



## PARENTAL AND ATHLETE CONSENT LETTER

The British Triathlon Rule Book requires any Youth member (age 15 and 16 as at 31st December in the year of racing) who wishes to take part in a triathlon event up to and including the distance of a Sprint Triathlon (20km on the road cycle), to have written parental consent.

Without this, no competitor is allowed to participate.

The Youth race will comprise an Open Water style swim in the pool. This will be a clockwise swim around 4 buoys in the pool. 8 laps will have to be completed. Thereafter, the cycle stage will be an out and back route of approximately 10.7km on **OPEN ROADS**.

This will mean that competitors will be sharing the roads with vehicle users and others, such as potentially other cyclists and pedestrians.

**IT IS THEREFORE IMPERATIVE THAT ALL COMPETITORS COMPLY WITH THE HIGHWAY CODE.**

Here is a link to the section of the Highway Code that relates to cyclists - please ensure your son / daughter has read this section.

<https://www.gov.uk/rules-for-cyclists-59-to-82/overview-59-to-71>

Cycling on the road has risks. It goes without saying. We have prepared a risk assessment, and this is attached for you. Please read this and take note of the risks. Our risk assessment has been reviewed by Triathlon England, and we have Triathlon England approval for the event, and insurance.

We have also made a video of the cycle route and have highlighted risks in this video. We expect all competitors to watch this video, and familiarise themselves with the route, and risks, before race day.

The video can be found on You Tube here <https://youtu.be/nVMYvm-esd8>

In addition to the Parental Consent required by British Triathlon, as a club, we want to know that athletes are comfortable participating in such events. It is therefore essential we ALSO have COMPETITOR CONSENT for participation.

**WITHOUT BOTH PARENTAL CONSENT AND COMPETITOR CONSENT, NO ATHLETE SHALL BE PERMITTED TO RACE.**

### PARENTAL CONSENT

I (PRINT NAME) ..... GIVE CONSENT TO MY SON/DAUGHTER PARTICIPATING IN THIS OPEN ROAD TRIATHLON EVENT

I WILL **NOT** DRIVE THE CYCLE COURSE WHILST THE RACE IS IN PROGRESS AND WILL WAIT FOR MY SON/DAUGHTER TO RETURN TO TRANSITION.

Signature .....

### COMPETITOR CONSENT

I (PRINT NAME) ..... CONFIRM THE FOLLOWING:

I HAVE READ THE RISK ASSESSMENT

I HAVE READ THE CYCLE SECTIONS OF THE HIGHWAY CODE

I HAVE WATCHED THE YOU TUBE VIDEO OF THE YOUTH RACE COURSE

I WILL RIDE WITHIN MY CAPABILITIES AND WILL ABIDE BY THE HIGHWAY CODE

Signature .....