Swimming**



Most of the rules are concerned with safety, unfair buoyancy or propulsion. Some common rules include

- Competitors must not use or wear artificial propulsion devices and flotation devices.
- Wetsuits must comply with rules, including being no thicker than 5mm.
- Swim caps must be worn, the outermost cap must be the official race swim cap.

In non-wetsuit swims the following are not allowed:

- Clothing covering any part of the arms below the elbows and clothing covering any part of the legs below the knees is also forbidden during the swim segment, such as calf and arm compression clothing,

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- Official race numbers

For safety reasons, the use of wetsuits is forbidden or mandatory if the following combinations of distance and water temperature are attained.

#### **Elite, U23, Junior and Youth:**

<b>Swim length</b>	<b>Forbidden</b>	<b>Mandatory</b>
Up to 1500m	20°C and above	15.9°C and below
1501+	22°C and above	15.9°C and below

#### **Age Group Athletes:**

<b>Swim length</b>	<b>Forbidden</b>	<b>Mandatory</b>
Up to 1500m	22°C and above	15.9°C and below
1501+	24.6°C and above	15.9°C and below

At temperatures above 32°C and below 12°C the swim element of the race should be cancelled. Note that there are a variety of water and air temperatures which when considered with race distance may result in the race distances being shortened. See the competition rules for full details.

## **6. General Conduct**



It is the competitor's responsibility to:

- avoid using abusive language;
- ensure race uniform covers the torso - front zipper must be zipped up for sprint and standard, and not undone further than the bottom of the breastbone for middle and long distance;
- only dispose of rubbish in designated litter zones;
- not display any political, racial or religious propaganda;

"توجه: هرگونه تکثیر، اسکن یا کپی برداری از تمام یا بخشی از مطالب این جزوه حتی با ذکر منبع، ممنوع است و پیگرد قانونی دارد."

- only change entries with another competitor by an official process run by event organiser, otherwise competitor won't be insured in the case of accident.

## 7. Equipment for Cycling



General rules for bikes include:

- Bikes must be roadworthy, generally an M-Check is sufficient.
- Must have bar ends, circled in red in picture.
- Roadworthy and approved helmet, see Bike Equipment section,
- Race numbers must be worn on back during the bike section.
- Any race numbers supplied by event organizer must be used as instructed.

With the inclusion of draft legal races for age group there are a number of differences between what is allowed in different races.

**Table: Bike Equipment, rules for different competitors**

Item	Draft Legal-Elite	Draft Legal-Age Group	Non-Drafting
Wheels	UCI approved wheels	No Disc Wheels, must have minimum 12 spokes.	Rear Disc wheel allowed, unless adverse wind conditions

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Brakes	Brake on both wheels	Brake on both wheels	Brake on both wheels
Handlebars	Drop handlebar with clip-on allowed, but must not exceed the foremost line of brake levers and must have a solid bridge or be touching.	Traditional Drop Handlebar only	Only handlebars and clip-on bars not extending beyond the leading edge of the front wheel will be permitted. Clip-on bars in two pieces do not need to be bridged. All tube ends must be plugged.



## 8. Transition and pre-race conduct



"توجه: هرگونه تکثیر، اسکن یا کپی برداری از تمام یا بخشی از مطالب این جزوه حتی با ذکر منبع، ممنوع است و پیگرد قانونی دارد."

Competitors should NOT mark their equipment or position in transition.

- Only competitors will be allowed in transition - no family, children or dogs!
- MP3's and using phones to make calls or take photos are forbidden - this is due to safety and the need for being alert at all times as to what is happening
- Rack in transition in your own personal spot and don't take up too much room. Boxes will be moved and bags will probably be moved to the side to not impede anyone else. If you do this then you could get a penalty.

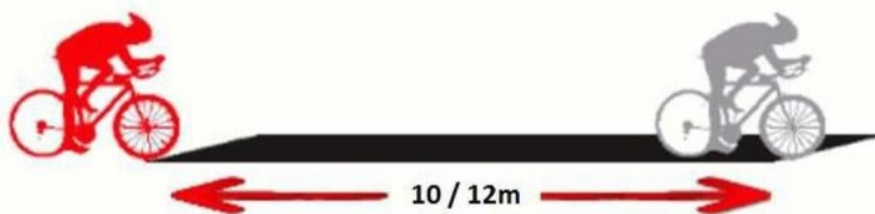
## 9. Cycling Directly Behind Someone

taking advantage of reduced frontal air resistance as they shelter behind the other rider. Competitions are either declared as Draft Legal (allowed) or Non-Drafting (draft illegal). Rules are in place to ensure that triathletes cannot benefit from drafting off other competitors. Draft legal races tend to be for elite competition in Standard and Sprint distance and some high-level competitions for age groupers. The rules for drafting have changed over time and competitors and coaches should always review the latest rules for drafting.

The basic rules are:

- A drafting zone behind a triathlete exists, the draft zone is either 10m (sprint and standard distance races) or 12m (middle- and long-distance races) long.

A rider coming into the draft zone behind another triathlete has 20 seconds (sprint/standard distance) or 25 seconds (middle and long distance) to pass the lead rider, or they have to drop out of the draft zone.



## 10. Conduct During Competition

The following video shows some common rules in race scenarios:

Swim

"توجه: هرگونه تکثیر، اسکن یا کپی برداری از تمام یا بخشی از مطالب این جزوه حتی با ذکر منبع، ممنوع است و پیگرد قانونی دارد."



- Backstroke is not permitted in a pool swim, and the event organiser should be notified if there is an intention to use backstroke in open water event. Any other stroke maybe used freely.

### Cycling

- Helmet must be worn and done up at any point where the competitor is in contact with the bike.
- Competitors must only mount the bike after the mount line, and dismount before the dismount line.
- Must be in possession of a bike throughout the bike course, a competitor can run or walk with their bike at any point on the bike course.
- know and follow the course and count laps where applicable. Marshalls are provided for safety, not to give directions;
- follow any instructions given by an official or marshal. Instructions will be given to help, maintain fair play or keep everyone safe;
- Local Traffic Regulations must be followed always when racing on open roads.

### Outside assistance

- Outside assistance - only allowed by event personnel or Technical Officials – and is limited to providing drinks, nutrition, mechanical and medical assistance.
- Competitors may not provide any item of equipment to a competitor competing in the same race which results in the donor competitor being unable to continue with their own race. This includes but is not restricted to shoes, complete bicycle, frame, wheels and helmet. The penalty for this will be disqualification of both competitors.

## 11. Protests and Appeals



"توجه: هرگونه تکثیر، اسکن یا کپی برداری از تمام یا بخشی از مطالب این جزوه حتی با ذکر منبع، ممنوع است و پیگرد قانونی دارد."



A protest is a request that the conduct of another athlete is reviewed, usually because they were using ineligible equipment, have committed a breach of races rules etc.

An appeal is a request for a review of a decision made by an official. Appeals cannot be made against Technical Official's judgement calls which include, but are not limited to, drafting and littering.

#### **The process for an appeal:**

- A competitor or official team representative must declare an intention to protest or appeal within 5 minutes of his or her finishing time, or the posting of the infraction and penalty, whichever is later;
- Once a protest or appeal has been initiated there is a further 15 minutes to submit the written appeal or protest
- A fee of \$50 USD must accompany the written appeal or protest.
- Competitors, coaches or team managers should consider if they need to keep local currency to pay any appeal; For World Triathlon sanctioned events this is USD \$50.
- Competitors, coaches and Team managers should be fully aware of the process for their event before the event takes place.

## **12. Young Athletes**



Most of the rules that apply for adults also apply to junior races, however there are several key additional or different rules, a non-exhaustive list includes:

- Aged up to and including 15 may take part in events up to and including Super-Sprint distance and Team Relay.

Aged 16-17 may compete in events up to and including Sprint distance and Team Relay;

- Athletes aged 18 and over may compete in any events;

Some National Federations have included a series of rules to improve development of younger children, and have added rules including:

"توجه: هرگونه تکثیر، اسکن یا کپی برداری از تمام یا بخشی از مطالب این جزوه حتی با ذکر منبع، ممنوع است و پیگرد قانونی دارد."

- Gear Restrictions – many higher-level child, youth and junior races now have restrictions on the gears that can be used. Primarily, this is to aid development of cycling skills, and avoid injury to growing athletes.
- Children's age groups are split into two-year age groups, starting at age 8, with each group racing over different distances.
- The same misdemeanors carry time penalties for children, but the penalty imposed is reduced in length, due to race duration being shorter. For example 10, 20 or 30 seconds penalties depending upon age group.
- Inappropriate behaviors and actions of parent/guardian/accompanying adults can result in the disqualification of the competitor.

A good example of these rules can be found in the British Triathlon Competition rules.

### 13. Paratriathlon

#### Paratriathlon



Paratriathlon generally adheres to the standard set of competition rules. However, there are different rules covering race classifications, use of Paratriathlon Personal Handlers and Guides. See Paratriathlon section for further details on classification, handlers and race distances. See Section 17 of the Competition Rule book for a full list of rules pertaining to Paratriathlon.

"توجه: هرگونه تکثیر، اسکن یا کپی برداری از تمام یا بخشی از مطالب این جزوه حتی با ذکر منبع، ممنوع است و پیگرد قانونی دارد."



## 14. Implications for coaches



Coaches should be up to date and aware of all the competition rules that affect any of the participants they work with, for a race sanctioned by any of the recognized organizations. There are several high-profile instances where lack of a knowledge of rule changes has resulted in suspensions for athletes (usually surrounding anti-doping). This may seem like it is only appropriate to elite athletes, but the same rules apply and are being enforced in non-elite racing in many events.

Coaches can also address rules in training sessions, whilst most coaches are familiar with using mount and dismount lines in training sessions other rules can also be incorporated, for example:

- Using artificial penalties in training to get athletes to respond appropriately to instructions to officials, even when they don't agree with the decision.
- Use races around the skills to taking kit on/off appropriately and managing it correctly, e.g. using transition boxes, transition only style races.
- General questions and answers with athletes around rules, including getting them to check each other's helmet, bike and other equipment for rule violations.
- Coaches/team officials should be able to support and help their athletes in case of an appeal for or against their athlete.



## **The role of a Coach**

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2. Where Does Coaching Fit In?
3. Coaching Context
4. Licenses and Insurance
5. The Role of the Coach o 5.1. Attributes and Characteristics
- 5.2. Responsibilities of a Coach
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"توجه: هرگونه تکثیر، اسکن یا کپی برداری از تمام یا بخشی از مطالب این جزوه حتی با ذکر منبع، ممنوع است و پیگرد قانونی دارد."

## 1. Introduction



Triathlon training takes place in a variety of different environments and contexts; many expectations are placed upon the triathlon coach.

As a Triathlon Coach, you are in a unique position to make a real difference to participants at all levels within your club environment.

Whether they are training for their first event or a seasoned age-group triathlete looking at qualification for the Continental or World Championships, you can help them to develop the necessary skills and improve technique to further their performances.

However, coaching is not just about improving their performance in triathlon, your input can have a positive effect on people's lives through their attitudes, lifestyles, confidence and aspirations. It is the role of the coach at any level to ensure everyone's experience of triathlon is a positive one.

All coaches have a number of:

- Roles.
- Responsibilities.

And must possess certain:

- Attributes.
- Knowledge.

However, coaching is meant to be enjoyable and rewarding, therefore the expectations placed on a coach should not be too demanding. A lot of what is required is common sense and most people who start coaching will already be aware of the safety and ethical issues that exist in all sports, not just triathlon.

"توجه: هرگونه تکثیر، اسکن یا کپی برداری از تمام یا بخشی از مطالب این جزوه حتی با ذکر منبع، ممنوع است و پیگرد قانونی دارد."

Coaching is essentially centered on providing an appropriate, safe and ethical environment in which participants can maximize their potential in and through triathlon.

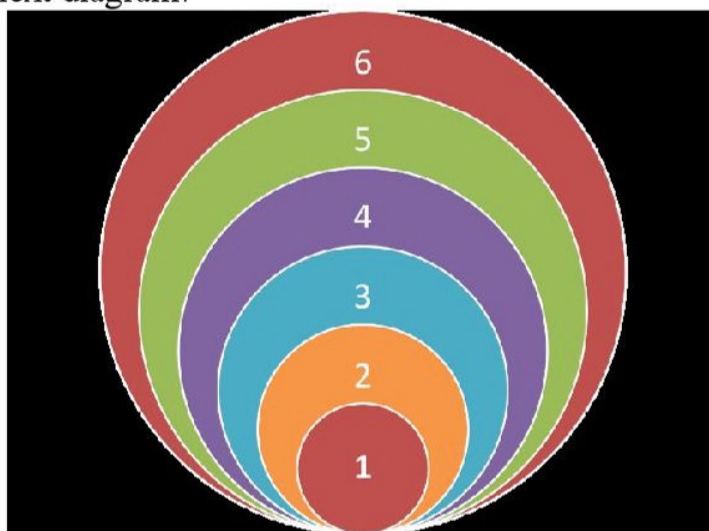
In addition to their core roles, coaches contribute to the development of athletes as people, and communities with a shared interest. Coaching can also contribute to social aims by promoting activity and health as well generating economic activity through employment, education, purchase of equipment, use of facilities and attendance at events.

## 2. Where Does Coaching Fit In?

Those not involved in coaching see it primarily as teaching and training athletes to become better at swimming, cycling and running. It is true that this is a significant part of a triathlon coach's role, but there is much more to coaching than that. Around the world, the structure and the way that triathlon coaching and training takes place may vary, but what unites the whole sport are the key ideals.

As a triathlon coach, you're encouraged to teach all participants the values and philosophy of the sport. Coaches should introduce and model the components of a healthy lifestyle. More importantly, we encourage you to work in harmony with the rest of the triathlon family to ensure that everyone involved has a positive experience of this fantastic sport!

The Coach and the triathlete are very much at the center of this process and system, as shown in the next diagram:



Athlete & Coach.

2. Parents and, Support Staff.

3. Triathlon Clubs/School/ University.

"توجه: هرگونه تکثیر، اسکن یا کپی برداری از تمام یا بخشی از مطالب این جزوه حتی با ذکر منبع، ممنوع است و پیگرد قانونی دارد."



4. Coach Educators and Mentors
5. National Federations.
6. World Triathlon/IOC/ WADA.
3. Coaching Context

Coaching is a relational, not isolated activity. Coaches must understand, interact with and influence the settings in which they work. Coaches should therefore build sound functional relationships with triathletes and their entourage (e.g. Friends, parents, club mates) while seeking to implement effective and ethical practice and competition development sessions.

*"Coaching is a process of guided improvement and development in a sport at identifiable stages of development"*

People of all ages, abilities, and backgrounds can participate in triathlon and it is a sport that emphasizes "finishing over winning." Providing an environment that provides a personal challenge, recognizes personal achievement and a healthy lifestyle are all key roles of coaches that should be encouraged.

There are several different ways you could categorize participants in triathlon:

By Age:

- Children.
- Adolescents.
- Adults.

By approach to sport:

- Performance focused.
- Participation focus.
- Elite.
- Those who take part to maintain a healthy lifestyle.

It is important to understand that whether a participant is a young child, a paratriathlete, or a 75 years old person, it is not always obvious what they want from sport, and therefore the best ways to engage with them as a coach can vary greatly, and coaches should not make assumptions.

"توجه: هرگونه تکثیر، اسکن یا کپی برداری از تمام یا بخشی از مطالب این جزوه حتی با ذکر منبع، ممنوع است و پیگرد قانونی دارد."

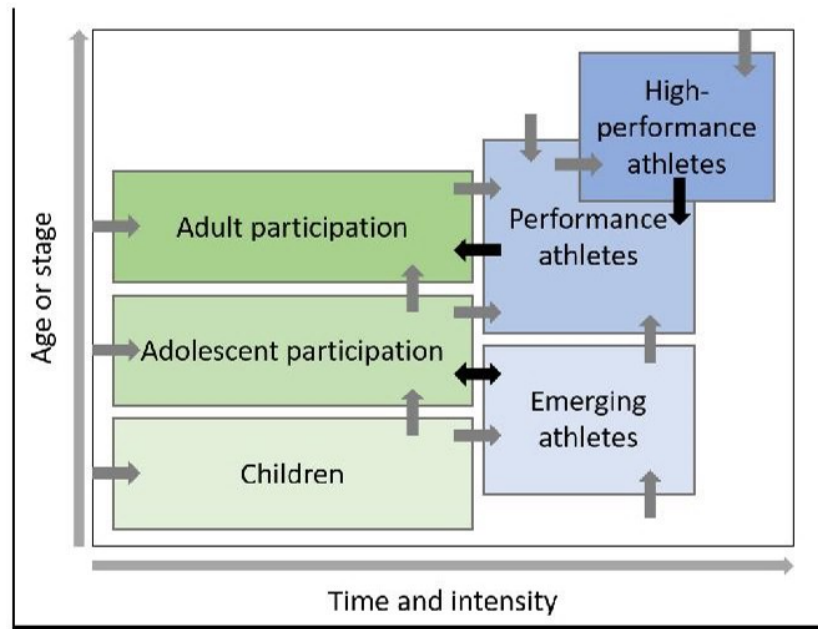


Image Source: International Sport Coaching Framework, Version 1.2, 2013  
(Champaign, IL: Human Kinetics).

#### 4. Licenses and Insurance

In some countries there are specific requirements for an individual to be able take on the role of a sports coach, for example they must have been through specific training and development. In other countries there is no requirement, and anyone can call themselves a coach. World Triathlon would strongly recommend that you follow the guidance in your country. All coaches should seek to continually develop their coaching skills and knowledge, by undertaking personal development, either through formal coaching courses, or gaining experience by working with other coaches.

Coaches should always seek to operate within their level of knowledge and experience.

##### Insurance

Coaches should consider acquiring coaching insurance, to protect them in case an athlete or member of the public makes a claim against them. Again different regions have different rules, and in most cases there isn't a formal requirement for this. Some National Federations provide this insurance for their qualified coaches. Speak with your National Federation for more information.

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## 5. The Role of the Coach



The roles of a coach may grow and expand as they progress and develop. The roles you take on as coach can vary depending upon the context you coach within, for example: National Federation Head Coaches role will be different from a children's coach working in a local club. However, all coaches are expected to take on the majority of the following roles:

- **Teacher / Educator / Instructor** – coaching can be considered as helping athletes learn and understand what they need to improve or increase their enjoyment, teaching and educating can form a large element of this. Achieving a balance between telling people what to do and providing an environment for them to learn themselves is a key coaching skill.
- **Manager** – participants and others will look to the coach to define what needs to happen and when. The coach will usually need to take the lead and manage a range of activities to support coaching e.g. preparation of plans, booking facilities, possibly even selecting target races for a club or groups of individuals.
- **Role model** – coaching is an important role, and many people look to coaches to set an example, therefore coaches need to act and behave as expected from someone in a position of responsibility.
- **Motivator** – not only to your athletes but to more junior coaches in your club.
- **Friend** – over time, you will build personal relationships with your athletes, so as well as providing coaching advice; you can also become someone, a friend, who they can talk with about non-triathlon issues. This is not a requirement, and coaches should think carefully about how they want to manage the boundaries of their relationships with participants.

As your coaching progresses you may take on additional roles:

- **Planner** – when you start your coaching role you will often be supporting more experienced coaches and delivering pre-prepared sessions. As you develop your coaching (for example Level 2 coaches) you will plan individual and series of sessions.
- **Organizer** – of sessions, equipment, athletes, and coaches.

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- **Mentor** – to your athletes and possibly to other coaches you work with.

### 5.1. Attributes and Characteristics

Coaching when done well is a very varied and multi skilled role, which is what can make coaching a challenging, but highly enjoyable role within sport. As can be seen from the example list below the characteristics are many and varied:

- Listener.
- Responsible.
- Motivator.
- Skilled.
- Organizer.
- Authoritative.
- Democratic.
- Understanding.
- Communicator.
- Observant.
- Fair.
- Reasonable.
- Caring.
- Developer.
- Safety Conscious.
- Knowledgeable.
- Qualified.
- Trustworthy.
- Professional.
- Enthusiastic.
- Respectable.
- Sense of humour.
- Positive Self Image.

### 5.2. Responsibilities of a Coach



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In the various triathlon training environments, many expectations are placed upon the Triathlon Coach. The way in which a coach behaves will reflect their general attitude to coaching and in the modern coaching environment, there is a need to ensure that the behaviors displayed and elicited by a Triathlon coach are in line with accepted good practice. The responsibilities a coach takes on often indicate their engagement as a coach.

These coaching responsibilities often extend beyond delivering physical training sessions, as coaches play critical roles in the lives of their athletes. As can be seen from the following non-exhaustive list these responsibilities range far and wide and are part of what making coaching a varied and enjoyable role.

### **Professional Image**

- Act as a role model by maintaining the highest standards of personal conduct and projecting a favorable image of the sport of triathlon to all.
- Project a favorable image of the club, your National Federation, and the sport as a whole.
- Conduct oneself in a professional manner when using various sources of social media, for example, Facebook and Twitter. Think before you write, as this will reflect on you as a coach!
- Establishing good working relationships with all those involved.
- Promote fair play and good sportsmanship.
- Good customer service; welcoming, politeness, and helpfulness.
- Remaining within the boundaries of good and acceptable practice, as laid down in the Coaching Code of Conduct.
- Holding appropriate coaching qualifications appropriate to the level of your coaching activities.

### **Health and Safety**

- Manage the health, safety and welfare of all those in and around a session led by yourself and other coaches.
- Be aware of and where appropriate engage with potential support personnel (e.g. Dietician, Psychologist, Doctors, Physiotherapists and Physiologists), including recognition of when to refer your athletes to a relevant professional.
- Report all injuries and illnesses and understand how to deal with them through the Emergency Action Process.
- Holding appropriate coaching insurance.

### **Welfare**

- Creating and maintaining an environment that is safe and supportive.

- Consider the long-term welfare of triathletes, considering them firstly as a person, and as an athlete second.
- • Provide opportunities and an environment that motivates, recognizes and values diversity, controls risk, encourages challenge, enjoyment and achievement.
- • Be aware of the power of the coaching role to ensure it develops participants in the right way in coaching relationships and avoid any intimacy.
- • Controlling the behavior of participants and others involved in the session.

### **Athlete Development**

- Understand the needs of all triathletes and plan accordingly.
- Place the triathlete at the center of the coaching process;
- Empower and motivate triathletes, supporting their right to make choices, discover their own solutions and enable them to participate and develop at their own pace and in their own way within the confines of the environment.
- Help triathletes to improve their performance.
- Grow participant's confidence and self-esteem.
- Promote fun and lifelong participation in sport.

### **Session Management**

- Ensure appropriate facilities and equipment are in place, and suitable for purpose.
- Plan, deliver and review fun and effective coaching sessions.
- Effectively identify a goal for the session.
- Recording the attendance or non-attendance of all triathletes.
- Develop sound professional working relationships with participants and others involved in the coaching process.
- Actively manage the session, including controlling the behavior of triathletes and others involved in the session.
- Delivering effective warm ups and cool downs.
- Delivering key aspects of the main session.
- Delivering group coaching sessions
- Helping participants improve their performance.
- Helping participants achieve high levels of motivation and enjoyment.

### **Ethics**

- Managing the behavior of participants and others involved in the session.
- Accept, respect and support the role of Technical [event] officials in ensuring that competitions are conducted fairly and according to the rules and regulations of the sport.

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- Actively encourage ethical and fair practice, actively discouraging the use of banned performance enhancing drugs, substances or practices.

### 5.3. Values

The values and beliefs that coaches hold will shape their coaching practice over time. Some key values that are considered important are:

	Description
<b>Respect</b>	Coaches will come into contact with people from different countries, cultures, and regions; of different ages and genders; with differing abilities and motivations for being involved in the sport. Everyone deserves respect and encouragement regardless of their background or role within the sport.
<b>Solidarity</b>	Athletes participate together from around the globe. They work together to bring sport to their communities, countries, and continents. Athletes and coaches of all abilities inspire others to lead healthy lifestyles, model the spirit of sport, and remain true to ethical values.
<b>Finishing</b>	Finishing is winning. It does not matter if you are first, last, or in the middle. In multi-sport, everyone who puts forth effort to reach the finish line is a winner.
<b>Inclusive</b>	Anyone can do a multi-sport event using safe equipment. Triathlon has a strong and vibrant Paratriathlon community. Triathlon is also gender equitable, women and men race on the same courses, and receive the same awards.
<b>Unique</b>	The people in triathlon make the sport unique and fun. There are people from ages 5 to over 80 years in triathlon events. Everyone comes to enjoy the challenge of testing their skills, endurance, and mental toughness. It is a perfect individual or family sport.
<b>Challenge</b>	Triathlon encourages challenge. The effort required to complete multi-sport events teach people tenacity, determination, and perseverance. Such valuable abilities can be transferred to all areas of life from academia to family and careers to volunteer projects. Part of a role of a coach is to help participants take on this challenge and help them achieve their goals.
<b>Fair Play</b>	Triathlon, and sport as a whole relies on the key value of fair play. Coaches should encourage all participants to act within the rules of the sport, and should seek to maintain high moral standards to act as a role model and a beacon of good behavior within the sport, including but not limited to anti-doping policies and competing fairly.

### Coaching Behavior

There are many expectations placed on a coach, one of these is that they should behave safely, responsibly and ethically. The way in which a coach behaves will reflect their general attitude to coaching and, in the modern coaching environment,

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there is a need to ensure that the behaviors elicited by a triathlon coach are in line with accepted good practice.

It would be inappropriate to suggest that there is only one correct way to coach. There are many different ways in which safe, responsible and ethical coaching can be achieved. Many different ways of coaching are recognized, but it is too simplistic to categorize them as distinct styles. Rather, there is a range of behaviors and approaches that coaches draw upon in their coaching. An effective coach is able to draw on the appropriate set of behaviors according to the context in which they are operating.

## 6. Knowledge

As a Triathlon Coach you are expected to possess a certain breadth and depth of knowledge. This knowledge can be categorized in several ways. The following is a useful way of considering the knowledge required. Historically, a lot of emphasis was placed on the 'What' of coaching (swim, bike and run technical knowledge), but good coaching relies on understanding, knowledge and experience within all these areas below. It is not enough to have a high degree of technical knowledge about the sport. Note there is an expectation that the depth of this knowledge should increase over time across all the aspects.

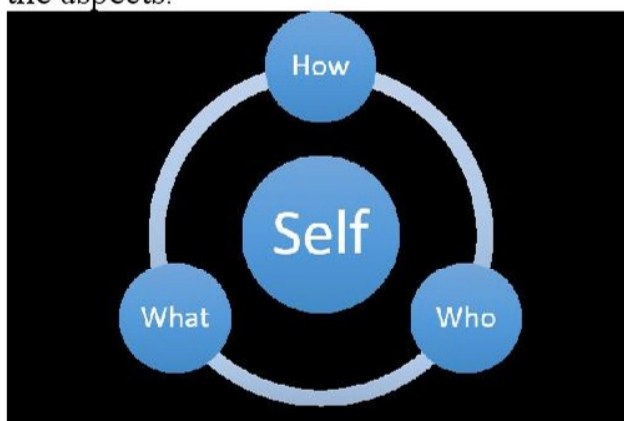


Image source: Coach Decision Making Process, Adapted from Abraham, Muir, Morgan- UK Centre for Coaching Excellence Scoping Project Report: National and International Best Practice in Level 4 Coach Development, 2010

### How

"How" knowledge includes understanding how to deliver sessions, how different skills and attributes will enable a coach to deliver in the most effective way, akin to teaching skills.

### Who

"Who" knowledge covers understanding the athlete's, physical, psychological, motivational and social make-up, which can affect their performance and development. This covers not only what they are like as a person but also what

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factors impact their lives, school/work commitments, family, friends and social circles and accessibility of the training environment all play a large part.

### **What**

"What" knowledge refers to the sports specific skills which you wish to convey to athletes, e.g. example the technical elements of the front crawl stroke, effective cornering technique on a bike, optimal foot strike whilst running. You should also consider any underpinning sports science information within this domain.

### **Self**

A good coach understands how they themselves act and deliver sessions, the underlying beliefs and philosophies that drive these behaviors and how this affects participants in their session and their development. They should also have a good understanding of how to develop themselves as a coach.

## **7. Coaching Styles**

### **Autocratic Coaching Style**

At one end of the continuum of coaching styles is the autocratic style. Such an approach will involve the coach making most of the decisions on behalf of the participants and giving clear direct and confident demands, a much firmer style. This style can be useful when there are safety concerns and deviating from a set approach may risk injury, or where participants have little or no background in the sport and have insufficient knowledge or experience to make effective decisions. This approach was once suggested as the de-facto approach for working with children, but more recently it has been suggested that an overly autocratic style can sometimes cause issues for coaches, such as lack of engagement.

### **Laissez-faire**

At the other end of the spectrum is possibly the easiest method to setup for a coach, the coach just needs to 'set-up and stand back', letting the participants choose their own activities, and run their own sessions. With less supervision and active coaching, no real teaching of skills, and a higher potential risk of injury or lack of direction can ensue. For highly experienced and motivated athletes this can however be appropriate.

### **Facilitative**

Between the two extremes lies a third way of facilitative, meaning to make easier or less difficult. In this coaching style, the coach controls the session, but allows participants to make many decisions, with the coach undertaking tasks and giving direction sufficient to allow the participants to reach the goals, without doing all the work for them.

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## Democratic Coaching Style

Many coaches suggest that coaching should always be athlete-centered. In this way, the athlete has some involvement in the decision-making process and is actively encouraged to take part in their own learning. This will involve some degree of empowerment of the individual. Athlete-centered approaches involve coaches providing leadership, offering guidance and sharing decision-making. Styles of coaching that reflect this approach are often termed democratic because there is an element of discussion and agreement.

This style lends itself to situations where participants are capable of making decisions for themselves; the coach wants the participants to learn decision making skills as part of their development; the coach wants to deliver sessions where participants take more control for constructing their learning in the environment.

## The Continuum

A coach may move between the different styles, as these are part of a continuum (as per the image below), with it possible to work somewhere between two of the styles. It is possible for a coach to change the style many times during a session.



There is no right or wrong way with the above styles, all have their place in the coaching process, however the way in which an individual decides to coach (i.e. their style) will be influenced by a number of factors:

- **Coach's Personality** – coaches are human beings and thus have individual personalities. Some coaches may be extroverted, outgoing, confident, and lively in their approach to coaching. Others might be more introverted, and go about their coaching and life in a quieter, calmer manner. Whether someone is introverted or extroverted will not determine if they make a good coach or not provided appropriate actions and behaviors are maintained. However, their personality is likely to influence their adopted coaching style.
- **Coaching motives** – will affect how someone decides to coach, often based on how they were taught or coached at school or in a club.
- **The participants** – the selected style will differ depending on whether the coach is working for novice children, novice adults, age-group athletes or Para triathletes.

- **The situation** – certain situations demand a certain style of coaching. For example, where safety is an important consideration, such as the open roads for cycling or a first-time session at an open water venue.
- **Knowledge** – more knowledgeable coaches will adopt a different approach to their coaching than a coach who lacks knowledge in certain areas.

### Implications for coaches

Coaches need to adopt a suitable style to their own personality and the participants that they choose to work with. Novice coaches will struggle to coach in a way other than that which their natural personality may dictate. As you develop as a coach it may be possible to adopt different approaches in different situations.

When observing coaches, it may not always be obvious as to what is really happening. Phil Jackson a legendary Basketball coach was renowned for calling time outs and then appearing to do very little - perhaps considered Laissez-Faire coaching. However, if you watch this video, he explains all the work that has gone on beforehand in his coaching, so in a match situation he can facilitate the players taking control of their own actions.

Video Credit: Phil Jackson on timeout routines - Positive Coaching Alliance

## 8. Coach Development



Historically coaching development was seen as the responsibility of governing bodies within sport. More recently there has been a much greater emphasis placed on coaches taking responsibility for their own development, but within the context of a governing body providing opportunities and signposting for development opportunities.

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The development of coaches is no longer seen as a purely linear progression. It therefore becomes increasingly important for coaches to consider some of the following aspects:

- Self-reflect on your own practice and performance and always look for ways to improve your coaching ability and practice.
- Create a plan of action as to how you will develop as a coach.
- Facilitate and support other members of the coaching team to develop their coaching skills and enjoy the coaching process.
- Manage, support and organize other (less qualified or experienced) coaches.

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## Coaching Process and Skills of the Coach

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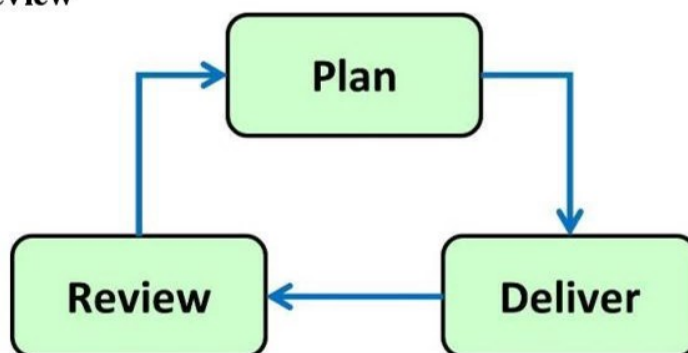
- 1. The Coaching Process
  - o 1.1. Plan, Do, Review
  - o 1.2. Who, What, How
  - o 1.3. Yourself as a Coach
- 2. The Full Context

### 1. The Coaching Process

Coaching is a process of working with people to achieve shared goals. The process includes understanding who you're working with, what you're working on and making informed decisions on how to go about practice. With all of these variables at play, not least a consideration of context and understanding yourself, coaching is an inherently complex and problematic endeavor. This section will help you begin to understand the process and give you valuable tools to both understand coaching and apply in your club.

*"Coaching, like teaching, is an inherently non-routine, problematic and complex endeavor" - Jones (2006; p3)*

#### 1.1. Plan, Do, Review



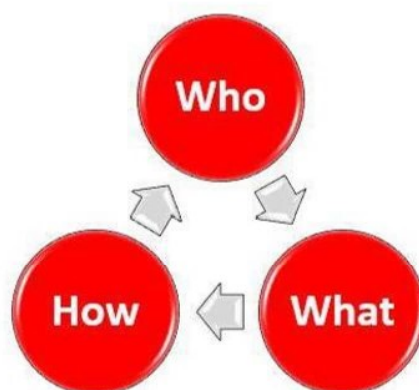
The coaching process at its simplest level is made up of three elements:

- **Planning** – preparing individual coaching sessions or blocks of sessions for groups.
- **Delivery** – delivery of safe and effective prepared sessions, with realistic goals, that meet the needs of all participants. Where the '**Doing**' takes place.

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• **Reviewing** – evaluating the preparation and delivery of your coached session. The review of your session will then feed into the planning of subsequent sessions.

## 1.2. Who, What, How?



When planning, delivering and reviewing a session, three key areas of knowledge are important to consider:

**Who** are you coaching? The participants of a session should greatly influence the planning and delivery of a session. An eight-year-old novice will benefit from a different session than a forty-year-old age grouper, or an elite athlete. Whilst this seems obvious at face value, not all coaches take this into account. The Understanding Participants and Psychology (Level 2) sections of these courses cover this area in more detail. The more you understand about the people you are coaching, both generically and as individuals, the more chance you have of delivering appropriate sessions to them. Most if not all the skills that fit in this grouping are transferable between different sports; for example, understanding how young people learn and develop, or the psychological approaches that different people may have are key skills regardless of whether you are coaching Badminton, Hockey or Triathlon.

**What** is being coached is a key element. This is the element that differs between sports. Within Triathlon we are clearly concerned with understanding the rules of Triathlon, the technical skills and training required for swimming, cycling, running and transition, and how to put these together. For many coaches when they begin their coaching this is the area that receives the most focus. There is often a perception that the best coaches are those with the most technical knowledge. However, whilst understanding the technical elements of the sport is important understanding **how** to coach is equally if not more important.

**How** you deliver sessions is the bringing together of what you are coaching and who you are coaching. There are a wide range of different approaches to how to deliver, coach, or teach. The effectiveness of different styles will depend upon a lot of the variables we have already discussed in these previous two sections. A directive



coach led session may be highly appropriate for one group of novice athletes completely new to the sport, but it may well not work for experienced athletes who may prefer a more democratic style where they have influence on the content of a session. By now it's likely that you will have begun to see the complexities of coaching and how often the answer may be, "**it depends!**". It is important to remember that this is okay, and muddling through different options of what works for who is a useful process in your own coach development.

### 1.3. Yourself as a Coach



#### Understanding yourself as a coach

One of the biggest influences on coaching sessions is clearly the coach themselves. Our beliefs, values and assumptions are evident in our coaching practice. It is quite hard to put on a different character or act in a way outside your normal character. Being self-aware and understanding your own beliefs and assumptions to coaching will be important in ensuring that you know where your talents as a coach are best suited. Taking time to consider questions such as, "How do I think people learn?" and "what role do I play in the learning process" may be a useful place to begin.

#### Context

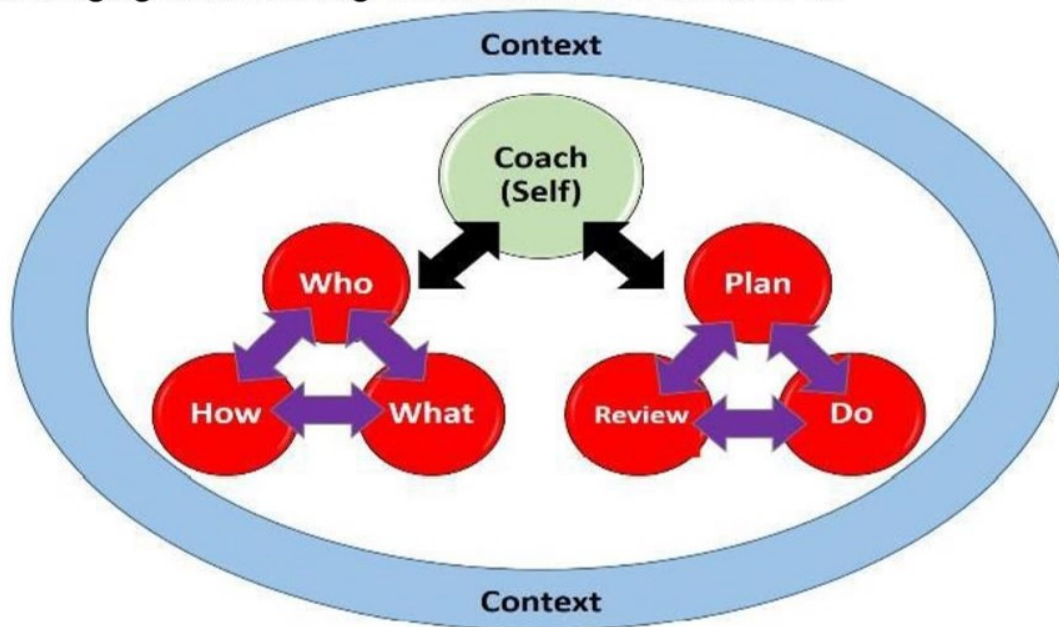
The context in which you coach will also have a large bearing on how you go about coaching. Within a club structure there may be a club committee or head coach who has the final say over what is delivered and even the style or approach to coaching. The same is true to some degree within a performance environment, where there is usually a reporting structure and there is some need to meet performance goals. This may contrast greatly for those coaching in isolation, or under their own guidance, who can choose who they work with and what type of athlete they want to work with, and maybe the only constraint is that the athlete sees the value in the coaching relationship. It is important to remember that while one coaching strategy may be successful in one environment with one group of people, it may not be in another.

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## 2. The Full Context

When we draw all the elements together, it starts to be more obvious that coaching is a complex environment, and within each of these different elements there is a significant amount of knowledge that can be developed by a coach. This can make coaching seem quite daunting, but from another perspective it gives lots of scope for continual learning and development, making coaching one of the most exciting, challenging and rewarding environments to be involved in.



**Image Reference:** Muir, Morgan and Abraham 2010 (UK Centre for Coaching Excellence Scoping Project Report: National and International Best Practice in Level 4 Coach Development)

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