

MAKE YOURSELF
GREAT AGAIN

FEB 17 2017

SPRINT, OLYMPIC & KIDSTRI



KIDS TRI FAQs

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INSPIRE YOURSELF

1. WHAT IS THE KIDS TRIATHLON?

The TriYAS Kids Triathlon is a non-competitive event. It is a community engagement program that assists kids to develop self-esteem. The event aims to encourage kids to get fit and active while having fun with their friends.

The Triathlon is conducted along the lines of an adult triathlon and is for kids aged 12 – 17.

It doesn't matter if you have participated in a triathlon or duathlon before or not. The TriYAS Kids Triathlon is all about TRY-ing your best and having a go!

Note that the format of the day is that kids will first place their bikes and other gear in the designated transition area. They will then commence the race at the 'Swim Start', transition in pit lane for the cycle on the track and finally transition to the run. When kids cross the finish line, they will be awarded a medallion.

2. WHAT ARE THE DISTANCES THAT KID'S CYCLE AND RUN?

AGE	SWIM	CYCLE	RUN
9 - 13	100m	6 km	1.5 km
9 - 14	200m	9km	1.5km
14 - 17	200m	9km	2.5km

3. HOW LONG DOES IT TAKE TO DO THE TRIYAS KIDS TRIATHLON?

This depends on their age and whether the child is strong in swimming, cycling and running or all three! The strongest competitors generally take about 30-40 minutes while new to the sport can take 1 hour or more. However, you should allow for everything to be done on event day from the time you check in to the time you get the bike out of transition. There are lots of fun things to do while kids are completing the course but do note that to maintain our priority on safety, all Kids are started in waves- which makes the race take longer than the individual time of any specific child.

4. DOES YOUR CHILD GET TIMES/PLACES?

Yes, although the TriYAS Kids Triathlon is about fun, participation and giving it a go. We believe that every kid's a winner, and so every participant receives a medallion as they finish. The first child across the line (male and female) will also receive a small prize.

5. HOW DO I ENTER MY CHILD?

You can enter online at www.yasmarinacircuit.ae or www.premieronline.com.

6. WHAT IS THE PARENT'S AGREEMENT, WAIVER AND ACKNOWLEDGEMENT FORM?

The Terms and Conditions of entry are specified in the Parents Agreement, Waiver and Acknowledgement Form.

This must be read, understood and accepted by the parent or legal guardian to be able to register the child.

When you are registering online, you will be asked to read the form and click a button to say you agree to the conditions.

7. HOW OLD DO KIDS NEED TO BE TO PARTICIPATE IN THE EVENT?

Kids need to be aged no younger than 9 years of age and no older than 17 years of age on the event day for which you are registering them.

8. WHAT SHOULD I PREPARE AND ENSURE IS BROUGHT ALONG ON EVENT DAY?

- The sheet containing the bib number and timing chip from the registration

- A towel - a brightly coloured towel will make it easier for your child to find their bike in the transition area.
- Approved bicycle helmet.
- The child's bike (in safe condition with working brakes, all mechanical parts checked and working and safe tyres inflated to correct pressures)
- A good comfortable pair of running shoes.
- Sun screen and a hat or cap
- Comfortable clothes to race in.
- Warm clothes for after the event
- Healthy snacks, like fresh fruit, and drinks
- You might like to allow your child to bring some pocket money to purchase items on offer in the TriYAS Village
- Most important of all help your child to bring a positive attitude and a big smile!
- Make sure your helmet complies with Safety Standards of an approved testing authority (the sticker should be inside the helmet)
- Ask your local bike store to give your child's bike a thorough safety check.
- Make sure everything is packed the night before so you don't have to worry about finding things on the day of the event!

9. WHAT SHOULD I DO ON THE DAY?

- It is important that you arrive on time. The venue opens at 11:00am and you must be ready with your bike 15 minutes before your child's wave begins. Allow plenty of time for this.
- Encourage your child to stretch and warm up before the event.
- Encourage your child to pay attention to the instructions and rules that will be given before the event in their briefing session but please note the briefing area is for kids and event officials only.
- Remind the kids to keep drinking water throughout the day to make sure they don't get dehydrated.
- Please note that one parent can help the child familiarise themselves with the transition area and all exits and entries. Parents are not allowed in transition whilst the event is in progress.

10. HOW SAFE IS THE TRIYAS KIDS TRIATHLON?

We aim to provide your child with the safest possible environment. At every stage along the course (swim, transition, cycle and run) there are friendly volunteers who are there to assist as they need it. Our volunteers will be wearing official TriYAS shirts so they will be easy to spot.

If your child has a medical and/or physical condition that may require assistance during the course, make sure that you tell us on your entry form when you register, call 800 YMC (927) or email us at triyas@ymc.ae. This way, we can advise and make sure our crew or volunteers are there to help you if you need it.

The TriYAS Kids Triathlon will start at the 'Swim Start Area' and then move onto the circuit with the Cycle Leg and finally the Run. All kids start in their groups with about 20 children in each group. This gives them room to move, even though there will be others swimming, cycling and running near them. If you have any other questions regarding safety, please call us on 800 YMC.

The swim can often be the most stressful part of a triathlon, even for the adults, so please consult our staff if you have any concerns regarding the kid's safety. There will be lifeguards, kayaks, safety boats and helpers in the water to assist but if they are still uncomfortable with the swim we can find a way to allow them to continue the race.

In order to maintain absolute safety at all events we do ask that parents, family and friends please refrain from walking, running or sitting on any part of the course. Our marshals will man crossing points where needed. Please listen and obey all officials on course. They are there to assist in your child's participation in a fun and safe event.

11. WHAT DO THE VOLUNTEERS LOOK LIKE?

All volunteers will be wearing an official yellow TriYAS t-shirt so you can spot them easily. Don't be scared to ask them for help - that is what they are there for!

12. DOES IT MATTER IF MY CHILD HAS NOT DONE A TRIATHLON BEFORE?

No, the TriYAS Kids Triathlon is designed for kids to learn about triathlon and to have lots of FUN in their participation! We explain everything they need to know (briefing) and there are lots of people to help on the day. It's all about 'giving it a go!'

13. DO I NEED TO GET ANY SPECIAL EQUIPMENT FOR MY CHILD?

No, your child does not need any special equipment, however, each participant will need the following:

- **A BIKE.** Any type is allowed as long as it is safe, sound and serviced. **PLEASE** have a bike store give your bike a safety check.
- A bicycle helmet that has passed the relevant safety checks of an approved testing authority. If the helmet has passed the relevant safety checks it will have a sticker located inside the helmet.
- **RUNNING SHOES.** You **MUST** wear shoes for both the Cycle Leg and Run. Your shoes should fully cover your feet - no thongs or sandals.

14. WHERE WILL THE RIDE AND RUN BE?

The ride and the run will both take place on the iconic Yas Marina Circuit. This is a fully closed motor racing facility that has a wide open track for your children to cycle on.

15. WHAT IS TRANSITION?

Transition is like a 'change over'. When a participant finishes the bike ride, they will come back to transition to 'change over' to the run.

16. CAN KIDS SHARE BIKES?

Participants cannot share bikes during the TriYAS Kids Triathlon event. Each participant, including kids from the same family, must have his or her own bicycle. Sharing bikes can compromise safety and security.

17. CAN PARENTS HELP THEIR CHILD?

Parents or legal guardian (one adult only) can help set up the bike and helmet in the transition area before the event. Once this is ready, the parent or legal guardian must leave the transition area. There will be lots of friendly Volunteers that will help you along the way whenever the child needs them. Once the race is completely finished and an official announcement is made, one parent only is allowed to come into the transition area to help the child collect their bike. Bikes are not allowed to be taken from the transition area until advised by the TriYAS Kids Triathlon Race Director.

18. WHAT IF MY CHILD HAS A MEDICAL OR PHYSICAL CONDITION?

Please make sure the TriYAS Kids Triathlon team know about it. We need to make sure that you will be safe on the day!

If the child does not feel well during the course of the event they can let a Volunteer or official know straight away. They will be able to look after your child and help them to receive attention from the medical and first aid staff on site.

19. CAN I GET A REFUND IF I WANT TO DROP OUT OF THE KIDS TRIATHLON?

The terms and conditions for the TriYAS Kids Triathlon are found on the Yas Marina Circuit and Premier Marathons websites, www.yasmarinacircuit.com and www.premieronline.com

All kids who start the race on the day will be refunded the full entry fee (less the 8% processing fee) regardless of them finishing.

20. WHAT HAPPENS IF IT RAINS?

If it has rained or is raining, and the event can still be conducted safely, the event will go ahead – with possible course adjustments if required. However, if weather conditions before or on the day of the event make it unsafe for the event to proceed, and adjustments cannot be made to make it safe, the event will be cancelled. An event may be cancelled depending on the effect or likely effect of actual or forecast weather conditions.

Please note that the decision to cancel an event is not made lightly and safety is our priority when making this decision particularly the safety of the children.

21. COULD THE EVENT BE CANCELLED?

Yes. It is unlikely, but not impossible. If the event is cancelled before event day, every effort will be made to notify all participants. This will include email notification (to the email address provided when you register) and a notice on the website home page. We recommend you check both email and website **www.yasmarinacircuit.com** before leaving for the event. Even if the weather and everything seems ok, unforeseen incidents may cause a cancellation pre event or on the day.

Please note that the decision to cancel an event is not made lightly and safety is our priority when making this decision including the safety of the children.

22. SHOULD MY CHILD EAT BEFORE THEY COME TO THE EVENT?

We suggest that they eat something light for lunch before the TriYAS Kids Triathlon. Perhaps some fruit, a piece of toast or a light sandwich should help to settle your tummy. Try not to eat a big meal immediately before the race as we don't want you to feel sick during the event.

There will be food available at Yas Marina Circuit through the day.

23. DO KIDS HAVE TO DRINK ANYTHING SPECIAL FOR THE EVENT?

There will be water available at the event site so that your child can refill a bottle of water.

We suggest that they have their water with them next to their bike in the transition area. They can then take a drink after the cycle leg and before the run.

We recommend that your child has a large, full water bottle available to them both on the bike and in transition.

There will also be an 'Aid Station' at the turn point of the run (approximately 1km) there will be water available at this station.

24. WHAT SHOULD PARTICIPANTS EAT FOR DINNER THE NIGHT BEFORE?

Your normal family dinner is fine.

25. WHAT TIME DO I NEED TO ARRIVE?

It is probably best to allow the whole afternoon for the TriYAS Kids Triathlon.

Event check-in starts at 11:00am. Give yourself plenty of time to park, walk through to the race village and relax before the first children start the **TriYAS Kids Triathlon** at 1:00pm. Allow at least a half-hour for the check-in process which includes having your child's bike inspected and receiving a race briefing.

All kids racing need to be at the 'Swim Start Area' 10 minutes before the start of the race to receive a course briefing from the event marshalls.

26. WHERE DO WE PARK ON THE MORNING OF THE EVENT?

All guests will be parked in the GOLD car park of Yas Marina Circuit. This carpark will be manned by event staff and is located directly behind the YMC Main Grandstand.

A map showing the parking location is available on the event website.

27. WILL FAMILY AND FRIENDS BE ABLE TO WATCH?

Yes, spectators will be able to see much of the event. But they will have to move around and stay behind the safety barriers. Spectators are not allowed on the course.

Please be mindful of the instructions of event officials and volunteers when moving around the area. These staff have the safety of all children attending at heart.

28. WHAT HAPPENS IF MY CHILD NEEDS TO GO TO THE TOILET?

We suggest that kids go to the toilet before the event starts. If they need to go during the TriYAS Kids Triathlon and cannot hang on, they can just let a Volunteer know and they will be able to take them to the toilet. They will be able to re-join the course at the place where they left.

29. WHAT IF MY CHILD GETS LOST?

It's highly recommended at the beginning of the day you organise with your child a special spot to go to if they cannot find you or you cannot find them. At the event there will be an "Info" area that you can go to. Everyone can ask one of the friendly volunteers (in an official t-shirt) where the 'Info' point is. YMC staff are also stationed in the area to look after "lost" kids and attend to lost parents too.

30. HOW DOES MY CHILD FIND THEIR BIKE IN THE TRANSITION AREA?

As your child brings their bike into transition on the day of the event a volunteer will show them where they are able to rack their bike and store any extra equipment.

We recommend that you provide your child with an easily identifiable item of clothing or towel so that they can quickly locate their correct spot in transition.

31. WHEN CAN MY CHILD PICK UP THEIR BIKE AFTER THEY HAVE COMPLETED THE EVENT?

Bikes may not be collected until all children have finished the Event. The TriYAS Kids Triathlon Race Director will let you know when the transition area is open. Only one adult may accompany their child into the transition area after the event to collect their bike, and Volunteers will be available to assist if needed. This is to provide ongoing safety and security at the event.

32. WHAT HAPPENS AFTER THE EVENT?

After the kids finish the TriYAS Kids Triathlon they can have a rest in the recovery area, meet with their parents, check out some of the fun activities and goodies for sale, listen for the event presentation announcement and watch the start of the 2017 TriYAS Triathlon! So remember to stay around the TriYAS Village where all the fun of the day continues!

33. SHOULD KIDS WEAR A HAT IN THE RUN?

If they feel comfortable and you want them to be sun smart then we highly recommend that they do wear a hat.

34. DO PARTICIPANTS HAVE TO DO ANY SPECIAL TRAINING?

No, that's the best thing about the race. Anyone can do it. But we also recommend that kids get out riding and running before the event (and AFTER it for that matter!). Take them down to the Corniche, a local park or to the TrainYAS nights. Perhaps you could invite some of their friends to enjoy riding and running. They can have a lot of fun getting ready and it will be good for them.

35. WHY CAN'T PARENTS TAKE THE BIKE OUT OF TRANSITION AS SOON AS KIDS HAVE FINISHED THE BIKE LEG?

Personal safety of our participants is a priority. We have an obligation to offer all participants the same transition environment free from obstacles and additional people not participating. While participants are on the course, running, or wheeling bikes in transition, there is danger if parents or participants are also trying to extract bikes from the transition area while things are in progress.

So, we ask parents, guardians and participants to wait until the Race Director advises through the event announcer that transition is open. This is usually after the last bike is parked back in transition for a particular age group. (This is exactly the same process as an adult triathlon.)

Please note that the times will vary, dependent on various abilities on course and also on the number of kids on course.

WHAT DO I NEED TO BRING?

Below is a checklist of all the things you need to pack the night before ready for the big event.

Remember to pack and bring the following items with you:

- Official TriYAS Kids Triathlon Event pack with your bib number (this is in your Event Kit picked up at registration)
- Towel
- Running shoes and a pair of socks
- Bicycle - it doesn't matter what type of bicycle you bring, it can be a mountain bike or a BMX or a racing bike but it does need to be safe. It is important to have your bike checked for safety including the brakes, tyres, chain and pedals. Ask mum and dad or the local bike shop to check it for safety.
- Helmet - Check that your bicycle helmet has approval (the sticker should be inside the helmet) and that there are no cracks or damage to the liner. Like your bike, your helmet needs to be safe and securely fastened and it must be an approved bicycle helmet.
- Sunscreen, hat and drinking water
- A T-shirt or jumper to protect you from the sun or keep you warm until you are called for your race briefing.

It is important to make sure all of your things are clearly labelled with your name and contact number so if it gets lost we can return it to you. Ask Mum, Dad or an adult to help you to label your bike, your shoes and all clothing and equipment.

You will also need to stick the event labels with your number on your bike and helmet. And attach the bib to the front and back of your racing shirt.

WHAT IS THE KID'S CLINIC ON THE 16TH FEBRUARY?

TriYAS by Daman's ActiveLife will be supporting UAE National Sports Day by providing access to all TriYAS participants and the community to run and cycle the F1 track between 4-7PM on Thursday 16th February.

To further encourage youth activity, a KidsTRI clinic will be held at Yas Marina Circuit (Paddock Area) between 5:30-6:30PM hosted by 2 professional triathletes competing in TriYAS. This will be open for all kids registered in the KidsTRI and will be a good opportunity for kids to familiarize with the course before the event.