

BQA 'QuadKidz'

EVENT ORGANISERS GUIDE



Organising A 'QuadKidz' Event

Introduction

This guide has been prepared specifically to provide information and advice for anyone involved in, or seeking to become involved in, the organisation of Childrens Quadrathlon, 'QuadKidz' ages 11 -16 years. Whilst every care has been taken in the preparation of this guide and the information contained within, the **British Quadrathlon Association** cannot accept any responsibility for inaccuracies nor for any loss or negligence arising out of this guide.

The British Quadrathlon Association is the National Governing Body Quadrathlon.

A Quadrathlon is an event combining any combination of swimming, kayaking, cycling and running". It is an individual activity and races take place against a continuously running clock.

Occasionally the order of events is changed, but the race always starts with the swim.

Each group races over different distances, with the 15-16 year age group, building up so they are able to take on a Sprint Distance Race, which is - 500m swim, 5km kayak, 15-20 km cycle, 5km run.

Competitors for these 'QuadKidz' events are split into different age groups

- QuadKidz 9-11 years
- QuadKidz 12-15 years
- QuadKidz 16-18 years

So You Want To Organise a Children's Quadrathlon.

Organising a children's Quadrathlon is an exciting and rewarding process. The main thing to remember is that the children's safety and enjoyment must be paramount, both in the organisation of the event and on the race day. The main aim of this pack is to help and advise you in running your event and to make the process as easy and as SAFE as possible.

Starting Out

Looking For a Race Venue

Here are some essential criteria to assist you in making a decision.

SWIMMING - swimming can be pool-based either indoor or outdoor, or a very safe open water venue.

KAYAKING - must be in a safe river, canal or lake, the kayakers must be seen from the bank at all times, a and there must be plenty of support crew on the water at the same time as they paddle.

CYCLING - must take place on either grass or tarmac traffic-free circuits. Be careful not to choose a site that is too busy with members of the general public, unless you can ensure that they will not get onto the course.

RUNNING - must also take place on traffic-free circuits that can be kept clear of the general public during the race.

The athletes must remain within sight at all times making a lapped course the easiest to organise.

Experience has shown that the greater the lap distance, the fewer problems will be encountered with lap counting. Try and find a site that will accommodate a cycle lap of around 1km and a run lap of 400 or 800 metres.

Risk Assessment

One of the first considerations when looking for a suitable venue should be how safe it will be for both competitors and spectators. Risk assessment forms are one of the easiest ways to assess how suitable and safe a potential venue is. A Risk assessment form, and along with proof of event insurance (available from the BQA if needed) must be submitted if you wish to register your Event with us, along with BQA affiliation, £15.00 for Club or Event Organizer.

Costs and Sponsorship

The aim is to provide a good day out at a minimum cost to the competitor. Your entry fee should allow you to provide a reasonable package for the competitor that might include:

- Race memento e.g. T-shirt / medal / mug / water bottle
- Refreshments
- Trophies for 1st, 2nd and 3rd in each category for boys and girls (depending how big the field is)

Your local leisure services department or sports development unit may also be able to help you with funding or reduced rates on the facilities that you are using.

Entry forms will be required for each competitor and these should state the race distances and type of course e.g. grass or tarmac cycle course.

The Race Referee

As the race organiser you must appoint a referee for your race, the referee will work alongside your team to make sure your race runs smoothly, so do not hesitate to ask their advice if there is anything you are unsure about.

Planning your Event

In The Pool

For safety reasons, all swimmers should exit the pool from the shallow end. See if there is a safe exit out of the pool from this end and, if not, try and weigh up the safety of other alternatives.

There must be no more than 4 swimmers in each lane at any one time (unless extra wide lanes are used).

All swimmers must start in the water. There are two ways to start your swim:

Lane swims should either be:

- Conducted in an alternate clockwise and anticlockwise direction across alternate lanes;
- Conducted as a 'snake swim', where competitors move between lanes. No more than two lengths per lane are allowed.
- Backstroke is not permitted in pool swims.

You will need at least one lifeguard on the poolside throughout the swim section.

At the end of each lane you will require at least one person to count the number of lengths each competitor has done. To assist with this, you may consider ensuring that each competitor in a lane wears a different coloured swim hat, and that the lap counters use a lap counting sheet.

Open Water

All swimmers must start in the water. There are two ways to start your race:

- Mass Start - swimmers start together in age groups (waves).

Advantage - easier result calculation

Disadvantage - some first time competitors may feel intimidated if they are not strong swimmers.

- Interval Start - swimmers are set off at intervals, one after the other (e.g. 10 or 15 second intervals).

Advantage – less intimidating for competitors.

Disadvantage - can make results more complicated to calculate.

- The swim course should be marked with buoys at turn round points and should be at least 1 metre high.

All markers should be fixed so they will not move in the prevailing water conditions.

- A Motorised Safety craft and canoes must be provided. Marshals assigned to water safety must be in the ratio of 1 to 10 competitors.

Transition Area

When designing the transition area, you need to consider whether there is a large enough space close to the pool exit where the competitors can lay out their kayaks/cycling/running kit with adequate space for them to change.

You also need to think about how they lay out their kayaks and bikes.

It is usually better to allocate spaces in order of age groups, with the youngest age group closest to the swim entrance. If the transition area is not next to the pool you may need to allow the athletes to lay out their trainers by the pool exit. If there is no space, you must ensure that the run to the transition can be completed in bare feet. Non-slip matting could be laid for the athletes to run on.

Kayaks and paddles must be next to the water and Marshals must be ready to help the youngsters get into and out of their kayaks.

Racking can be used for the bikes, but bear in mind the different sizes and types of bikes being used and the differing sizes of competitors, so they could be left on the floor/grass if there is room.

To assist the competitors, and keep the transition area tidy and free from parents, a minimum of two marshals is suggested.

The transition area should be closed off with barriers to ensure that it is secure, and that only competitors are in the transition whilst the race is in progress.

You also need to consider whether you are going to use one or two transition areas, kayak and bike/run?

This will depend on the site and the course you are using, but here is a guideline to which would work best for you.

Kayak Course

You and your team should make sure that the choice of water for the kayak is suitable for the purpose of junior paddlers and that the competitors are not in any danger due to the route or condition of the selected water.

There are a number of factors that need considering before an area of open water should be used depending on whether it is in the canal, lake or river:

- Access, proximity of kayak start.
- Likely water temperature.
- Currents or eddies.
- Water quality.
- Other users of the water.
- Depth minimum of 1 metre deep at any point, excluding start and exit.
- Conditions underfoot at start and exit.
- Any overhanging or underwater hazards.

You should consult with regular users of the water in question; i.e. commercial users, canoeists and lifeguards.

Access to the area is very important as this will not only determine how easy it is for the event to take place but also, in the event of something untoward happening, how easy it is for emergency services to gain access to the area.

- Course design should allow for minimal congestion at the start of the race.
- A recommended lap length would be 1000 metres, within which a shorter lap should be incorporated for the younger athletes.
- It is usually better to count the competitors laps at the end of each circuit. All competitors are responsible for counting their own laps (although you will need to check them) they will need to be told when they have finished their kayak section.

There must always be a safe transition area to keep the kayaks before the swim and also to be returned to after the children have finished kayaking.

- Competitors must be in sight of a race marshal at all times during the kayak.
- Race marshals need to be spread around the course so that assistance can be given quickly if needed. On the river a safety boat is paramount and also plenty of canoe marshals (recommended ratio 1 to 5 children)

Cycle Course

The design of the course will depend heavily on local conditions, tacks, tarmac or grass on the bike. The following pointers may assist you in this task:

- A recommended lap length would be 1000 metres, within which a shorter lap should be incorporated for the younger athletes.
- It is usually better to count the competitors laps at the end of each circuit. All competitors are responsible for counting their own laps (although you will need to check them) they will need to be told when they have finished their cycle section.
- You will need several marshals for the lap counting to ensure that all competitors are counted as they pass. The lap counters should tick off the laps on a lap counting sheet.
- After telling the younger competitors they have finished the cycle, make sure that there is enough time for them to exit the course safely.
- Competitors must be in sight of a race marshal at all times during the cycle.
- If the CYCLE course is on grass, check that there are no hidden holes or debris that may cause an accident.
- Try to ensure that the grass is fairly short for the event otherwise the course will be very hard work, especially for the younger athletes. Where possible the course should be raked free of loose grass to prevent slipping and mechanical problems.
- If using a tarmac track, check if there are any speed bumps. If so, do they constitute a safety hazard or can adequate precautions be taken to minimise the risk?
- Are there any places on the course where vehicles could emerge unexpectedly?
- Race marshals need to be spread around the course so that assistance can be given quickly if needed.
- Make sure that the course can be free from the general public whilst the race is in progress.
- It is beneficial to use radio communication between marshals if possible.

Run Course

When designing the run course, the same considerations must be taken into account as for the cycle course. However, you must make sure that there is provision during this part of the race for competitors to take fluid. They will be tired and will need to re-hydrate their bodies whatever the weather conditions. Try to position a water station so that it is accessible on each lap of the run and at the finish.

One method for counting run laps is that each competitor is given an elastic band at the end of each lap i.e. at the end of a 4 lap run the competitor should finish with 3 bands. An additional back-up counter is also beneficial. If you decide to count laps in the same way as for the cycle then make sure that the athletes have their numbers clearly visible to the counters at all times.

A suggested run lap length would be 600 metres.

Timing

The simplest method is to have a main starter who will start each wave/competitor.

They must record the start time and leave the watch running. A finish timer will record the finish time of each competitor. Both watches should be started at the same time and left running throughout the event.

A back-up watch should also be started in case of failure by either of the main watches.

Start and finish times should be collected as soon as possible and taken to the person in charge of results.

Subtract the start time from the finish time for the overall result. This system will work whether you are running wave or individual starts.

Volunteers

Getting volunteers to help as race marshals is never easy but remember, the more marshals you are able to recruit the smoother your event will run. Possible areas to recruit volunteers from are local community groups (e.g. cadets, rotary etc.) students at colleges studying leisure, and you may be able to get help from the staff if the race is based in a leisure centre. Local triathlon, running, kayaking and cycling groups are also an option, as are the parents of the competitors. In the information you send out prior to the race, put in a request that any parents interested in volunteering at the race get in contact with you.

Try to give the volunteers responsibilities so that they feel an important and valued part of the race organisation team.

Race Information

You will need to send out race information to all the competitors who have entered the event, plus all of the volunteers including the race referee, at least a week before the event.

It is also useful to have a notice board at the race site for displaying the following information:

- Registration
- Timetable for the day detailing the race briefing time and place, the race start times for each age group and the presentation time and place
- Maps of the site and courses
- Results as they become available
- Location of first aid cover
- Names of those responsible for the event (organiser, safety officer and race referee)

Another way to improve the information available on the race day, and create a great atmosphere is to have a commentator; he will need a full list of the athletes competing (with race numbers) and their start times. If you are struggling to find a commentator then there may be a club representative or parent coming to the event who would be willing to get involved.

Refreshments

It is very useful to have some provision for refreshments at the race site, to keep spectators happy and for the children when they finish, this makes for a better race atmosphere as parents/guardians will need to be on site at all times. The site that you are using for your event may already have these provisions. If not you could ask mobile caterers if they would like to attend, explaining the number of people you expect.

Race Day

Setting Up

Make sure you have enough helpers to set up the course and allow yourself plenty of time to get things organised. If the event has an early start time, then you could consider setting up the day before.

Prior to the race, allocate leaders for each section of the race. An idea of the sections you might consider is as follows:

- Car park
- Registration
- Transition area
- Pool/Open Water
- Kayak
- Cycle course
- Run course
- Liaison (refreshment, public address system, first aid)
- Timing and Results

As the race organiser, it is better to leave yourself free of any specific duty as you will have plenty to do managing the race overall.

Registration

You will need one registration desk volunteer for every 50 competitors. At registration, each competitor must be given his or her allocated number. Their numbers must be securely fastened in each of the 4 corners with safety pins (these should be provided) unless a race belt is used. Race numbers should be clearly visible at all times. Marking the race number on arms and legs with waterproof magic marker is also advisable to assist the lap counting marshals and for identification in the pool. It is advised that on the entry form you have a section to ask competitors about any allergies they may have e.g. to marker pens or latex swim caps.

Briefing

Marshals

Make sure that all your section leaders are fully briefed as to what will be expected of them during the day and ensure they are familiar with the race rules. Each section leader (swim, kayak, transition, cycle & run etc.) should brief their own team on what duties and responsibilities they will have during the day. They should also be responsible for making sure that all marshals are wearing bibs to identify themselves to the competitors and spectators. The marshals' briefing should be conducted away from the race area in plenty of time before the start of the race.

Competitors and Parents

As race organiser you would normally be expected to do the main race briefing.

Make sure that everyone at the briefing can hear you or the nominated person by choosing a quiet area and using a microphone.

Organise the main briefing for competitors and parents near to the course. Start your briefing by welcoming everyone to the event and try to ascertain how many first time competitors have entered. If practical, walk part of the course with the competitors. Point out the location of first aid, refreshment area etc. Introduce your section leaders and the race referee so that if there are any problems during the event they can be identified easily. You should also let the race referee say a few words about the rules so that children start learning what they should and should not do during a race. Run through the race, explaining the main rules so that everyone is aware of what is and is not permitted. This is also the best time to minimise problems from parents by outlining what is expected of them.

Let everyone know the timetable for the day, which should include competitors start times, when the results will be available and when the presentation will take place.

Swimming

At the poolside or riverbank/lakeside, your section leader should brief the competitors on the emergency and evacuation procedures of the pool should any problems occur. Also In an emergency, a competitor should roll onto their back and raise an arm overhead, and call for assistance. It is worth reminding the children of the number of lengths/kayak/cycle and run course laps they must complete to make sure they are clear.

In both pool swims and open water all swimmers must start in the water and swim the designated number of lengths or circuits for their age group.

On completion of the swim, competitors should WALK to the exit of the pool and proceed to the kayak leg. If you are using swim caps to identify competitors these will need to be returned before leaving the pool. These can be used for other competitors.

Transition Area and Kayaking

Kayak Transition

Competitors have to pick up their paddle from transition, put on their Buoyancy Aids and any extra clothing/canoe shoes (wetsuit boots) they may need, before going to their kayaks. Extra Marshals will be needed to help the children get into the water safely. After the kayak, paddles can be left with the kayaks,

or taken back into transition. Here they will take off their Buoyancy Aids and get ready for the cycle leg. Marshals should ensure that the transition area is kept tidy at all times to minimise any safety risk.

Kayaking

Marshals will be able to help and ensure that each child gets off to a good start. There should be an extra Official, who should ensure every child is wearing their Buoyancy Aid correctly, and that competitors are kayaking safely and the correct number of laps is completed.

Transition Area and Cycling

Cycle Transition

Competitors must change into their cycling wear ensuring that their mandatory cycle helmet is fully fastened BEFORE they remove their bike from its position. It would be worth mentioning this in the race briefing or asking the race referee to emphasise the helmet rule. Competitors must then exit the transition area before mounting their bike at the designated point, ensuring that their numbers are clearly visible to race officials.

When competitors return to the transition area, the marshals should ensure that the bike is returned to its allotted space. Competitors must not remove their helmet until this is done.

For some of the younger competitors it may be advisable to have a marshal ready to assist if needed.

Marshals should ensure that the transition area is kept tidy at all times to minimise any safety risk.

Cycling

Officials should ensure that competitors are cycling safely and that the correct number of laps is completed. When the competitors have finished the correct number of laps, the officials should ensure each competitor is directed towards the transition area.

Running

Officials should ensure that the correct distance is covered by each competitor and keep a look out for competitors showing signs of distress. The athletes should be directed to the finish when they have completed the correct number of laps.

You should ensure that there is at least one drinks station to supply water during the event and that there is one at the finish. Try to ensure that there is a marshal available at the finish to greet the athletes as they cross the line.

Results

Provisional results should be calculated and displayed as quickly as possible to keep competitors informed. Displaying results also means that any problems can be identified and dealt with before the presentations take place. Results should be available 30 minutes after each age category has been completed. If you are going to provide split times then leave these until after the event as they will slow down the results process. Producing results quickly always generates a positive response.

Presentation

It is preferable to hold the prize presentation as soon as possible after the last age group has finished (this should not be more than 30 minutes). One way of ensuring good attendance at this point is to offer spot prizes at the presentation. Make sure you thank all of the volunteers at the presentation and congratulate the finishers.

Parents

Parents can be over zealous at times and may create problems if things have not gone as they feel they should have. If clear guidance has been given to parents at the main briefing this problem will be minimised.

It can be useful to identify specific areas for parents to view the race, including making sure that they have access to some refreshments i.e. pool café or vending machines. The areas identified for parents should be away from lap counting marshals, who will not wish to be disturbed. Please remember that the rules prohibit outside assistance, parents included!

Post-Race

Send out a full list of results to all competitors as soon as possible. Enclose a note congratulating them on their tremendous achievement.

Send results and a brief report to the local papers and thank you letters to all sponsors and organisations that assisted with the event. Include any press coverage that the event received so that sponsors are encouraged to support your event in the future.

You can also send your results to BQA who will publish your race report and results on their website. Remember if you use photographs of the children participating, you will need parental consent.

Any publicity on 'QuadKids' will help raise the profile of the sport and increase the number of young athletes competing. Be Safe, Be Happy ... 'Quadkidz' Start them Young!

BQA Rules for your 'QuadKidz' Event

The following rules are intended for the purpose of creating equal opportunities for all competitors, and providing an atmosphere of fair play, safety and enjoyment.

General

- It is the organiser's responsibility to ensure that there are sufficient marshals in order that competitors can be seen at all times
- Competitors must carry out all instructions from officials
- Quadrathlon is an individual event, any teamwork which provides an advantage over other competitors is forbidden.
- Medical personnel have absolute authority to remove a competitor who in their opinion is physically incapable of continuing without sustaining physical damage, in the short term or long term.

Swimming

- Swims can be pool based or open water, open water is now approved by the BTF. However serious considerations must be made when choosing the Open Water Swimming Venue.

Pool Swimming Safety

- All competitors must have their competition numbers clearly marked on their bodies.
- All athletes must start in the pool, no diving is allowed.
- Competitors may use any stroke to propel themselves through the water.
- There should be at least one qualified lifeguard (qualified to either RLSS National Pool Life Guard or Bronze Medallion) present who has no other responsibility.

Open Water Swimming Safety

- Open water swimming is permitted for children 'QuadKidz' 11 and above.
- The Event Organiser must obtain written consent from a child's parent or guardian that the child has permission to compete in any given event, and is sufficiently fit and healthy.
- The minimum permissible open water temperature in which children can swim is 11°C;
- Maximum swim distances can only be used when the water temperature is 13°C or above;
- When the water temperature is between 11°C and 13°C then the swim distance should be reduced by an appropriate amount, decided by the Event Organiser, taking into account climatic factors on the day.
- Wetsuits are banned for water temperatures greater than 22°C, optional between 14°C and 22°C and compulsory for less than 14°C;
- No maximum thickness for wetsuits.
- A minimum requirement of one safety craft to every 10 competitors.

Kayaking

- Each boat must carry sufficient buoyancy to remain afloat and to support the crew in the event of capsize. Buoyancy must be fixed in the boat securely or by the provision of sealed bulkheads.
- Competitors must be able to swim and kayak adequately in the waters on which the race is being held.
- The wearing of life jackets or buoyancy aids is compulsory.
- Life jackets must comply with either the European Standard 'EN393 or 395 or the International Standard 'ISO 12402'.
- It is allowed to use any sort of kayak or canoe, (K-1, wild water kayak, sea kayak, surf ski, touring kayak etc). Every kind of paddle is allowed. There are no restrictions in size, form or material.
- The use of sit on kayaks is this allowed, the organiser may use a kayak hire company particularly for a Quadkidz Event.
- The Competitor is personally responsible that his/her equipment is in legally in satisfactory condition.
- Each Child must have a competent Parent/Guardian/Accompanying Adult on the BANK whilst the child is competing kayak, and they must be at the race venue at all times.
- The kayak course should be marked with buoys at turn round points and should be at least 1 metre high. All markers should be fixed so they will not move in the prevailing water conditions.
- A Motorised Safety craft and canoes must be provided. Marshals assigned to water safety must be in the ratio of 1 to 10 competitors. Marshals should be placed at appropriate places on the kayak course and in particular at high risk places such as turn arounds and sharp turns on the river.
- Emergency exit points should be available for kayakers to leave the water if needed.

- Assistance to get in or out of the kayak may be given by the organizer/marshal. The Organizer may ask marshals to help juniors get started or get out due to difficult conditions (weather or launching) and also they will need help in the event of a capsize.
- In case of a Capsize First-aid units in attendance must be aware of the requirements for the British treatment of shock and cold.
- Sufficient blankets should be on hand, together with a good supply of hot drinks.

Cycling

- Cycling must take place on closed traffic free circuits. Cycling may not take place on public highways unless they are closed to traffic.
- Fluids must be made available at the start and finish of the cycle.
- Competitors must be visible to officials at all times.
- Aero bars (handle bar extensions) must not be fitted to bicycles where cycling takes place on grass. (Please note that mountain bike bar-ends are acceptable). Where the cycling takes place on tarmac, aero bars may be used by athletes who are 13 or over.
- Safety Cycling helmets approved by the BSI, ANSI, Snell or equivalent standards must be worn by competitors. Helmets must be fastened before the bike is removed from the competitors allotted space in the transition area, and must remain fastened until the bike is returned to this position.
- Competitors are responsible for the repair of their bikes; any assistance received other than that provided by a marshal may result in a penalty.
- No individual support/pacing by vehicle, bicycle or on foot is permitted, except where provided by the organiser/marshal.
- Competitors must wear the race numbers provided by the organisers unaltered throughout the cycling/running section of the event in such a way that they are clearly visible, and must be securely attached.
- Any part of the cycle and run course may be covered on foot but on these occasions the competitor must carry or push their own bike.

Running

- All running must take place on closed traffic free circuits.
- The run course should be (if possible) separate to the cycle course to avoid clashes.
- Fluids must be available at the start and finish of the run.
- No form of locomotion other than running or walking is permitted.
- No individual support/pacing by vehicle, bicycles or on foot is permitted, except where provided by the organiser/marshal.

General Rules

- All competitors must wear a shirt, vest or tri-suit, shorts, swimming suit and footwear etc. and have their unaltered race numbers securely fixed to their clothing or suitable race belt so that the number is clearly visible at all times.
- Competitors must follow the directions and instructions of all race officials
- Competitors must be visible to officials at all times

Transition Areas

- In order to avoid accidents, safeguard equipment and protect competitors' personal possessions, athletes must not bring their helpers, friends or family members into any transition area when the race is in progress.
- No assistance other than that provided, or authorised by the organiser is permitted.
- Fluids must be provided in the transition area.
- Competitors equipment must be placed in one allotted place and not where it may hinder the progress of other competitors.
- Competitors kayaks and cycles must be placed in their allotted position both at the start and finish of the kayak and cycle section
- Competitors must not ride their cycles in the transition area
- Competitors must not interfere with another competitor's equipment in the transition area
- Paddles, Buoyancy Aids, Cycle helmets, Shoes and Clothing must be placed in the competitors allotted place in the transition area. Under certain circumstances organisers may allow running shoes to be placed outside of the transition area; for example events where there is a long run from the swimming pool to the transition area.

Race Referee

- A race referee shall be appointed by the Event Organiser and be responsible for any appeals. The referee, with the race organiser shall have full jurisdiction over the event. If necessary, and with the advice of local

safety experts, the referee shall have the power to cancel or curtail an event on safety grounds. The race referee shall chair any race jury. Please contact the BQA if a race referee is needed; we have several experience members who can help with this role.

Penalties

- Competitors may only be penalised by the race referee. This may be on the advice of readily identifiable race officials.
- Penalties may be issued or disqualifications given at any time up to the announcement of the final results.
- The following penalties will be imposed for infringements

Disqualification

- Abusive language
- Diving
- Failing to obey marshals
- Nudity - Outside assistance (other than that given by the organiser)
- Tampering with the equipment of others
- Unsporting impedance

Formal Warning - If the fault is not rectified after a warning the ultimate sanction is Disqualification

- Helmet violations on the cycle course
- Illegal equipment (swim, kayak cycle or run)
- Illegal progress (during the cycle or run)
- Topless

Time Penalties may be given after a formal warning, the time penalty for each age category is as follows:
11-12 years 30seconds, 13-14 years 45seconds, 15 -16years 60 seconds

Appeals

- Appeals can be made against fellow competitors, other parties involved and the race organisation.
- An appeal is a request for a review of a decision made by a referee.
- Appeals cannot be made against judgement calls by officials. Judgement calls include, but are not limited to dangerous riding and unsporting conduct.
- Appeals must be made in writing within one hour of a penalty being notified.
- The race jury shall consist of the race referee, the race organiser and one other responsible member of the association appointed by the referee.

Age Categories

- QuadKidz: 11-12 years
- QuadKidz: 13-14 years
- QuadKidz: 15-16 years

Age category shall be determined by age at 31 December in the year of competition.

Guideline to Distances

These are guidelines, depending on conditions and difficulty of the course - kayak river/canal/lake? Cycle and Run tarmac/gravel/grass? Distances may vary.

QuadKidz: 11-12 years – 200-300m swim, 1.5km kayak, 4-6km cycle, 1.8km run.

QuadKidz:13-14 years – 400-500m swim, 2.5km kayak, 6-8km cycle, 2.4km run.

QuadKidz: 15-16 years – 500-800m swim, 3km kayak, 10-15km cycle, 4km run.

Youth: 16–17 years – 500-1000m swim, 4-5km kayak, 15-20 km cycle, 5km run.

Parental Consent

- Event organisers must obtain written consent from the child's parent or guardian, if under 18.
- The standard disclaimer should read:

I declare that the above named person is fit to take part in this event. I understand that they participate entirely at their own risk, and relieve the race referee, the race organisers/personnel, of any responsibility for injury, loss or damage sustained to either their person or property as a result of participation howsoever caused. I also declare that the above named persons cycle is in a roadworthy condition. I agree to abide by the rules of the *British Quadrathlon Association, WQF, (if the event is Affiliated to the BQA) or Event Organiser.*

Parents/Guardians/Accompanying Adults

- Parents/Guardians/Accompanying Adults must carry out all instructions from officials.
- It is the responsibility of Parents / Accompanying Adults and Competitors to ensure that the Competitors equipment is suitable and fit for its intended purpose.

- Parents/Guardians/Accompanying adults and Competitors must conduct themselves in a proper manner and not bring the sport into disrepute.
- Infringement of the following will result in disqualification of the Competitor:
 - Foul or abusive language
 - Failing to treat officials with respect
 - Failing to obey marshals
 - Outside assistance
 - Tampering with the equipment of others
 - Unsporting impedance

First Aid

- There must be a minimum of two suitably qualified personnel (eg: St Johns Ambulance/Red Cross or Paramedics) present at the event, who have no other responsibilities.

Be Safe, Be Happy ... 'QuadKidz' ... Start them Young!

If you have any questions about any of the information contained in this 'QuadKidz' guide, please contact the BQA contacts on our website www.britishquadrathlon.org.uk

The BQA wish you all the best in preparing for your event and most importantly enjoy it, and help spread the Word of Quadrathlon..... Small Sport with a Big Heart!

