



**Grandpont**

Nursery School  
Childcare  
Family Room



## **South Oxford Family Triathlon, 30<sup>th</sup> June 2019: Participants' Pack**

Thank you for entering the South Oxford Family Triathlon! We hope you and your family will find the event enjoyable, and we are very excited to have you on board.

You and any other members of your group have the same number (or two numbers for groups of more than 4 participants). Your group name and number is on the attached sheet, and in this pack are some sticky labels with your number(s) which can be allocated as you like to members of your group, and placed on your top for the running and cycling section. Also enclosed is one waterproof wrist band for each participant, plus one more for anyone who wishes to come and support you in the swimming pool (e.g. look after non-swimming members of your group). Anyone who wishes to enter the pool area will need a wrist band. Please contact us if you need any more wristbands (contact details: Yan Wong/Karen Wilson: [contact@sofr.org.uk](mailto:contact@sofr.org.uk), 07413 092168)

The following information is to guide you through the event safely and smoothly.

### **FAMILIARISATION WITH THE COURSE**

The event is not intended to be a race, and there are no timings. All you have to do is complete the course in your own time. It consists of a 200 metre swim in Hinksey Pool, followed by a 1700 metre run in Dean's Ham meadow, followed by a 6.1 km cycle course through Grandpont Nature Park. There is a map available online at <http://triathlon.sofr.org.uk/map.html> and attached at the end of this pack. There will be marshals to help you throughout the course recognisable in high-visibility bibs (their locations are also on the map).

Do note that any under 18s in your family must be within sight of an adult member of your group at all times. However, not all members of one family need complete all parts of the course: there are several families who are participating relay-style, with different people swimming and running. Nevertheless, all children under 18 on the cycle section *must* be accompanied by a responsible adult, in case of emergencies.

If you would like to check out the course in person beforehand, we suggest that one member of your family might like to join us on Sat 29<sup>th</sup> June at 4pm (meet at Grandpont Nursery School, OX1 4QH), when we will be taking people on a tour of the course.

If you can't make it at 4pm on Saturday, we are also having an event briefing for marshals earlier on the same day (at 11am on Sat) which will include walking along the route. If you would like some familiarisation with the course but can't make it at either time on Saturday, please get in touch with us as above.

### **ARRIVAL, REGISTRATION AND BIKE RACKING**

Bikes must be left at **Grandpont Nursery School car park** before the event. Note, however, that there is *no parking available* at the Nursery School, so you are advised to cycle there. All participants must check in at Grandpont Nursery School between 8.20 and 9.10am. If your group number is between 1 and 40, you should aim to **arrive between 8.20 and (at the latest) 8.45** to allow yourself time to get to the pool and get changed if necessary. If your group number is 41 onwards, you should aim to **arrive between 8.30 and (at the latest) 9.10am**.

When arriving at Grandpont Nursery you will be reminded of the emergency and medical procedures, toilet facilities, and the other general information that is provided below. Marshals will be on hand to answer any questions, and there is an emergency contact number on your wristband, should you need it.

In the Nursery car park there will be a sheet on the ground marked with your group name and number. This marks the place where you can stack together the bikes for your group, leaving the sheet on the outermost bike (e.g. under the wheel). If you wish, you also can leave bags for after the event in the family room building - we cannot be responsible for contents, but can keep these in a guarded place within the family room. You can then continue to the outdoor pool: marshals can provide directions if you are not familiar with the area.

#### GETTING READY ETC.

Triathletes (and supporters with wrist bands) should enter the pool through the side gate at the north of the pool enclosure, visible from the pedestrian bridge at the south end of Marlborough Road. There will be a marshal present to check families in, and although we cannot assume responsibility for belongings, there will be a guarded area of grass set aside for you to leave towels, shoes, etc. If you have any valuables, you are advised to leave them with a supporter or in the family room.

Please note that we may be taking photos (e.g. in the running & cycling sections), but we will always obtain permission from any identifiable people/families in photos before using them in any way.

#### TOILETS

There are toilets at Hinksey Pool, and a limited number at the Family Room and at the South Oxford Adventure Playgroup (SOAP). Marshals will be able to direct you to any of these when asked. We advise you to take children to the loo before you start!

## Course details

#### SWIM

Swimming will start and finish at the north end of the deeper section of Hinksey Pool (1.5m depth) The normal rules of the deeper end of Hinksey Pool apply to all swimmers. In particular, any participant who cannot swim one length of 33 metres unaided cannot take part in the swimming section, and will need to be left with a responsible adult. Additionally, children under 8 need to have an adult team member with them in the water (at least one adult per 2 children)

Note, however, that families *can* swim together - either in two separate (normal) lanes or in one wider lane set aside for this purpose. Swimmers will enter the water at 30 second intervals, and we will endeavour to set families off simultaneously so that you can all swim together. Please advise marshals beforehand if you are doing the swim "relay style", and wish to share the 6 lengths between different members of your group.

We estimate that it will take very roughly 5 minutes for each team to complete the swimming section. The starting order for families, and a rough estimate of expected starting time is on the attached sheet: please consult for your own group. Marshals at the pool will also have a copy on the day.

Diving to start is prohibited; please take care when entering the water before starting. Swim marshals will help you to count the 6 lengths of the course, but it is the participant who has the final responsibility for counting their own distance.

Signs will show whether you should swim clockwise or anticlockwise in your lane, and marshals will be on hand to advise. Please be considerate to other triathletes if you need to overtake while swimming, and ensure that you do not bump into oncoming swimmers.

Please take care of slippery surfaces and don't run - remember, this is not a competitive triathlon! Additionally, if you are not swimming, please keep away from the transition area.

It is up to you if you wish to change after swimming, or remain in your swimming kit for the rest of the triathlon (remember, it's not timed!). If you wish to change, make your way carefully to the changing rooms at the other side of the pool - please don't run.

#### RUN

All runners should have suitable footwear which can be left in the guarded grassy area by the pool. Please put footwear on before starting to run.

The run starts at the exit to the pool (where you came in), and cuts immediately through Hinksey Park to the end of Marlborough Road, then left into Dean's Ham meadow. There will be marshals at both ends of the pedestrian bridge and at the entrance to the meadow.

The run consists of just under 3 laps of Dean's Ham: this is a lovely off-road run, but the ground can therefore be a little uneven, so please bear this in mind. Marshals will be there to remind you of the number of laps you have done, but it is your own responsibility to keep tally. Since all the meadow is visible, Dean's Ham is a good place to allow different members of your team to run "relay style", should they wish not to do all 3 laps. There will be free bottled water available on each lap.

At the end of the 3 laps, signage will direct you to Grandpont Nursery School to collect your bicycles from where you left them.

## CYCLE

Cycle helmets must be worn by all participants. Since the cycle course contains trees, bends, etc, all children must be accompanied by an adult rider (apologies for repeating this, but it is important!). There may be pedestrians using the cycle paths too. Please be considerate to them, and to other passing cyclists, and always obey the highway code.

Please enter and exit the cycle transition area as signposted, to avoid collisions. Marshals will direct you in to collect your bike, and the exit will be prominently labelled. Bottled water is available at this point, and when passing it again on each of the cycle laps.

The cycle section consists of 4 laps, each approximately 1.5 km. Since it is mainly an off-road course, this means it includes sections on different surfaces (a closed section of Whitehouse Road, cycle paths, soil, rough track, and tarmacked lane with speed bumps), so do take care, especially when moving from one surface to another. Signage will warn of the main issues: in particular note

**(a)** The sharp left-hand turn at the north-west corner of the nature park (well signed, with a marshal present – but take care not to carry straight on down the slope towards the river)

**(b)** the rough track beside the railway (signed "uneven surface") where we advised you ride single-file with minimal overtaking, and

**(c)** the lane from the adventure playground to the Nursery School, with signposted speed bumps, which are quite sharp (please slow down)

If there are residents' cars or emergency vehicles using Whitehouse Road, you may be asked by a marshal to stop cycling while the issue is resolved, and "Cyclists: STOP" signs will be made visible. Please cooperate with all marshals (recognisable by hi-vis bibs) in this respect.

On completion of the 4 laps of the cycling section (well done!), please enter South Oxford Adventure Playground (SOAP) through the main gates on your right coming down the lane, leave your bikes against the fence on the right-hand side, next to the football & basketball area. There will be a marshal to keep an eye on your bikes, but you may want to lock them up if you are thinking of staying for a prolonged period. SOAP will be open for cakes, ice-creams, and certificates, and you can stay and use the play equipment (please supervise your children) etc until 12.30 – so please feel free to bring a picnic (you can leave it before the start in the Family Room)!

## AFTER EVENT GATHERING

- All participants will be issued with a certificate, water, and ice pops for children – there will also be energy bars or similar freely available, and a massage stall for your tender muscles!
- Tea/coffee, cakes and additional ice lollies will be available to purchase at SOAP, so **please bring some money** (you can leave it with a supporter or in a bag at the family room)!
- Supporters on foot can enter SOAP through the Grandpont family room, to avoid having to use the track which is part of the course (see below)
- If possible, if you are leaving SOAP before 11.30am we would recommend leaving via the family room, to avoid using the cycle course for leaving.

## SUPPORTERS

Supporters are welcome on the course (as long as they do not interfere with runners or cyclists). You are more than welcome to wait at the end of the course in SOAP to congratulate the finishers. However, please note that the lane to SOAP is very narrow, and we are advising pedestrians to avoid walking along it while the course is in progress. To get to SOAP, you can walk via the Grandpont Pavilion grounds, or make your way to the Family Room via the Grandpont Nursery School entrance, and gain access to SOAP through the rear garden of the Family Room.

## MINOR EMERGENCIES AND MEDICAL SUPPORT

**First Aid:** The swimming pool has trained first aiders available. Outside the pool areas, we have a dedicated paramedic and an additional paediatric first aider on hand at all times. If you need them, please find the nearest marshal who can assist. Additionally, there is a mobile contact number on your wrist band, should there be any problem locating a marshal.

**Lost children:** You should ensure that children are accompanied by a responsible adult at all times, so it is unlikely that children will become separated from their group. However, if this happens within the pool, children will be taken to the pool reception. Outside the pool area, a DBS checked marshal will take any lost children to the South Oxford Adventure Playground (SOAP) through the Family Room, where they will be kept under supervision until collected by someone from your team. All marshals will be informed in this eventuality.

## MAJOR EMERGENCIES

We have informed the emergency services of this event. If, in an emergency, you feel it necessary to contact them directly, please inform a marshal what you have done, to arrange coordination. There will be also be a community policing team based near the nursery school gates, whom you can approach at any time.

In the event of an major emergency outside the pool, marshals have been briefed on contact numbers and routes out of each area. Please stay with your family and move to an area of safety, following marshal's instructions, or those of the emergency services, as necessary.

## CHECKLIST

Every participants must ensure that their bicycle is in a safe and roadworthy condition. We recommend that you check the following prior to the event, preferably in the morning of the event and before leaving your bike in the transition area at Grandpont Nursery School:

- Frame
- Wheels in line when straight
- For cracks in tubes or lugs
- Saddle
- For tightness of seat pillar in frame
- For tightness of saddle fixing itself
- Handlebars
- For tightness of handlebar stem in frame
- For tightness of handlebars in stem
- Brakes
- A bell is advisable - each family should have at least one bike with a bell

It is recommended that you bring inner tubes/hand pumps/levers etc and can change a tyre, if needed.

**Finally: GOOD LUCK!**

*Yan, Karen, Tamar, and Charlotte*