



SEASON 2021/22
'COVID SAFE'
TRIATHLON SERIES

INFORMATION PACK v.2

21/11/21, 19/12/21, 30/1/22,
13/2/22, 20/3/22 & 17/4/22

SALTER
CYCLES

[DOWN LOAD OUR COVID SAFE PLAN HERE -](http://www.wstc.org.au/documents/COVIDSafe%20Plan_WSTC_v3_Nov%202021.pdf)

http://www.wstc.org.au/documents/COVIDSafe%20Plan_WSTC_v3_Nov%202021.pdf

SALTER
CYCLES

Welcome

Welcome to Hobson's Bay and the Western Suburbs Triathlon Club (WSTC).

We understand what a difficult time it's been for many, in fact, horrendous for some, and it isn't over, but we're excited to be able to welcome everyone back to swimming, riding and running along the beautiful Altona foreshore.

Our events will look and operate a little differently to ensure we meet COVID safe requirements as outlined by the State Government. We trust that everyone will cooperate and do what's required to keep us all safe and well.

Important things to note -

- Masks may be required as determined by DHS from time to time.
- Practise good hygiene; hand sanitiser will be available. Please sanitise your hands upon entry & exit of transition.
- No 'snot' rockets or spitting please. Whilst running do not draft behind other runners, please remain out of their draft zone.
- Cough and sneeze into your elbow or a tissue.
- Maintain physical distancing of 1.5m where possible;
- Adhere to all CHO instructions;
- If you feel unwell or have any cold or flu like symptoms, PLEASE STAY HOME, do not attend our event.
- At this stage all participants and volunteers must be double vaccinated. Please ensure you have proof of vaccination or exemption with you. You will need to check in with the Service Vic app and show your two green ticks at registration, before event registration can take place..

We pride ourselves on providing a relaxed and welcoming environment for all abilities to participate in our events and we want this to continue despite "covid" requirements.

This information pack provides important information about the event and the course. Please ensure you watch the relevant briefing videos prior to attending as there is no onsite briefing..

If you have any further questions, please don't hesitate to contact us at admin@wstc.org.au or 0417 308 509.

We look forward to seeing you at the start line 😊

Jill Stevenson
President



Event Site Map

KEY

Hydration available



Bike Mount/Dismount – All distances



Toilet / Change Rooms



Timing Area & Finish



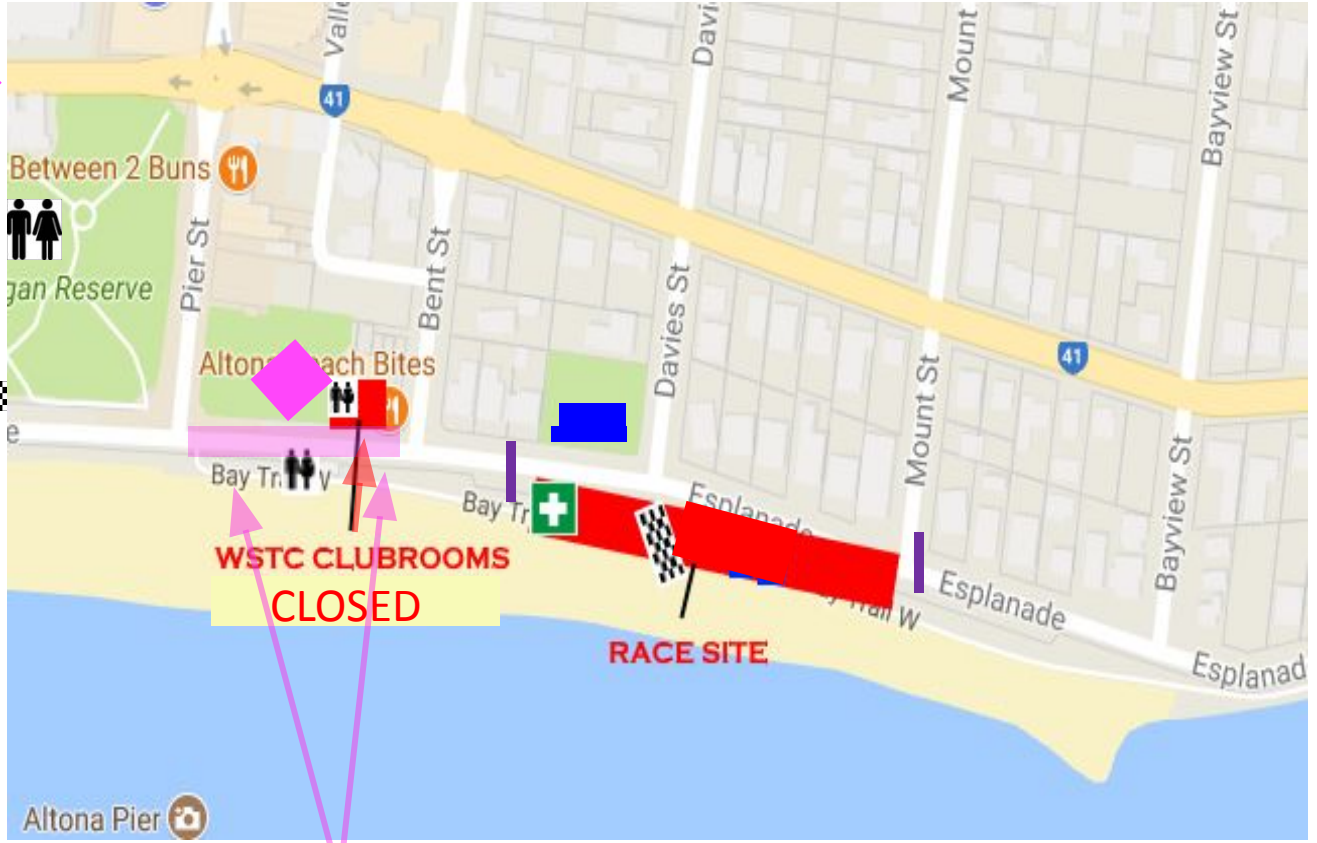
First Aid



Registration



Transition



Altona Pop up precinct – PEDESTRIAN ONLY ACCESS AREA. PLEASE NOTE ADVICE OUTLINED FOR ALL PARTICIPANTS ON THE EVENT DETAILS PAGE. APPLIES NOV - FEB ONLY

EVENT DETAILS

POP UP PEDESTRIAN ONLY TRIAL ACCESS AREA – (as indicated on event site map & course maps)

- Hobson's Bay City Council (HBCC) are currently trialling a closure of the Esplanade between Bent St and Pier Streets (a distance of approx. 100m) . On non event days this is a pedestrian only area with no vehicle access incl. no cyclists. Various structures and games are in place within this space for residents and visitors to utilise. Items include a basket ball ring, plant boxes with seating etc. etc.



- On the morning of our event these structures will be relocated to the middle of the road to allow cyclists to proceed through the area during the event. Heavy machinery is required to relocate these structures so we ask that you **DO NOT ENTER** this road space prior to the commencement of the race. If you wish to warm up please do so East of the transition area (towards the city) and not West bound.
- **To ensure the safety of all users during our event, we advise all participants to proceed towards and through this section of the bike course with extra caution. Please make note of the following-**
 - Relocated structures may interfere with your ability to see pedestrians within this area and vice versa;
 - Entry and exit barricades will remain at both ends of the pop up area. There will be some narrowing of the road space available within this area and whilst entering and exiting.
 - Bollards & bunting will be installed on both sides of the road to deter pedestrians from entering the space. Pedestrian access will be available via the pedestrian crossing in front of the club rooms.
 - **NO OVERTAKING, NO AERO BARS WITHIN THIS AREA**

EVENT DETAILS CONT'D

PLEASE FAMILIARISE YOURSELF WITH OUR COVID SAFE PLAN HERE -

http://www.wstc.org.au/documents/COVIDSafe%20Plan_WSTC_v3_Nov%202021.pdf

ROAD ACCESS – PLEASE NOTE ROADS AND PATHS ARE OPEN TO THE PUBLIC. THIS IS NOT A CLOSED ROAD EVENT. PLEASE TREAT EACH OTHER AND ALL OUR RESIDENTS AND PATH/ROAD USERS WITH RESPECT & KINDNESS. REMEMBER - WE DO THIS FOR FUN.

COURSE MAPS

Course maps are included in this information pack.

REGISTRATION

- Registration is in the reserve opposite the transition. Cnr Davies & Esplanade Altona. The WSTC / Altona Life Saving Clubrooms ARE CLOSED for our event..
- Start time - 7.30am, registration - 6.30-7.15.
- The swim will be a beach start with waves consisting of APPROX. 15 - 30 people. You will be advise your wave number and transition rack at registration.
- Please maintain physical distancing of 1.5m whilst in the queue for event registration.

EVENT DETAILS CONT'D



REGISTRATION PACKS

Swim cap – You will be allocated a coloured cap for your wave start

Timing chip – to be worn on the left ankle throughout the event.

Race belt and number bib – NOT IN USE - due to covid.

Timing chips are to be returned at the conclusion of the event. We ask that you please remove your own chip and place it in the disinfectant buckets provided at the finish line.

TRANSITION

Please attend registration prior to racking your bike in transition.

Please sanitise your hands upon entry and exit.

YOU WILL BE ALLOCATED A BIKE RACK

7.30AM START – Transition opens at 6.30 am and closes at 7.15am.

Participants are required to make their way to the swim start area, East of the Altona Pier, at 7.15am.

EVENT DETAILS CONT'D

RACE BRIEFING – refer to video links below and maps provided in this guide.

Due to covid there will be **NO** onsite briefing.

FIRST AID – St Johns Ambulance will be in attendance.

SWIM & TRANSITION - refer video

<https://youtu.be/CHA6C3TN7F4>

Water safety – Provided by Altona Life Saving Club.

If you run into any difficulty or need assistance (even just a little rest ;-) during the swim, just raise your hand and they will come to you.

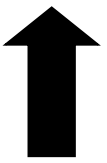
If assisted by lifesavers in the swim, you can still continue with the event, as long you're medically cleared (if required) to do so.

BIKE & RUN COURSE – refer video This is a NON drafting event.

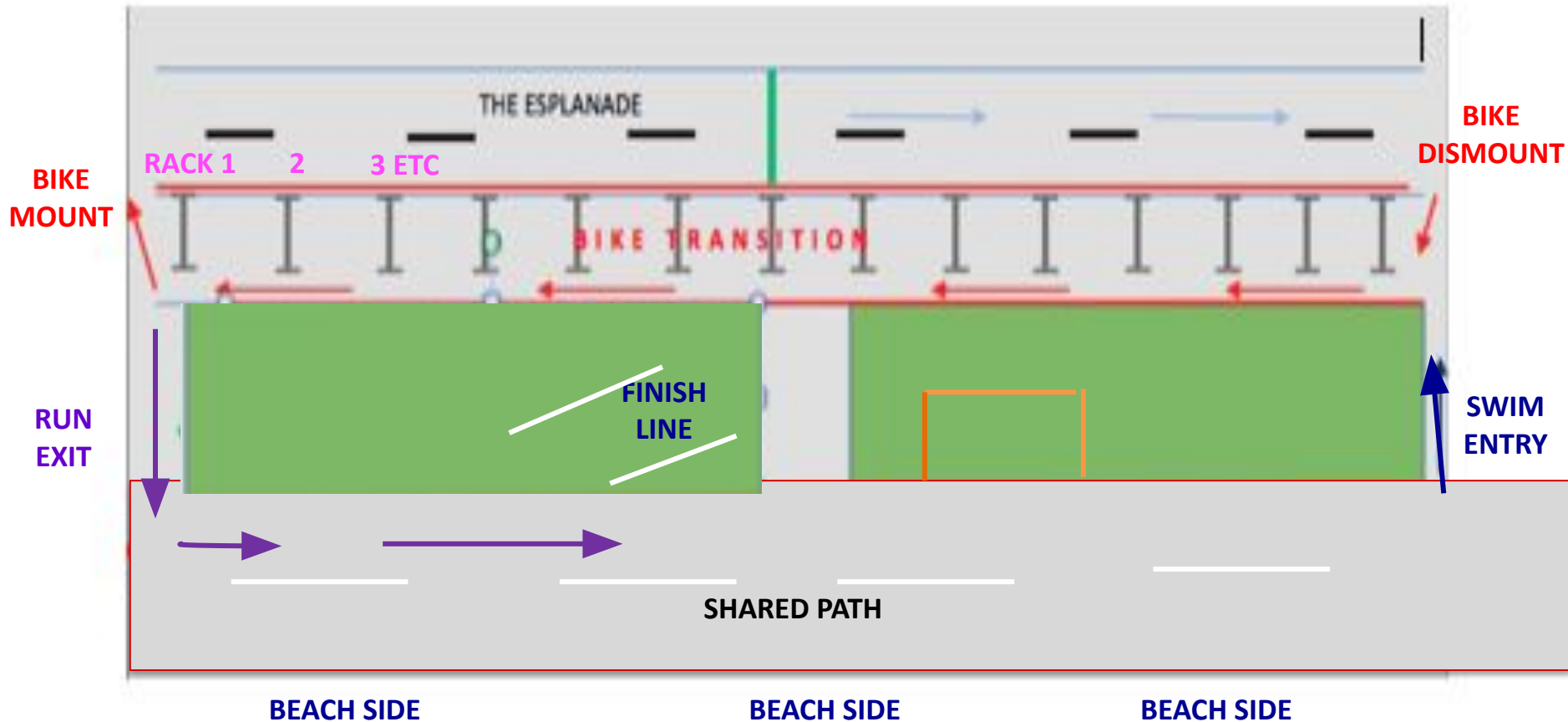
https://youtu.be/9jl1zo8xR_E

TRANSITION SET UP PLAN

NORTH



Transition will be open to remove bikes once all competitors have completed the bike leg. You will be advised when area can be accessed.





COURSE MAPS
2021/2022
TRIATHLON SEASON



DASH DISTANCE

300M SWIM / 5.5KM BIKE / 2KM RUN (1 LAP)

Please be aware you may encounter vehicles on the road (OPEN ROADS) & foot traffic on the shared path during the event. Please adhere to normal road rules (inckep left) and interact respectfully with residents whilst participating &/or spectating during the event.

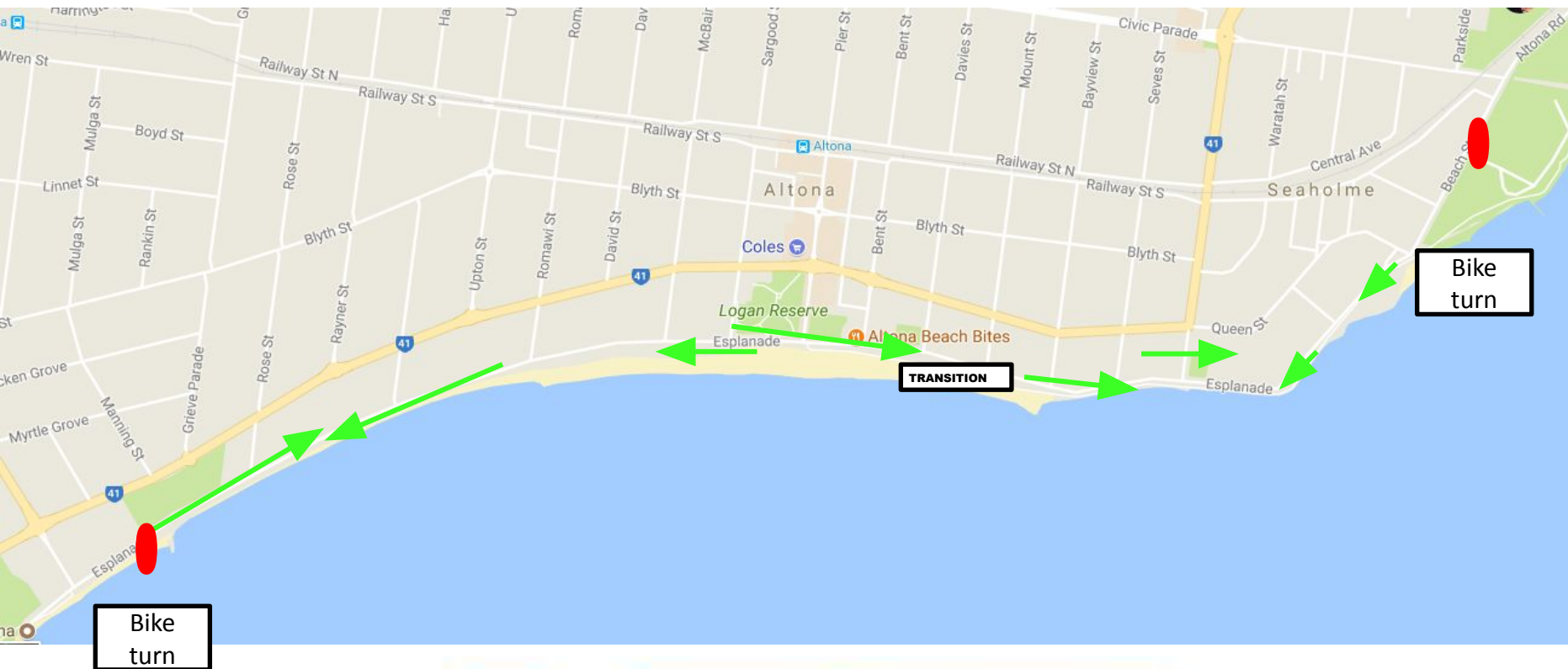


DASH DISTANCE

300M SWIM / 5.5KM BIKE / 2KM RUN

(1 LAP ON THE BIKE)

Please be aware you may encounter vehicles on the road (OPEN ROADS) & foot traffic on the shared path during the event. Please adhere to normal road rules (incl. keep left) and interact respectfully with residents whilst participating &/or spectating during the event.



ENTICER DISTANCE

400M SWIM / 11 KM BIKE / 3KM RUN (1 LAP)

Please be aware you may encounter resident vehicles on the road (OPEN ROADS) & foot traffic on the shared path during the event. Please adhere to normal road rules (incl. keep left) and interact respectfully with residents whilst participating &/or spectating during the event.

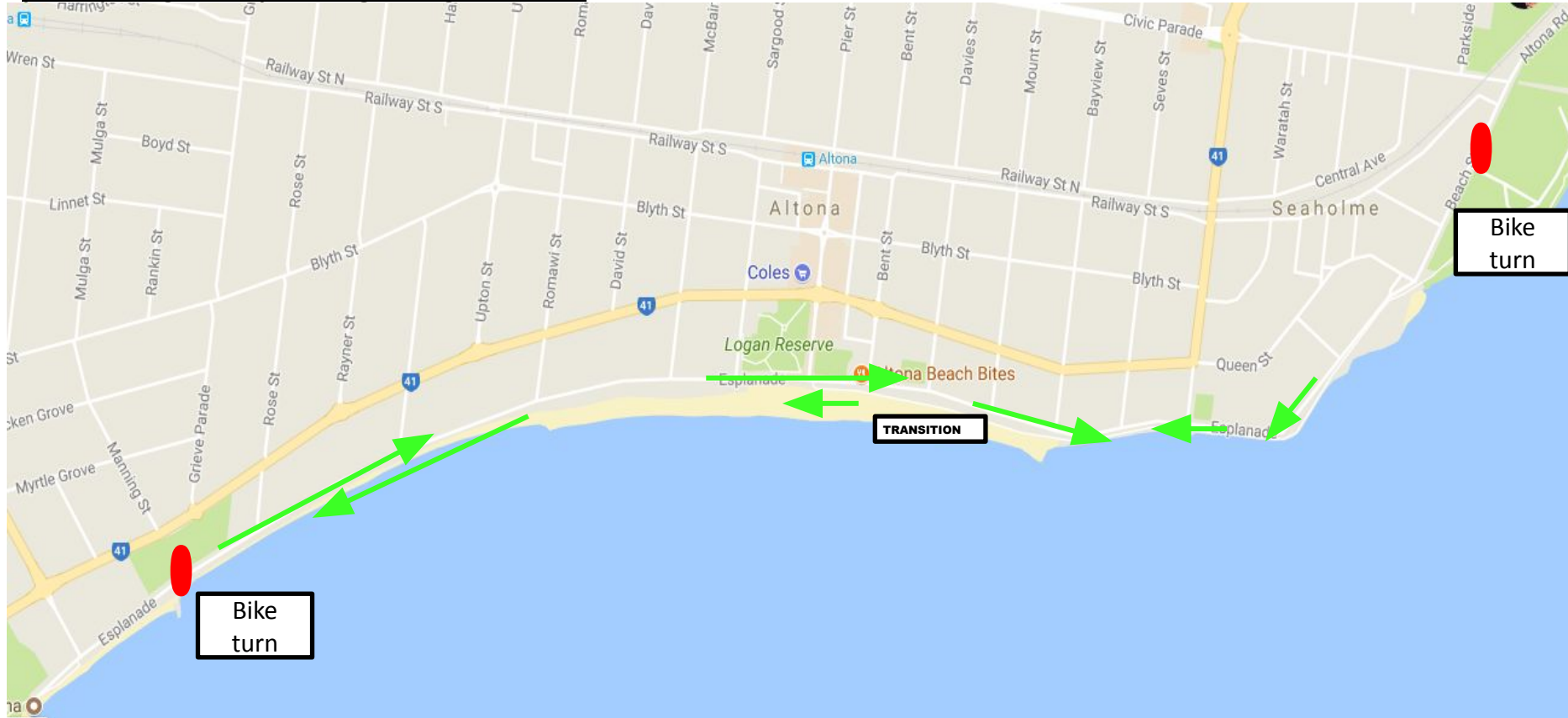


ENTICER DISTANCE

400M SWIM / 11 KM BIKE / 3KM RUN

(2 LAPS ON THE BIKE)

Please be aware you may encounter resident vehicles on the road (OPEN ROADS) & foot traffic on the shared path during the event. Please adhere to normal road rules (incl. keep left) and interact respectfully with residents whilst participating &/or spectating during the event.



SPRINT DISTANCE

750M SWIM / 16.5 KM BIKE / 5KM RUN (2 LAPS - 1 x enticer lap , 1 x dash lap)

Please be aware you may encounter resident vehicles on the road (OPEN ROADS) & foot traffic on the shared path during the event. Please adhere to normal road rules (incl. keep left) and interact respectfully with residents whilst participating &/or spectating during the event.

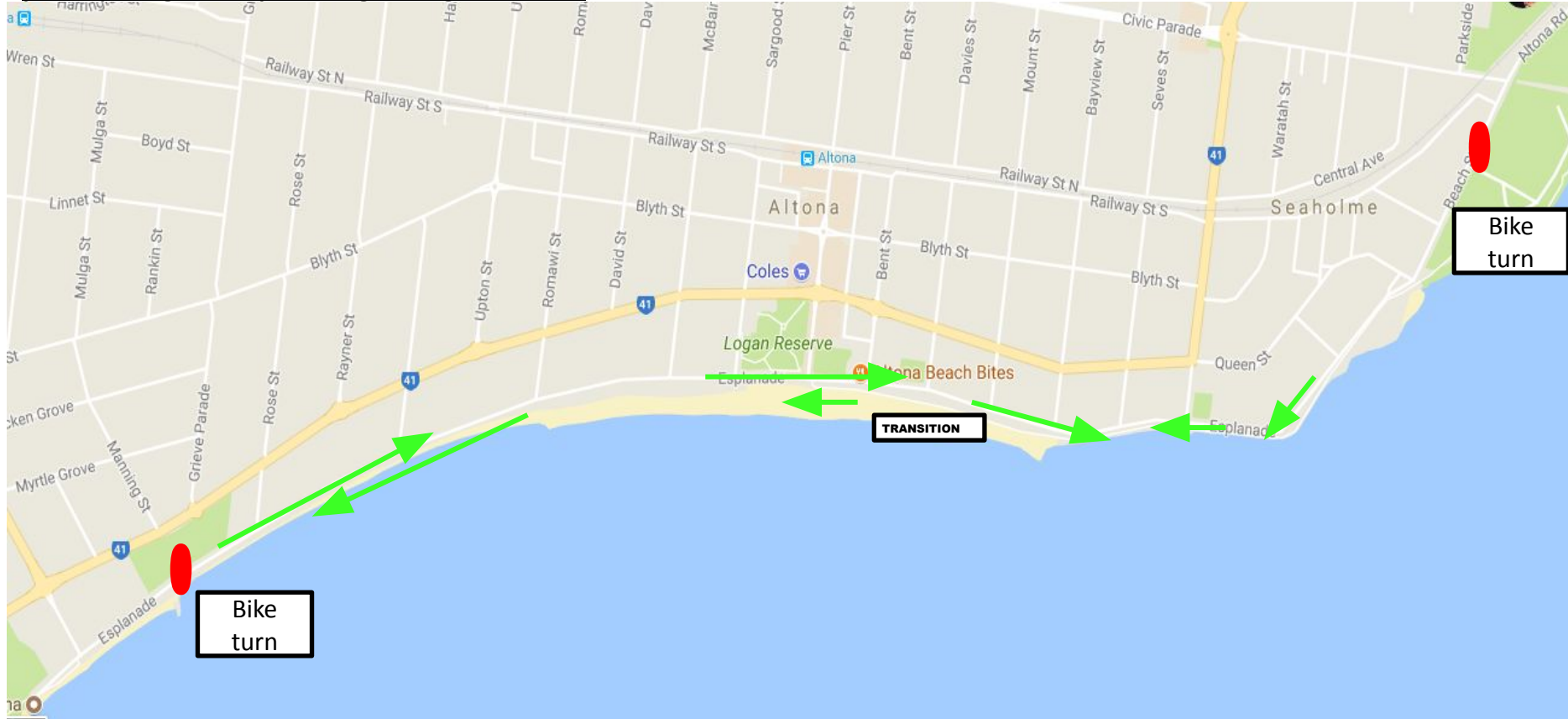


SPRINT DISTANCE

750M SWIM / 16.5 KM BIKE / 5KM RUN

(3 LAPS ON THE BIKE)

Please be aware you may encounter resident vehicles on the road (OPEN ROADS) & foot traffic on the shared path during the event. Please adhere to normal road rules (incl. keep left) and interact respectfully with residents whilst participating &/or spectating during the event.



**HAVE FUN &
ENJOY “YOUR” FINISH** 😊

THANKS TO ALL OUR VOLUNTEERS

WESTERN SUBURBS TRIATHLON CLUB

YOU CAN FIND ALL OUR EVENT DETAILS AT - WWW.WSTC.ORG.AU
