



BLUE LAKE MULTISPORT FESTIVAL
PO BOX 372
ROTORUA
NEW ZEALAND
bluelakemultisport@gmail.com
www.rats.org.nz/events/blue-lake-multisport-festival
Event Director: Karen Shaw
Tel: 0272732739

Competitor Notes: Health & Safety

It is compulsory for all entrants in this event, their guardians and their supporters to read this notice and comply with its stipulations. Entrants are also responsible for familiarising themselves with the event course and all its hazards. Please inform your supporters of their responsibility to comply.

Signing your waiver or completing your online entry is an indication you agree to comply with these guidelines.

PRIMARY RESPONSIBILITY

- You are responsible for your own health and safety during the event.
- The Blue Lakes Multisport Event involves an element of risk of injury, where competitors could encounter deep water, wet road conditions, steep terrain and other random obstacles that are typically present in open road conditions and reserves. You should not attempt any section of the event you do not feel capable of completing safely.
- You should only undertake to participate in this event if you believe that you are fit to do so .
- At no stage of this event should you engage in activity that would threaten your own safety and the safety of other people.
- There are no road closures in this event, so you must exercise caution and obey New Zealand road rules.
- You should obey marshals, police and traffic officials, where they are instructing you for your safety.

COURSE AND CONDITIONS

- Conditions on the event days are undetermined and can change during an event, please observe and act accordingly for your safety
- Areas involved in the course are naturally uneven / off road please remain aware at all times of potential risk to self and others
- Blue Lake Multisport festival events take place unless the course director evokes either a contingency course or cancellation – please bring suitable clothing for each event.
- The courses can involve being away from transition – fluids are available on the run leg, we encourage athletes to take fluids on the cycle leg of the triathlon.

GENERAL NOTES

- The roads are open for all normal traffic / the event takes place in a public area.
- There will be a partial road closure in place for the Cycle leg of the Sprint Triathlon.
- Competitors must behave in a manner that is safe, fair and demonstrates good sports conduct, before, during and after the race.
- The Marshals are giving up their time to help you, please treat them with respect. If you have any issues with a marshal's conduct please do not approach them independently – please refer to the Event Director.
- The Marshals are on the bike course to ensure that normal traffic flows continue, and to direct you if needed.
- The Marshals will not (and legally cannot) stop traffic. Please obey the road rules.

- Your torso must be covered on both the cycle and run – either with swimming costume, or a singlet or t-shirt or tri top (or similar).
- No earphones or headsets are allowed at any time during the event.
- Please report any accidents to the race director or marshals during the event.
- If you pull out of the race for any reason please advise the nearest marshal and the timekeepers when you return to transition (thanks!)
- Please give assistance to fellow competitors in need of help.
- If you have finished, please have consideration for others still moving through the course
- Spectators must not follow athletes in a vehicle or on bicycles on the course at any time during the event.
- Parents/guardians must keep children under control.
- Where a competitor is under 18 years, their parent or legal guardian is responsible for their safety.
- Dogs must not accompany competitors or marshals in position in this event.
- If spectators have no choice but to bring dogs, they must be on a leash at all times and kept well clear of all competitors.

ROADS AND DRIVEWAYS (for both cycle and run courses)

- Traffic Management is provided by Traffic Management NZ please follow their instructions at all times.
- The roads on the course are open to all motorists at all times. There is a partial road closure in place but residents will still have access and competitors will need to be aware of this.
- You may be required to cross roads. Always be prepared to stop, even if you have right of way.
- Please be vigilant – the cycle course is on narrow winding roads and then on the main road to the Blue Lake – the run course is on the footpath at the side of the blue lake – traffic will be moving at varying speeds
- Any road crossings will be marshalled and should only be crossed at the appointed crossing point, which is clearly marked.

TRANSITION

- First aid is provided by Peak Safety and they are located on the grass next to the finish chute during the event.
- A copy of the Health and Safety Notice for the Blue Lake Multisport Festival will be displayed outside Water ski club/ Event Head Quarters. It is your responsibility to read and abide by its guidelines (This is the Health and Safety Notice).
- Athletes only are allowed in the transition area during race time.
- No bikes are to be ridden in the transition area at any stage.
- Detailed course maps will be posted outside event headquarters. Please learn your course before you start. If you have questions, please ask. If you do not know/understand the course and get lost or do something different from the prescribed course, have a silent word with yourself .
- If you are moving your bike to or from transition, normal road rules apply (i.e you must be wearing a helmet when riding your bike, and you must ride your bike on the correct side of the road. If you are not wearing your helmet, you will be walking your bike).
- If you bring a dog, the dog must be on a leash at all times.
- Please be mindful of children.

SWIM COURSES

Blue Lake Multisport Festival has open water swims of varying lengths – Aquathon 800m / Sprint Triathlon 750m / Across the Lake 2km / OWS 750m

- All swims have beach starts.
- Swimmers of low confidence or limited experience should not attempt the Across the Lake Swim.
- Water safety coverage is organised by Event Director – including boats / kayaks and stand up paddle boards.
- Wet suits are recommended (exception is Hinemoa Swim which is undertaken at athlete's responsibility)
- Tri NZ ruling for Wetsuits will be enforced: if water temperature is 14°C Wetsuits are compulsory / if water temperature is above 22°C the event becomes non wetsuit for all. There will be some discretion exercised by the Race Organisers regarding whether wetsuits are worn or not. We acknowledge our event is more about participation and swimmers are more confident in wetsuits.
- Swim caps should be worn throughout all swims.
- If you notice a fellow participant in trouble please go to their aid and signal water safety.
- If you are beginning to get into trouble raise your hand and water safety will come to your aid.
- If a swimmer is pulled from the water the swimmer will be brought to first aid providers (Peak Safety). The first aid providers will decide if the athlete can continue in further events – this decision cannot be disputed.

Kids Triathlon – Additional Information

- Each wave of the kids triathlon swim starts in the water at waist level
- Adult proficient swimmers will form a line in the water along the swim distance between the swimmers and the deeper water.
- “Noodles” are allowed by child swimmers and will be available with the marshals
- Swimmers who cannot or who have not swum 50m must not enter this event.

CYCLE COURSE

- Bikes must be in a road worthy condition – this safety is your concern we do not conduct safety checks
- The roads are open for all traffic. There is a partial road closure in place but residents will still have access and competitors will need to be aware of this.
- Cycle helmets must be worn, the helmet must fit the athlete – the chin strap must be done up securely whenever the athlete is in possession of the bike – from removing bike from the rack to replacing back on the rack.
- No mobile phones, ipods, MP3 players or distracting devices can be worn.
- You must follow road rules at all times and be safe with sharing the road with other vehicles.
- On the ride, keep to the LEFT, unless overtaking someone, and obey the road rules – they still apply even though you are in a race. Remember the road is open to general traffic and you are sharing the road with other competitors and motorists.
- Drafting is not allowed anywhere on the course – specifically:
 - The draft zone is 10m long – this is the measure from the front of one bike to the front of the next.
 - You cannot ride 2 wide – there is no “box” (the roads are too narrow for a box to exist in many places)
 - All cyclists will be expected to sit hard left on the road. The next bike will be at least 10m back.
 - If you pull out from the edge of the road towards the middle you will be considered to be in a passing manoeuvre.
 - A passing manoeuvre is considered DELIBERATE AND OBVIOUS – travelling at a speed that is obviously a passing speed.
 - (If seen to be drafting – your number will be taken and 4 minutes added to your time).

- Our focus for monitoring this no-drafting rule will be on the flat parts of the course.
- Follow the directions of marshals / road traffic management at all times.
- Be wary of car doors opening during the ride section – Okareka is a residential area and Blue Lake is a popular tourist destination.
- Please mount and dismount your bike at the appropriate marshalled line.

Kids Triathlon – Additional Information

- Each age range is allocated a line for transition.
- There are no racks in transition.
- Helmets must be well fitting and fastened appropriately (Volunteers will be present to assist with this).
- Parents are not allowed in transition.
- There will be transition marshals available to assist competitors.
- The bike is a lap course for the 8 – 10 years and 11+ years and there will be a system in place between each lap for us to ensure the kids have completed the right number of laps. Full details of this will be discussed at the Kids Triathlon briefing.

RUN COURSE – Aquathon and Sprint Triathlon

- Follow the directions of marshals at all times.
- RATS signage indicates course route.
- Run on the footpath towards oncoming traffic between the beach and right hand turn off – take care and do not force others onto the road.
- You run on the path along the roadside for the first part of the run. You then turn at the Green Lake Lookout carpark and then follow the marked path around the Blue Lake.
- Run in single file wherever possible.
- You must wear footwear at all times.

RUN COURSE – Tikitapu Taster Triathlon

- Follow the directions of marshals at all times.
- RATS signage indicates course route.
- Run on the footpath towards oncoming traffic between the beach and right hand turn off – take care and do not force others onto the road.
- You run on the path along the roadside for the first part of the run. You will reach a turnaround point approximately 1.5km from the start. This turnaround point will be on the footpath alongside the road around the Blue Lake.
- When you turn around, you follow the same course back to the transition area and Finish Line.
- Run in single file wherever possible. Keep left.
- You must wear footwear at all times.

RUBBISH

- Please be tidy kiwis. Discard water bottles / rubbish only at the aid station. Please do not litter anywhere else on the course.
- If you are caught littering intentionally outside the designated areas you run the risk of being disqualified from the event

SPECTATORS

Thank you for your support of the participants

- Please do not follow participants around the course. The course is narrow and awkward. Unwarranted additional vehicle traffic is a hinder to all participants and increases risk.
- Please watch activities from around the transition area / finish chute.
- There will be certain areas around transition / finish chute that we need to keep clear to ensure a simple flow for all participants, please understand if any marshals ask you to move. If you are asked to move, it is to ensure all participants are getting a fair go on the course.
- Please be mindful of Wasps. The Blue Lake recreation area tends to attract wasps around the bins. If you are stung and need attention, please see the Peak Safety Team who are providing First Aid.

Course leg descriptions & maps

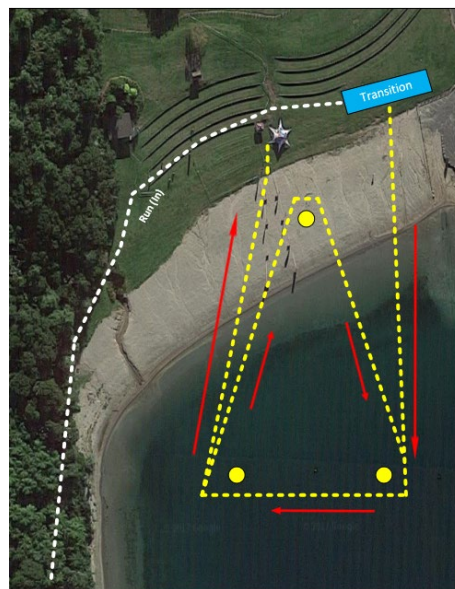
Event 1: Aquathon

This is a 'reverse aquathon' 5.0km forest run then swim 800m.

The run starts from the road (car park area) in front of the holiday park run along the road, clockwise onto the footpath until you reach the Green Lake Lookout Carpark you then turn right as marked onto the single track. You will run along the top track and around the right hand side of the lake in a clockwise direction before emerging on the beach.

When you emerge from the track continue on to the clearly marked transition area (located past the finish area) to take off shoes and enter the water.

The swim follows two 400m laps. The finish line is the chute up on the beach.



Race briefing: 8.15am at the start/finish line

Start: 8.30am at the beach opposite the holiday park

Event 2: Kids Triathlon

Race Briefing: 10:45am at the Start / Finish Line

There are 3 age groups / waves for the Kids triathlon:

Wave 1: 11+ = **Start time 11:00am**

Wave 2: 8 – 10 years = **Start time 11:20am (approx.)**

Wave 3: 4 – 7 years = **Start time 11:40am (approx.)**

There may be some delay between the waves as we would like to ensure we are able to keep track of each wave to ensure they complete the course as required.

The distances for the event are shown below. Please note these distances are approximate and may not be 100% accurate. The Kids Tri is a fun event and aimed at getting the kids active. **Parents: Please do not get frustrated or angry if things do not go as planned or the distances are shorter / longer than advertised.**

	Swim	Bike	Run
4-7	100m	1 lap	Approx 1km
8-10	100m	2 laps	Approx 1km
11+	200m	3 laps	Approx 1km

The kid's triathlon starts on the beach in front of the finish line. The bike takes place on the reserve in front of the blue lake.

The nature of the location means there are some hills involved in the cycle leg. We have aimed to vary the course to enable the younger children not to have to navigate hills too much.

The run is an out and back run which starts in an anti-clock wise direction around the lake walking track. The children run to the "hairy fern" where there will be a marshal positioned. They turn here and run back to the finish.

PLEASE NOTE: THE KIDS TRIATHLON IS AN OFF-ROAD CYCLE COURSE. IT IS NOT IDEALLY SUITABLE FOR ROAD BIKES.



Event 3a: 2 km - Across the Lake Swim / Hinemoa Swim (Non Wetsuit)

Starting at the far side of the lake. Competitors must catch a BUS from the outside the Water Ski club to the start at the Blue Lake Lookout. Buses will leave at 3.20pm and 3.40pm. All competitors MUST be on the start by 3.50pm for race briefing.

From the beach you will veer left around the point and then follow the large orange buoys across the lake keeping them on your right hand side.

Once you get to the 3rd Orange buoy you turn right and swim in to the main beach.

The exit is on the opposite beach and up the finish shoot.

There will be kayakers on the water to offer assistance during the swim. There is no lead kayaker!
PLEASE RAISE YOUR HAND IF YOU REQUIRE ASSISTANCE. When kayaker approaches you hold onto the nose of the kayak. DO NOT TRY AND CLIMB ON THE KAYAK.

Race briefing: 3.50pm at the Blue Lake Lookout beach

Start: 4.05pm at the Blue Lake Lookout beach.

Event 3b: 750m Open water swim

Briefing: 3.50pm at Start (Beach opposite Top Ten Holiday Park)

Start: 4.00pm at the beach opposite the holiday park

1 Lap –clockwise. You swim out from the beach and then at the first buoy turn right. You then swim across to the 2nd buoy and turn right. You then swim to the beach and exit between the flags and up the finish shoot.

Event 4: 5km run

This is a non-competitive fun run or walk. The course is a full lap of the Blue Lake – The run starts from the beach in front of the holiday park run along the beach, clockwise onto the footpath until you reach the Green Lake Lookout Carpark you then turn right as marked onto the single track. You will run along the top track and around the right hand side of the lake in a clockwise direction before emerging on the beach and running to the finish.

Race Briefing: 8.15am at the start/finish line

Start: 8.30am at the beach opposite the Holiday Park

Event 5: Triathlon – Sprint distance

Swim – One x 750m lap around the designated buoys and exit water at main reserve. Transition will be situated on the grass next to the start/finish gantry.

Cycle – Two x 8km lap. Competitors exit transition onto the Blue Lake Access road and turn right into Tarawera Road. Turn left into Okareka Loop Rd and follow it up the hill to the end. Turn left back onto Tarawera Road. Complete loop twice. At the end of the second lap turn right into the Blue Lake Access road into transition.

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Run – One x 5.5km loop. From transition competitors run across the car park past the ski club along the path, through the car parking area, onto the footpath. You will run along the footpath clockwise until you reach the Green Lake Lookout Carpark you then turn right as marked onto the single track. You will run along the top track and around the right hand side of the lake in a clockwise direction before emerging on the beach and back to the finish.

Race Briefing: 8.15am at the start/finish line

Start: 8.30am at the beach opposite the Holiday Park

Event 6: Triathlon – Taster distance

Swim – One x 400m lap to and around the designated buoy and exit water at main reserve. Transition will be situated on the grass next to the start/finish gantry.

Cycle – One x 8km lap. Competitors exit transition onto the Blue Lake Access road and turn right into Tarawera Road. Turn left into Okareka Loop Rd and follow it up the hill to the end. Turn left back onto Tarawera Road. At the end of the lap, turn right into the Blue Lake Access road into transition.

Run – One x 2.5km out and back loop. From transition, competitors run across the car park past the ski club along the path, through the car parking area, onto the footpath. You will run along the footpath clockwise until you reach the BENCH SEAT above the lakeside track. There will be a marshal at the Bench Seat. At the Bench Seat Marshal, you will turn and run back along the same path, past the ski club, across the car park and into the finish chute.

Race Briefing: 8.20am at the start/finish line

Start: 8.35am at the beach in front of the water ski club