



SEASON 2020/21
'COVID SAFE'
TRIATHLON SERIES

INFORMATION PACK

20/12/20, 31/1/21,
14/2/21, 8/3/21(MON) & 18/4/21 v.2 Dec20

SALTER
CYCLES

[DOWN LOAD OUR COVID SAFE PLAN HERE -](#)

SALTER
CYCLES

http://wstc.org.au/images/catalogue/COVIDSafe-Plan_WSTC_final.pdf

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 for many, 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 are required at this event. Please ensure you're wearing a mask for registration through to transition. We will provide a disposable mask for you to use from transition to the swim start. Please ensure you have a mask with your transition gear so you can use it in transition at the end of the event.
- 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 gathering limits per the CHO; and
- At the current time, we encourage you not to bring spectators with you.
- If you feel unwell, have a fever or any cold or flu like symptoms, PLEASE STAY HOME, do not attend our event.
- We encourage everyone to download the covid safe app for contact tracing purposes - <https://www.health.gov.au/resources/apps-and-tools/covidsafe-app>

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 due to covid requirements.

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 😊

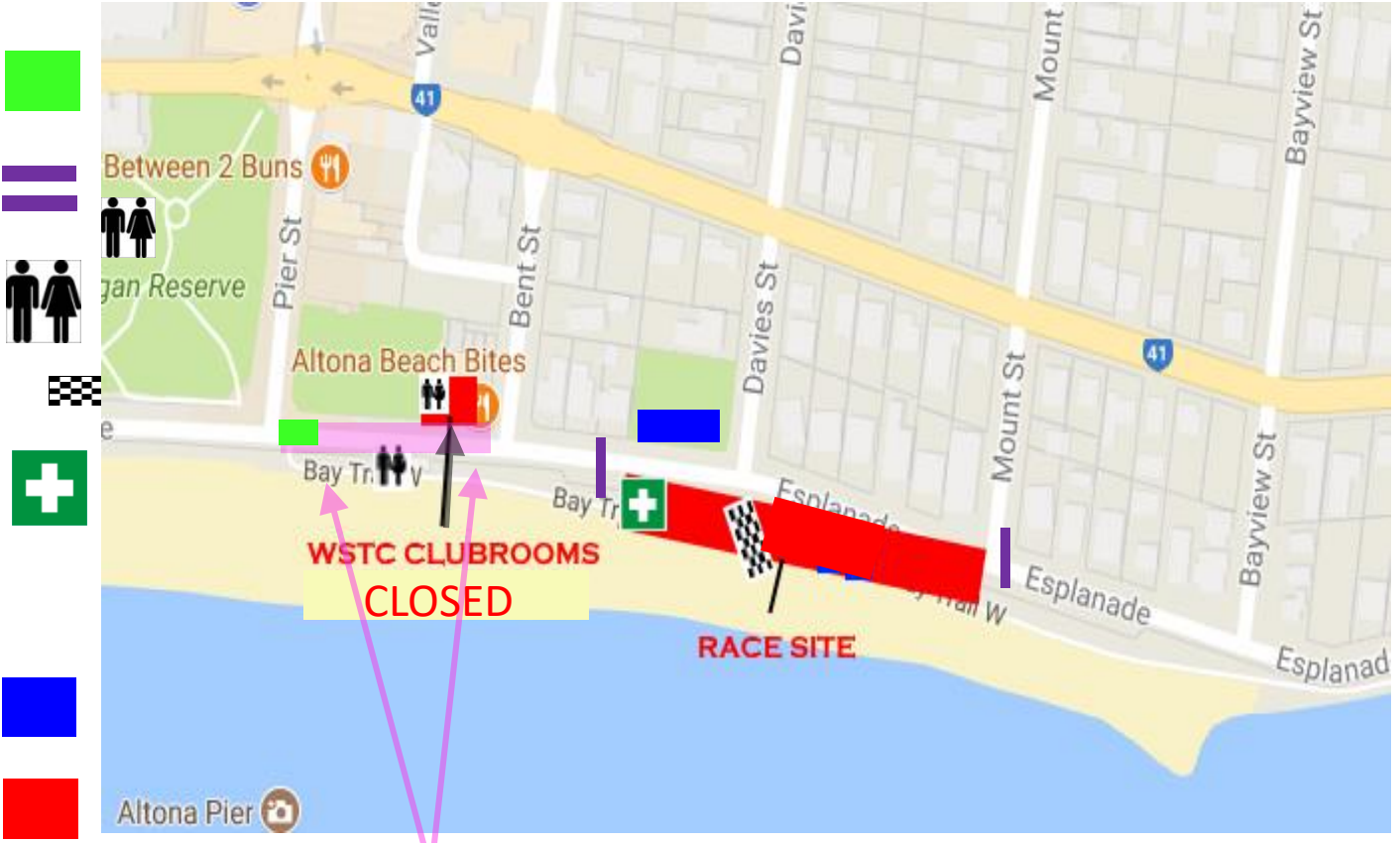
Jill Stevenson
President



Event Site Map

KEY

- Hydration station
- 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

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://wstc.org.au/images/catalogue/COVIDSafe-Plan_WSTC_final.pdf

ROAD ACCESS – PLEASE NOTE ROADS AND PATHS ARE OPEN TO THE PUBLIC. THIS IS NOT A CLOSED ROAD EVENT.

COURSE MAPS

Course maps are included in this information pack.

REGISTRATION (Masks required)

- Registration is in the reserve opposite the transition. Cnr Davies & Esplanade Altona. The WSTC / Altona Life Saving Clubrooms ARE CLOSED.
- Registration opens at 6.30 and closes at 7:00. Event start is 7:30am.
- The swim will be a beach start with waves consisting of up to 10 – 15 people. There will be a bin available for disposal of masks prior to entering the water.

EVENT DETAILS CONT'D

REGISTRATION PACKS



Swim cap – You will be allocated a time & 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 restrictions.

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

TRANSITION (Masks required)

To put your bike into transition you must have a timing chip.

Please sanitise your hands upon entry and exit.

7.30AM RACE START –YOU WILL BE ALLOCATED A BIKE RACK

Transition compound opens at 6:30 am and closes at 7.15 am. Participants are required to make their way to the swim start area, East of the Altona Pier, by 7:20am.

EVENT DETAILS CONT'D

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

Due to covid 19 restrictions there will be NO onsite briefing.

FIRST AID – St Johns Ambulance will be in attendance.

SWIM & TRANSITION - refer video

<https://youtu.be/7pOpsB4nWx0>

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 life savers 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

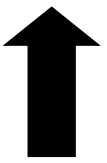
<https://youtu.be/5nsuwJckSS0>

This is a NON drafting event.

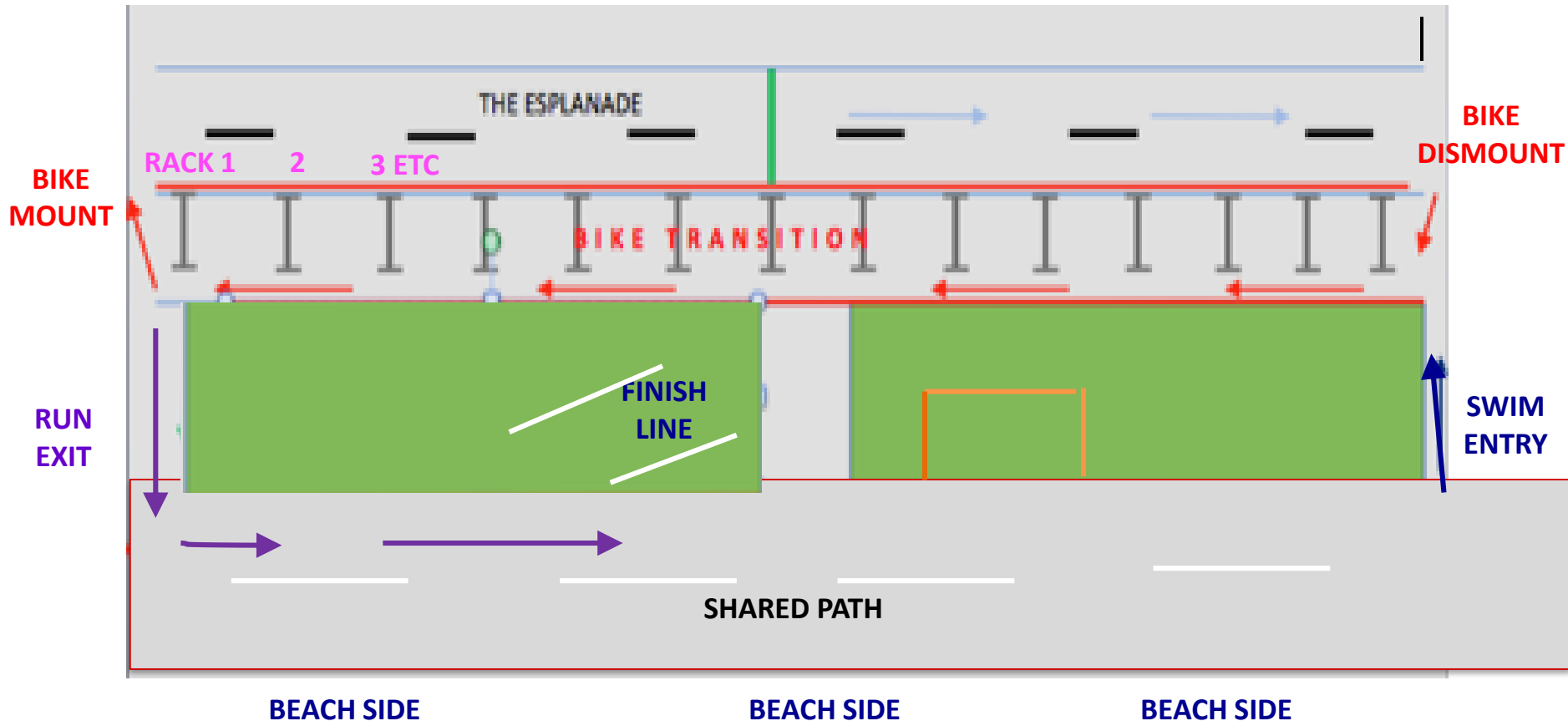
PLEASE remain courteous to other path and road users. They don't have to get out of your way 😊 We rely heavily on the support of our residents & local community to be able to run our events.

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
2020/2021
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.

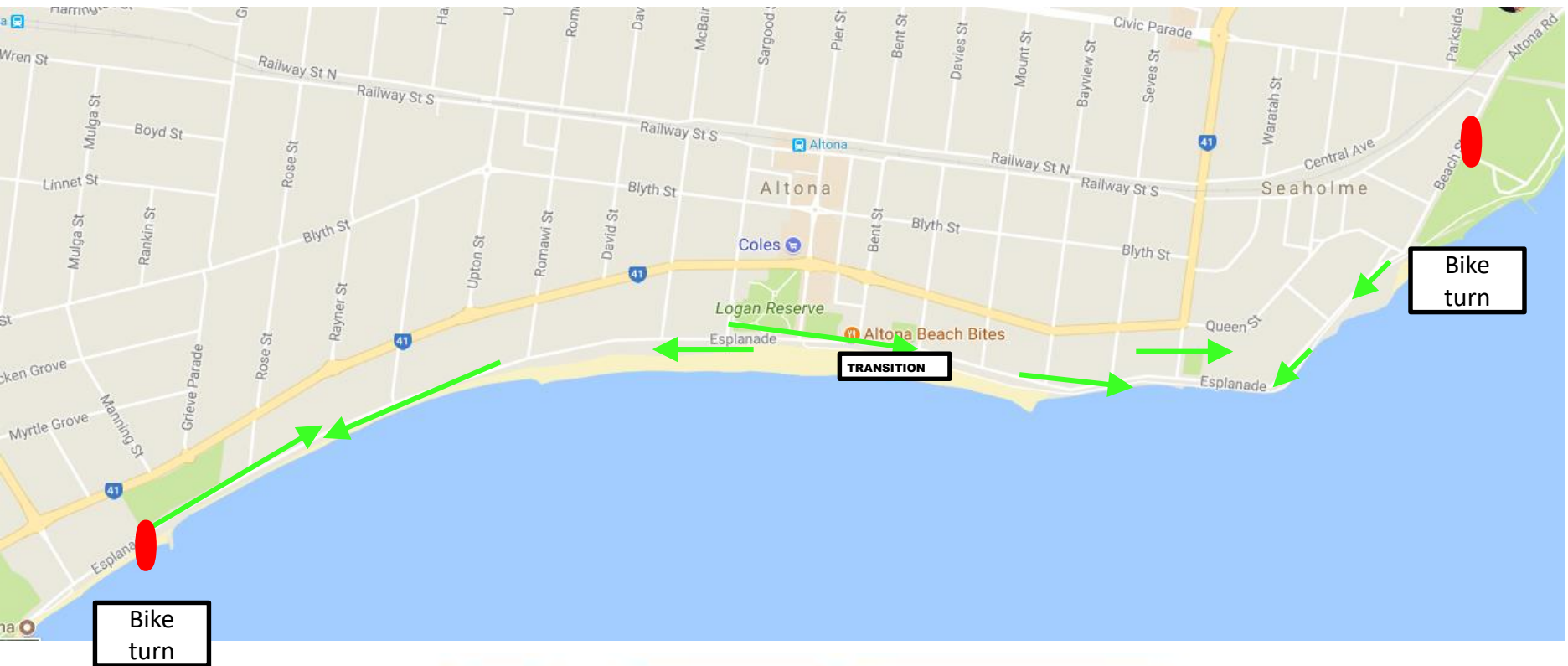


DASH DISTANCE

300M SWIM / 5.5 KM BIKE / 2KM RUN

(1 LAPS 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.

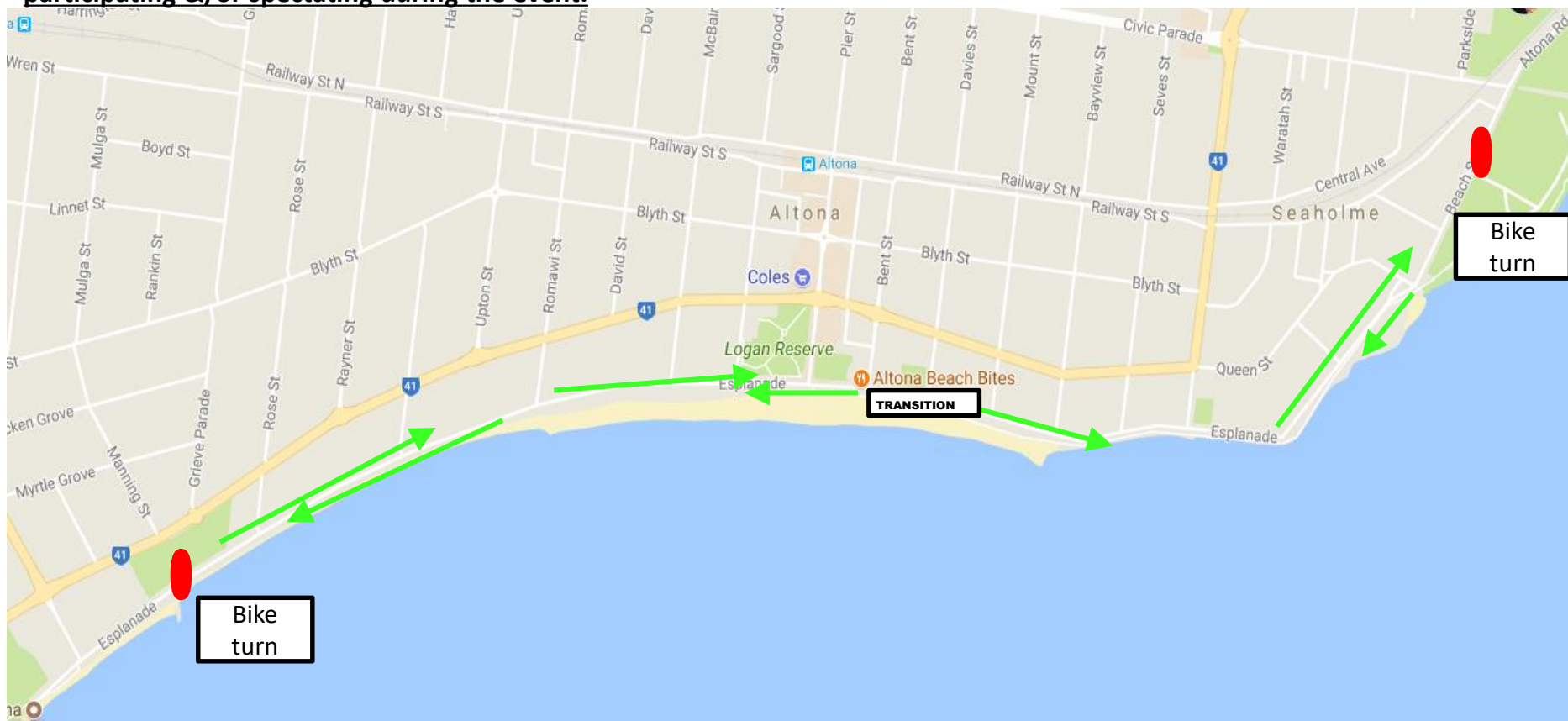


ENTICER DISTANCE

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 LAP -(1 X ENTICER LAP 3K PLUS 1 X DASH LAP 2K)

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.

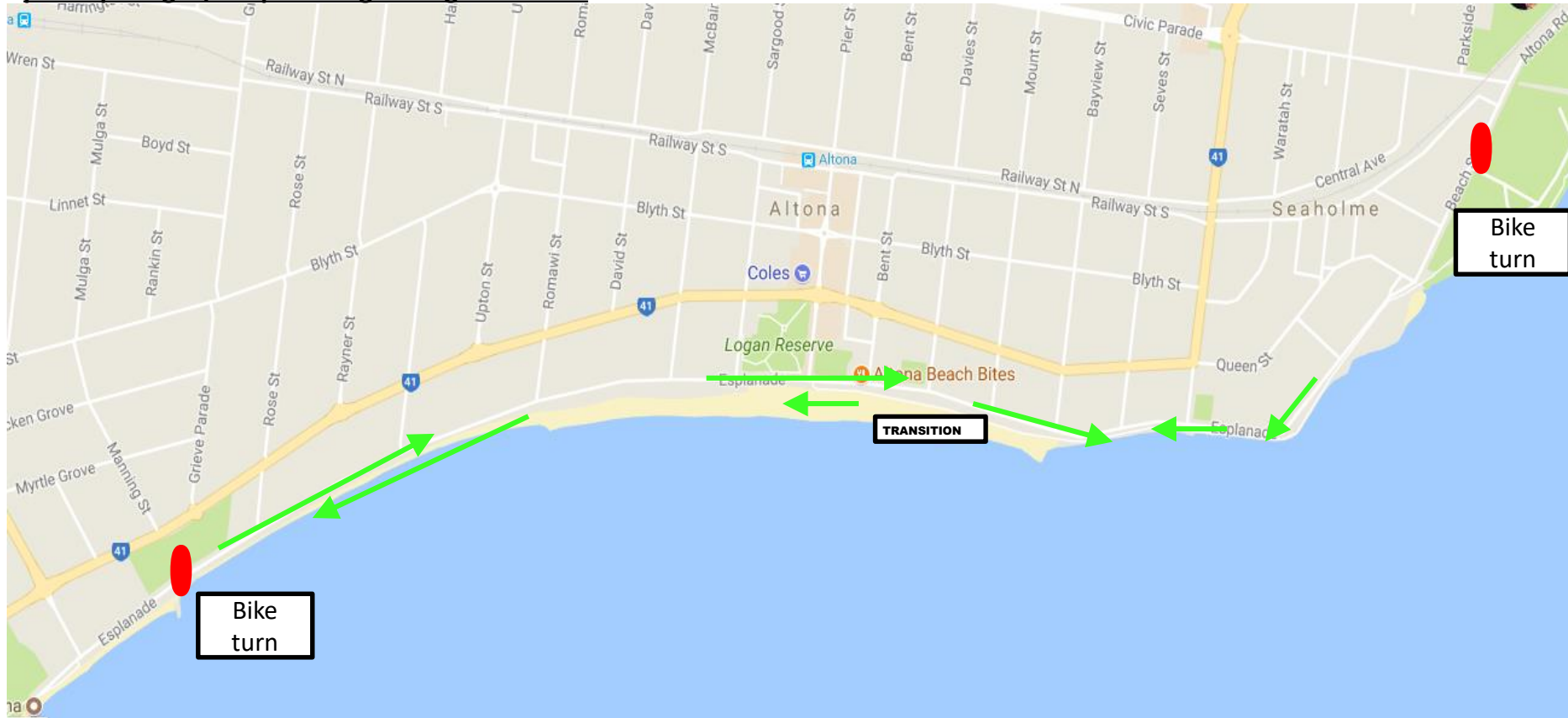


SPRINT DISTANCE

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
