

Cedar Park Swimming Kid's Triathlon

Safety Procedures

Medical

- Call 911 for any medical emergency.
- Our location: Elizabeth Milburn Park, 1901 Sun Chase Blvd., intersection of Cypress Creek Rd. and Sun Chase Blvd. If you call 911, do not hang up. Explain nature of emergency, and wait until 911-response center tells you what to do and only hang up after they hang up. Stay with victim, keep him/her calm, and warn other racers to slow down with waving of arms.
 - #1 Rule – keep yourself safe, victim second.
 - Do not attempt rescue procedures you are not trained for.
 - City of Cedar Park Fire Department Engine #2 onsite – 4 man crew.
- First Aid Station will be set up by front gate of the pool. This will be for minor incidents like cuts or scrapes. Lifeguards will man the station.
- The USAT Annual Membership provides excess medical coverage for athletes. Athlete will have to contact Race Director to get a medical claim form.
- If an athlete is hurt, he/she must stay where the incident occurred. The emergency personnel will come to the athlete.
- Coordinators for each area will explain the safety procedures to their volunteers.
- Volunteers should contact the Coordinator for their area first, then Race Director for help.
- Each participant will receive a copy of the race instructions and safety rules in his/her packet.

Swim Safety

- There will be 3-4 lifeguards on duty.
- Volunteers will be placed in the water by the slide, at the top and bottom of the slide, and at each end of the pool by the lane lines.

Transition Area Safety

- Volunteers will be placed at the entrance and exit of the Transition Area as well as in the Transition Area.
- Volunteers will inspect helmets and body mark participants with bib number and age.
- Volunteers in the Transition Area will make sure all handlebar ends are plugged. The Coordinator will have spare bar end plugs.
- Volunteers at the exit will make sure helmet is fastened and shoelaces are tied before the athletes can mount their bikes at the exit line.
- Volunteers at the entrance will make sure athletes have dismounted from their bikes before they reach the entrance line.

Bike Safety

- One lane of traffic will be closed to motorists from 6:00 AM until approximately 10:00 when the bike portion of the race is over. The closed lane will be marked with orange cones, volunteers, and policemen.
- City of Cedar Park Police Department will provide a total of 9 policemen on motorcycles and vehicles who will cruise the course. One motorcycle will be with the first athlete on the bike course. Another motorcycle will be with the last athlete on the course.
- City of Cedar Park Police Department will provide police coverage at the main intersections:
 - Elizabeth Milburn Park Entrance/Exit at Sun Chase Blvd.
 - Sun Chase Blvd. and Cypress Creek Rd.
 - Cypress Creek Rd. and El Salido
 - Cypress Creek Rd. and Simbrah
 - Cypress Creek Rd. and Anderson Mill Rd.
- Volunteers will be placed all around the bike course. Volunteers should take a water bottle with them before going to assigned location.
- Road safety signs will be set out in advance from all directions warning motorists that a bicycle race is in progress.
- Bike directional signs will be placed along the course for the athletes.
- **Seniors** will go first. They will be wearing a **white bib number**. Seniors will go around the bike course twice. When the last senior athlete comes in from bike course, Bike Coordinator will contact Swim Coordinator to start the juniors.
- **Juniors** will be wearing a **yellow bib number**. Juniors will go around the bike course once.

Run Safety

- 4 water stations on run course – 1 by the start of the run course, 1 by the Senior/Junior run split, 1 by the turnaround point for the senior run course, and 1 by the finish line. Volunteers should contact Run Coordinator if running low on water or cups.
- Volunteers will be placed all around the run course.
- Run directional signs will be placed along the course for the athletes.
- Food and drinks will be available at the pavilion to athletes once they have completed the race.

Contact Names and Numbers

- Event Race Director – Rob Alspaugh, cell 512-750-9379
- Event Executive Director – John Baltzell, cell 512-218-9664
- Elizabeth Milburn Pool – 512-331-9317