

Serpentine Running and Triathlon Club

Lanzarote Trip 2025

Risk Assessment for the Mini-Triathlon

Element	Risk / hazard	Mitigating actions	Comments
Registrations	Number of participants	Use CLS app with cut off Sign up deadline 12:00 the day before	Check number of bikes: 30 - 50?
	Insurance Serpentine not CLS	Make participants aware that their own insurance needs to cover them for racing.	A clock starts and finish times logged. Could this be presented as a training session to practise specific transitions or??? No prizes are offered
Pool Swim 400m 8 L	Mixed ability and experience	Clear description of what is needed and how the mini-tri will be run	
	Up to 8 in a lane	All to swim anticlockwise	
	Mixed swim ability / confidence	Practise for a 400m swim in Serpie swim training sessions Advise to swim in a lane of similar ability	
	Overtaking	Tap on heel etiquette	
	Crowded start	No diving or jumping Move into line by 40m so no head on turns or as a lane set off in speed order Don't sprint the first length!	
	High exit / slipping	Use side exit steps if not confident of climbing out.	Stay out of the way of swimmers in end lanes
	Pool condition		Check!
	Safety	Life guard presence?	
Stationary bikes 20k	Set up of bike	Time beforehand to make sure bike fit is carried out Also phone app connected	NB may need reconnecting on arrival at bike so need to go over how to do that
	Connection disappears Time and distance not recording	IT person on alert?	
	Shoes not fitting pedals	Use run shoes or change pedals / cleats?	
	Kit all over the place	Keep kit to minimum and place neatly by own bike	Bags to be left by wall not bike

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	Bike condition	CLS responsibility / CLS RA When were they last serviced / checked?	
Run 2 laps of lagoon 6k	Mixed surfaces	Stay on pavement (sidewalk) where possible	
	Kerbs & unevenness	Keep eyes open	
	Traffic	Driving on Right so stay alert for bikes, cars, buses, RVs etc round the lagoon	
	Other runners / walkers / fishers / cyclists	Keep eyes open and call out if necessary especially if catching up from behind.	
	Entry back to track	Clearly explain which gate to use and make sure there are marshalls to guide participants back on to the track	
Transitions	Run with wet feet and up the stairs	Walk on poolside and take care on the stairs Make sure the pool side and way to bikes are kept clear of kit and extraneous articles /people	Marshall at bottom and top of stairs. People are often in the way at the top gate. Also needs to be clear for relay teams
	Running around and between bikes	Stay alert to others	Only team participants / marshall on the field of play
	Other facility users	Clear bike to run exit including alerting anyone using 5 aside court or other facilities	
Weather	Heat and wind Dehydration	Water available at start and finish Reminder to all re staying hydrated	
	Rain		
Emergencies	Accident or illness during mini tri	Check CLS procedure and make it known to all	
		Phone number of organiser clearly available 112 if serious	
		Locate and publicise First Aid facilities	Pool Bikes Track