



CERTIFIED LIFEGUARDS TRIATHLON GUIDE

This booklet is designed to help guards understand their roles and expectations so they can be strong team players, execute their jobs successfully and help host a great race day event.

CELL NUMBERS / CONTACTS

Contact

- Kim Whitesell: 614-381-2781 (Swim Coordinator)
- Misty Boyd 513-465-2866 (Registration Coordinator)
- Mick Mominee 937-572-5018 (Race Director)
- Rebekah Brately 614-381-2781 (Race Director)
- Nick Curry 937-681-4837 (Medical Director)
- **911 in the case of emergency**

SCHEDULE & DIRECTIONS

Schedule

- Please be at the beachfront by 6:00 a.m. so plan to arrive earlier in case you get lost or traffic is an issue.
- We will be done by 11:00am or before. Please see the folks at registration to get paid at the end of the event.
- You are welcome to spend Saturday night with the Zoom staff at the park. We camp out overnight at the beachfront Saturday night. There is a mix of male and female adults present at all times. Please contact us if you want to join.

Event Directions

- We recommend you print out directions because sometimes GPS signals are spotty and inconsistent. You can find printable directions at www.zoomracingusa.com or contact the Race Director.
 - **Dayton Triathlon at Buck Creek State Park (June):** The beach address is 1976 Buck Creek Ln, Springfield, OH 45502; we will be in the last (farthest most) parking lot. Once you enter the beach, turn left and drive to the end. Look for the registration tent (there is a flag and banner).
 - **Buckeye Triathlon at Deer Creek State Park (July):** The beach address is 14403 Crownover Mill Rd, New Holland, OH 43145. Drive to the end of the park main road, and we will be in the last parking lot at the beach. Look for the registration tent (there is a flag and banner).
 - **Cincinnati Triathlon at Caesar Creek State Park (August):** The beach address is 8570 OH-73, Waynesville, OH 45068. Drive to the end of the park main road, and we will be in the last parking lot at the beach. Look for the registration tent (there is a flag and banner).

- **Zoom RedHawk Triathlon at Hueston Woods State Park (September):** The published park address is 6301 Park Office Road, College Corner, OH 45003. This address will take you to the Campground, which is close to the Beach and Race address (the Beach is South of the Campground on Main Loop Road). There is limited cell service, so I recommend you print directions. We have some you can see here: <https://www.zoomracingusa.com/directions-hw/>. Once you are inside the park you will be on Main Loop Road. Look for signs for the Beach, which is on the West side of the Lake. Essentially Main Loop Road makes a loop around the lake and the park, so if you cannot find the Beach, just keep driving on Main Loop. The Beach is between the Sugar Camp/Brown Road and the Marina/Nature Center on Main Loop Road. We will be in the last parking lot at the beach. Look for the registration tent (there is a flag and banner).

ARRIVAL & WHAT TO BRING

Arrival

- Please be at the beachfront by 6:00 a.m. so plan to arrive earlier in case you get lost or traffic is an issue.
- Once you arrive we will be in the last parking lot at the beach. Look for the registration tent (there is a flag and banner). Check-in with Misty (513) 465-2866 at the registration tent once you arrive. Please arrive by 6:00am. If you get lost or need assistance you can call Misty or Mick 937-572-5018.

What to Bring

- Wear your guard uniform/suit and bring your guard fanny pack (with CPR mask, whistle, and gloves).
- We will provide you with a rescue buoy and walkie-talkie.
- If you do not have a guard fanny pack with those items, please let me know, and we will get you one.
- Bring water, snacks, sunscreen, sunglasses/visor or hat, and a change of clothes.
- We will also provide food and drink too.
- Kim Whitesell will be your coordinator for the day (614) 381-2781)

EXPECTATIONS & FAQ

Lifeguard Bag Check / Gear Storage

- You can store your gear at the registration tent. Just tell the Zoom staff know you are a lifeguard.
- There are also changing rooms at most of the parks.
- There will be restrooms on site; it might be a porta-john.

Supplies

- Please wear your guard suit and bring a whistle.
- We will provide you with a guard throw/rescue buoy.
- We also recommend you bring water, a towel, a change of clothes, and sunscreen.
- We will provide food and drink.

Swimmer & Swim Course FAQ

- **Swim Caps:** We do expect swimmers to wear their swim caps. It is for safety and so the lifeguards and spotters can see them. We give the athletes a swim cap for free with registration.

- **Wetsuits:** Wetsuits are optional. Wetsuit legal means that athletes can wear them. If we are wetsuit legal (water temperature under 78 degrees), you can wear a wetsuit if you want, but you do not have to wear one. If the water is between 78 and 83 degrees you can wear a wetsuit, but are not eligible for race awards. If the water is over 84 degrees you cannot wear a wetsuit, as it would be unsafe.
- **Swim Stroke:** You can use any swim stroke during the swim leg of the race.
- **Start Line:** For swimmers, triathletes, aquabikers, and aquathlon racers, we will have an in-water start. Racers will line up according to ability. There are places where you can touch the bottom at the start.
- **Finish Line:** The open swimmers must go through the finish line to finish so that they can walk/run up the beach. Everyone else heads up the beach to the transition area, where they get equipment for the next leg of the race.
- **AID STATION:** There is 1 Aid Station for the 3k and 5k swim. To access the aid station you must swim to the table, access your aid, and then return to the swim course. You can leave your own aid at the station. We will provide water and gels.
- **SWIM CUT OFF:** Everyone must have completed the swim course by 10:00 a.m. This should give everyone plenty of time to complete this segment of the race.

EMERGENCIES

- Athletes can stop, rest and hold onto buoys, kayaks, and other stationary objects. In a few places, the water is shallow enough that you can stop, stand, rest or walk. If you want to walk, the water must be above your belly button.
- Athletes can be rescued, stop the swim, or swim to shore at any time.
- If an athlete is rescued or stops the swim, they will not be allowed to continue the race, unless our medical staff clears them. Please contact the medical staff.
- Do your best to be supportive without impeding the progress of a swimmer. In the case of an emergency, YOU MAKE RESCUE THE FIRST PRIORITY!

TIPS

- Not all athletes that need help / to be rescued will call for help.
- Not all athletes that need help / to be rescued will be able to speak or yell.
- Not all athletes that need help / to be rescued will be able to wave at you to get your attention.
- Be sure to watch each swimmer and look for signs of struggle
 - Stopping
 - Going underwater
 - Flailing
 - Panicked looks
 - Changing strokes
 - Using odd swim strokes
- If you feel someone may be struggling go over to them, watch them, kayak next to them
 - You can allow them to rest, stop or just take a break
- Be sure you use your walkie to communicate swimmers to watch
- **Communication**
 - Use the walkies to signal and make other spotters or guards aware of any signs of danger
- **Be sure to follow or watch closely:**
 - Struggling swimmers
 - The last swimmer
 - Swimmers that go off course
- **If swimmers go off course, you may:**
 - Follow them
 - Try to signal to them to get back on course
 - Try to help guide them back on course

- REMEMBER: They should know the course so do your best, but be sure not to impede any racer
- Swimmers should know all these things, but we get people at different levels so do your best. Again, if someone needs to be RESCUED, that is the first priority.

RACE DISTANCES:

- The 5000m Swim begins with a 500m ½ lap and then 6 laps on a 750m loop.
- The 3000m Swim is 4 laps on a 750m loop.
- The 2000m Swim begins with a 500m ½ lap and then 2 laps on a 750m loop.
- The 1500m Swim is 2 laps on a 750m loop.
- The 750m Swim is 1 lap on a 750m loop.
- The beginner swim is a point-to-point swim one way down the beach in shallow water.

Swim Course Maps

- See course maps at zoomracingusa.com, then go to athlete guides on the menu at the top

Lifeguard Expectations & FAQ

- You will be monitoring an open water swim from the shore and in kayaks. Be sure to let us know if you are not comfortable in a kayak.
- The swim coordinator will give you all the on-site instruction you need for this job on race day.
- There may also be race spotters in kayaks on the course. They are there to support you on race day.
- If you need a break, drink, snack or have another need, please let the Swim Coordinator know.
- Try to be as supportive and friendly as possible. You are one of the faces of our company on race day.

Post Event Clean-up

- Once the event ends, please help the swim staff remove all the swim course markers from the water.
- Take all the supplies to the registration area and leave it out to dry.

Compensation

- \$75 paid for each event worked
- See the staff at the Registration and Information tent to be paid at the conclusion of the swim

Post Event Food and Drink

- You are welcome to enjoy food and drink in the athlete area after you are done cleaning up.
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ABOUT OUR ORGANIZATION

Zoom Multisport Racing is in its seventh year hosting multisport races in Ohio, and we are looking forward to another great season hosting multisport races. We are athletes who want to encourage more people to get healthy through multisport training and racing. We also love our local parks and want to bring more patrons to the parks to run, bike and swim. We want to partner with you to host a safe, challenging and fun event at your venue.

Mission

Zoom Multisport Racing promotes quality multisport racing for everyone from the recreational to elite athlete. We draw from years of coaching, racing and organizing to offer a top-notch race experience where participants will be inspired to maximize their potential.

Vision & Zoom Multisport Racing 5-Star Commitment

SafE

- Post professional medical staff at the race site
- Station trained professionals and volunteers on the race course
- Manicure entire race course to ensure fast, safe racing

EXciting

- Provide multiple vantage points for spectators
- Design a challenging, user-friendly race course
- Celebrate in a fun and entertaining atmosphere before, during, and after the race

Competitive

- Engage everyone from the elite to the everyday athlete
- Offer competitive races for teams and individuals from across the state, region and nation
- Enforce rules and regulations of the national governing body for each race (USA Triathlon, Cycling, Track & Field, and Swimming)

AthletE Centered

- Give finisher Medals, Swag, Performance Tees, and More
- Create events for athletes engineered by athletes
- Solicit feedback from racers for continual improvement
- Partner with local, regional, and national businesses for the benefit our racers

InspirationalL

- Encourage athletes to reach their full potential
 - Offer training plans, performance counseling, coaching and racing team
 - Donate a portion of our proceeds to benefit a special cause
 - Build community and share camaraderie with athletes from all walks of life
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EVENT BACKGROUND

Races Offered

- Beginner Triathlon = 300m swim / 8ml bike / 1.5ml run
- Sprint Triathlon = 750m swim / 12ml bike / 5k run
- Sprint Duathlon = 1.5ml Run / 12ml bike / 5k run
- Sprint Aquabike = 750m swim / 12ml bike only
- Sprint Aquathlon = 750m swim / 5k run only
- Olympic Triathlon = 1500m swim / 24ml bike / 10k run
- Olympic Duathlon = 5k run / 24ml bike / 10k run
- Olympic Aquabike = 1500m swim / 24ml bike only
- Olympic Aquathlon = 1500m swim / 10k run only
- 1/3 Iron Triathlon = 2000m swim / 36ml bike / 9.3ml run
- 1/3 Iron Duathlon = 5k run / 36ml bike / 9.3ml run
- 1/3 Iron Aquabike = 2000m swim / 36ml bike only
- 1/3 Iron Aquathlon = 2000m swim / 9.3ml run only
- 3k Open Water Swim (1.86 Miles)
- 5k Open Water Swim (3.1 Miles)

Race Terms Defined

- Triathlon = swim, bike, run
- Duathlon = run, bike, run
- Aquabike = swim & bike only
- Aquathlon = swim & run only
- Open Swim = swim only
- Cycling Time Trial = cycle only
- Team = Any group of people who all compete under the same name; anyone can create a “team” for the purposes of our team series

ATHLETE RACE DAY SCHEDULE

- 5:30am-8:15am: Registration and Packet Pick-up at the Beachfront
 - 5:30am-8:15am: Transition Check-in for all Races
 - 6:45am: All Duathlons Start Following a Brief Pre-Race Meeting
 - 7:00am: 1/3 Iron Tri, Aquabike & Aquathlon Start Following a Brief Pre-Race Meeting
 - 7:15am: 5k & 3k Open Swim Start Following a Brief Pre-Race Meeting
 - 7:30am: OLY Tri, Aquabike & Aquathlon Start Following a Brief Pre-Race Meeting
 - 7:45 Sprint Tri, Aquabike & Aquathlon Start Following a Brief Pre-Race Meeting
 - 8:15am Beginner Triathlon Start Following a Brief Pre-Race Meeting
 - 1:00pm: Timing Ends, All Athletes must have completed the race.
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