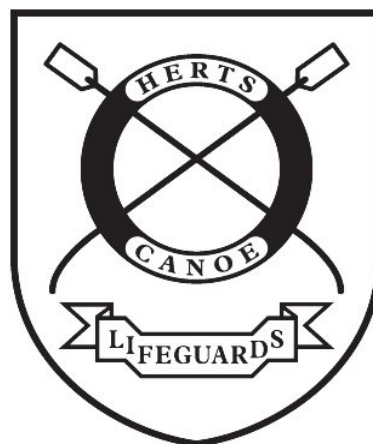


The London Triathlon 2009

1st & 2nd August 2009



Canoe Lifeguards Information Pack

Lifeguarding at the London Triathlon

Herts Canoe Lifeguards would like to invite your unit to come and lifeguard at the London Triathlon this year.

The London Triathlon is the biggest triathlon in the world, currently attracting over 13 000 competitors. The triathlon takes place at The London Docklands Excel Centre, with the swimming taking place in the Royal Victoria dock.

Getting all the competitors into the water, around the course and back out of the water safely is paramount. Lifeguards from your unit will be part of an 80 strong team watching over all the swimmers and assisting them where necessary.

All lifeguards need to be a good standard of paddler and hold a Canoe Safety Test award as a minimum (or equivalent)

The Course

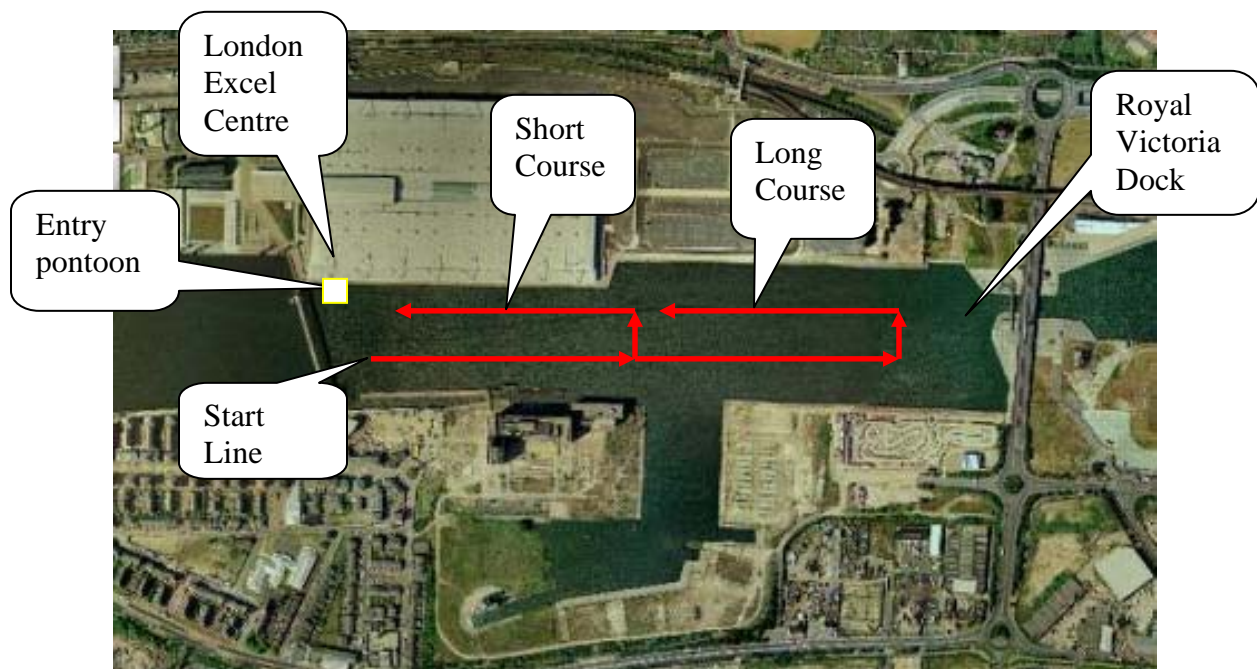


Image from www.multimap.com 2008

The 80 Lifeguards will be split in to teams. Each team will be responsible for a section of the course for a race. Throughout the day the teams of Lifeguards will rotate around the course looking after different sections and taking rest breaks.

The swimmers enter the water from at the location shown on the photograph above. The swimmers then have several minutes to warm up and prepare to race. One team of lifeguards will be allocated to helping swimmers entering the water.

The next team of lifeguards will be on the start line. This team will paddle around the course with the swimmers out along the south side the dock then back along the north side. All other teams are spread out around the course or are on rest breaks.

Kit

We are aiming to have every Lifeguard in a Lifeguard Specific Rescue Kayak. If you are unable to bring a Rescue Kayak then you will need a boat of similar capabilities, with sufficient volume to support a swimmer should it be necessary. Play boats are not acceptable.

Each lifeguard will need to have paddling kit for the weather forecast. In previous years there has been scorching sunshine and other years there has been rain. You need to bring the right paddling kit for the conditions. I.e. Sun cream and a sunhat or thermals and dry tops!

Every lifeguard will be issued with a waterproof pencil and piece of paper. If any lifeguard has to help a swimmer they must record the swimmer's number and the issue the swimmer had. This information then needs to be passed on to the team leader or assistant team leader on the next scheduled break.

Equipment

You will be required to provide the following lifeguard/kayaking equipment:

- Boat (high volume – NO PLAYBOATS)
 - Paddle
 - Buoyancy Aid
 - Spray deck
 - Whistle (IMPORTANT)
 - Suncream/protection
 - Sunhat
 - Sunglasses (suggested).
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- Sleeping bag

Please also bring appropriate kayaking clothing for both hot and cold weather, remembering we begin on Sunday morning at 05:00. If you are unable to provide any of the above, please get in touch with Martin.

Time and Location

The triathlon takes place on Saturday 1st August and Sunday 2nd August.

You will need to be at the London Regatta Centre at 8am on Saturday ready for a full day on the water. Friday night accommodation at a local hotel is available for those travelling from some distance away.

Breakfast and Lunch will be provided for both days.

Hotel accommodation has also been arranged for Saturday night for all Lifeguards and an evening meal will be provided.

Each Lifeguard will receive a £90 donation for giving up their weekend (or £45 per day) plus agreed travel expenses. It is up to your unit/club who this money goes to.

If you can only attend on Sunday, you will need to be at Excel at approx 5.30am.

All timings and locations will be confirmed nearer the time.

Under 16's will also need a parental consent form to be completed. These will be made available soon.

Regatta Centre

Our base for the weekend will be the London Regatta Centre, which is at the Royal Albert Dock, the next dock along from where the triathlon is held (Royal Victoria Dock).

Address: London Regatta Centre, Dockside Road, London, E16 2QT

Website: <http://www.london-regatta-centre.org.uk/>

Further Information

If you have any questions or queries, please contact:

Martin Suzan

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Please pass this onto anyone in your unit/club that may be interested in attending.