# Super Series Athlete Guide

## Race Categories

### 2023 Race Categories:

| Category | Qualification |
|---|---|
| Youth A | Born 2007-8 |
| Youth B | Born 2006 |
| Junior | Born 2004-5 |
| Senior | Born 2003 and before |
| Paratri | All classifications |

All references to Race Categories across the Super Series website, documentation and events will refer to the above categories. Your race category may also include the race in which you are competing within, the Open or Female race i.e., Youth A Open, or, Senior Female.

## Rules and Regulations

The British Triathlon Super Series operates within and utilises the World Triathlon Competition Rules. For specific rules and regulations, including uniform, equipment, and wheel regulations, please see the relevant Technical Guidance document under the Resources tab of the Super Series Website.

### Gear Restrictions

Gear restrictions are now an established part of youth and children's draft legal racing.

All youth races this season will be gear restricted – this includes when Youth A and Youth B athletes are racing each other.

For the full rationale on why we restrict gears and how this works at events please refer to the British Triathlon gear restrictions booklet.

### Bike Familiarisation

Bike familiarisations will not take place at any Super Series events unless clearly stated as occurring within the event specific Athlete Guide.

### Approved Running Shoe Guidance

Any running shoe used at a British Triathlon Super Series race must be listed on the World Athletics Approved Shoe List. Shoes listed in blue on the Approved list are 'Development' shoes and will not be accepted as World Athletics only has only approved their use in specific circumstances. If an athlete can provide proof from World Triathlon or World Athletics that they have been approved to wear the shoe during a specific period, they will be allowed to wear it.

If a shoe was manufactured prior to 2016 and the manufacturer is listed in the Approved Shoe List, the shoe will be automatically approved. Any shoe manufactured after 2016, that isn't on the Approved Shoe List will NOT be approved.

Bespoke shoes are not allowed under any circumstances. Please note, this is different to customised.

Any shoe that is suspected to be in breach of the above, or is protested, will be sent to British Triathlon for further analysis to assure they conform with the World Athletics guidelines.

https://www.worldathletics.org/about-iaaf/documents/technical-information

(Manuals and Guidelines > World Athletics Approved Shoe List)

## Conduct

### Code of Conduct

British Triathlon is committed to upholding and protecting the organisation's vision and values, and maintaining the highest possible standards of sporting integrity, through our four core values.

## BE PEOPLE CENTRED

Nurture environments to promote great experiences in swim, bike, run.

## BE INCLUSIVE

Promote and help make a more equal, diverse, and inclusive triathlon community and culture.

## DO WHAT'S RIGHT

Behave with honesty, kindness, respect, and integrity.

# BE AMBITIOUS

Be passionate about doing your best.

### Parental Conduct

Parents, guardians or accompanying adults must conduct themselves in a proper manner; failure to do so may result in disqualification of the competitor. As per rule 23.6 of the British Triathlon Rules misconduct by parents, guardians or accompanying adults may include, but is not limited to:

- Threatening or abusive language
- Failure to obey marshals/Official's instruction
- Tampering with equipment of others
- Unsporting impedance

All individuals have a responsibility to act with integrity, in accordance with the standards set by British Triathlon. Any discriminatory, offensive and violent behaviour is unacceptable, and complaints will be acted upon under the procedures of our Safeguarding and Protecting Children Policy.

## Safeguarding and Welfare

**Staying safe in Triathlon**

Your wellbeing and enjoyment of triathlon is paramount, and you should always feel safe when training and competing. If you're worried, upset or something concerns you like the behaviour of someone, it's important to talk to someone that you trust.

Follow these four simple steps:

Recognise – if you have a concern, notice a problem or if you're worried or upset

Respond – Know what you need to do, identify someone you trust

Record – as many details as possible - who, what, when, where – capture details in writing

Refer – the information to appropriate people. **Do not ignore it – always tell someone!**

### Who to talk to

Event Safeguarding Officer

Or

| | | |
|---|---|---|
| British Triathlon Safeguarding Team | Marc Scott | 07384214726 |
| | Linda Haywood | 07793 647578 |

You can also ring the NSPCC helpline on 0808 800 5000 or by emailing help@nspcc.org.uk. Following reporting the matter to the emergency services or NSPCC you must inform British Triathlon.

#### Staying safe online

The internet is fantastic! You chat to your friends, meet new people, keep up to date with everything that is going on and share photos and videos, even play games and talk to people all over the world without even needing to leave your room.

We've created a simple guide to staying safe on the internet. Why not download here – it's full of handy tips.

## Photography Policy

As per the event terms and conditions British Triathlon has the right to use images, photographs and footage taken by their contracted photographers and employees at the Event. These images will be used for the purposes of promoting, reporting and broadcasting the Event, and any other promotion related to the business activities of the Organiser.

#### Event Photography Opt Out

If a parent wishes to NOT have their child photographed at the event, they will need to fill out and sign the photography non-permission/opt out form. They will then be given an **orange** wristband so they can be identified by event photographers. The form will be made available at registration.