

# TRIATHLON CANADA

## AGE GROUP ATHLETE GUIDE

2019 ITU Multisport World  
Championships Festival

Pontevedra, Spain  
April 27 - May 5, 2019



**2019**

Duathlon  
Aquathlon  
Triathlon Cross  
Aquabike  
Long Distance Triathlon

Pontevedra  
ITU World

triathlon  
Multisport Championships

# WELCOME

Welcome to Age Group Team Canada! The ITU Multisport World Championships Festival is just around the corner, and we are excited to be joining you on this journey to compete in Spain. As your support team, we will keep you informed throughout the duration of the event, and help ensure an amazing experience as part of Age Group Team Canada.

Make sure you take the time to thoroughly read the Athlete Guide provided by the Local Organizing Committee in Spain. They will provide a high level of detail on all aspects of the event. Links to the guides are available for you below - they will be published shortly.

We would like to wish you good luck in your final preparations, and we look forward to meeting you in Spain.

Sincerely,

Your Team Canada Management Team

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# MEET YOUR MANAGEMENT TEAM

## **Christian Milette - Manager & Coach, Team Canada**

Christian has worn his Team Manager hat many times for Triathlon Canada, including for both of the 2018 ITU World Championship events. He represented Canada at the ITU Duathlon World Championships in 2010, 2011, 2013 and 2014, and is no stranger to the highest level of competition as an athlete. For the last 17 years Christian has been working for Radio Canada as an Animateur-videojournaliste and throughout the 2019 World Championships he will share his social media expertise with all of us and help to build that Team Canada spirit!

## **Christine Cogger - Manager & Coach, Team Canada**

Christine supported Triathlon Canada as a Team Manager at the 2018 ITU World Championship events and manages the team on a day-to-day basis year-round. An avid athlete herself, and Race Director for IRONMAN Canada, Christine brings a wealth of knowledge and great energy to the team!



# KEY REMINDERS

## Make sure you bring the following:

1. A photocopy of your passport
2. A printed copy of the medical insurance card provided in the “Medical” section below (page 10)

**NOTE: ID (passport or driver’s license) will be REQUIRED to pick up your race package.**

# ATHLETE GUIDE / EVENT SCHEDULE

It is absolutely critical that you take the time to read through the event guide for your race(s), and be up to speed going into the festival. The Local Organizing Committee (LOC) will publish thorough guides shortly, and you are responsible for knowing all the expectations around your event.

[CLICK HERE FOR THE EVENT GUIDES.](#)

An overall schedule for the festival has been put together for your ease of reference. It is important to note that this schedule may change prior to or during the festival. Please use it as a guide, but make sure that you check back. Updates will be pushed out to the team as much as possible.

[CLICK HERE FOR THE TEAM CANADA SCHEDULE.](#)

[CLICK HERE FOR THE OVERALL LOC FESTIVAL SCHEDULE.](#)

# TEAM COMMUNICATIONS

We have created a communication hub for the team using an app called “Slack”. Please note that this is meant for announcements and updates, and will be the primary means of sharing information with the team! Communication is enabled one-way from your Management Team to you in the main feed. We are avoiding a forum as it has led to confusion and mis-information in the past. The direct message features can be used to ask questions.

You will be receiving an email invitation to join the platform. If you want to be included in this forum, you MUST accept your invitation. Please download the slack app to your phone prior to departing for Spain. Look for the following logos:



slack



# ABOUT TEAM CANADA

## List of Athletes on the Canadian Team

One of the best things about being a part of a World Championship event is getting to travel and compete with a team of fellow Canadians. We have athletes competing in every event, and you are encouraged to get out and cheer on your teammates.

[CLICK HERE FOR THE FULL AGE GROUP TEAM CANADA PARTICIPANT LIST.](#)

# RULES & REGISTRATION

## ITU RULES

Athletes must be familiar with all ITU regulations. It is their responsibility to know the regulations concerning uniform and competition.

## Uniform rules

Because this is a championship competition, each athlete must compete in the ITU-approved Triathlon Canada competition suit. For Canada, these are the 2018 or 2019 uniforms from "2XU". The ITU regulations regarding uniforms can be found in the link below.

[CLICK HERE FOR UNIFORM RULES.](#)

## Competition rules

The ITU regulations defining acceptable conduct in competition can be found at the link below.

[CLICK HERE FOR COMPETITION RULES.](#)

## Triathlon Canada Rules

Please remember that you are representing Canada at all times while you are in Spain. Spain has some different laws, particularly around the use of alcohol and recreational drugs. However, you are bound by all Canadian and local laws while representing Canada in other countries.

While representing Triathlon Canada at the 2019 ITU Multisport World Championships Festival, you are bound by all of Triathlon Canada's [core policies](#), including the following:

[TRIATHLON CANADA ATHLETE EXPECTATIONS](#)  
[TRIATHLON CANADA CODE OF CONDUCT](#)  
[TRIATHLON CANADA COMMUNICATIONS POLICY](#)  
[TRIATHLON CANADA SOCIAL MEDIA POLICY.](#)

Please ensure you have read all of these documents, and are current on the expectations of each.

# TRAVEL

## Travel preparation

Competitions are never won by the best strategies for travel preparation. However, many competitions were lost due to poor travel planning and associated fatigue.

When you are traveling for important races, never compromise your sleep, logistics, nutrition or hydration to save a few dollars. We want you to arrive as fresh as possible at your destination. We strongly recommend a minimum number of stops, or direct flights as often as possible. This minimizes the risk of lost baggage, delays, missed flights and other complications. At all costs, please avoid traveling overnight, as you will often be tired, you may become sick and your performance will be far below your potential.

Appendix A provides a summary of best practices to minimize fatigue associated with travel.

## Local Transport

Trains are available. We recommend booking your ticket online in advance! See the following links:

[CLICK HERE FOR INFORMATION ON TRAVELING BY RAIL](#)

[CLICK HERE FOR AIRPORT TRANSFERS & LUGGAGE SERVICE DETAILS.](#)

[CLICK HERE FOR INFORMATION ON TRAVELLING WITH YOUR BIKE.](#)

[CLICK HERE TOURISM INFORMATION.](#)

## Accommodation:

Team Canada's Host Hotel are:

Hesperia Vigo - Avda. La Florida 60 36210 Vigo

NH Collection Vigo - Avenida Garcia Barbon, 17-19 36201 Vigo

## Passport information

You must have a passport valid through the end of 2019. Canadians do not need a VISA to enter Spain as a tourist.

Here are ways to avoid losing your passport:

- When not traveling or otherwise needed, keep your passport in the hotel safe. Carry a copy of your passport instead;
- Keep a photocopy of your passport in a different bag when you are travelling.
- Keep a photocopy of your passport with an emergency contact in Canada.

**You will also need your passport, or government issued ID at race registration.**

## Consular Information

The closest Canadian Embassy is located in Madrid.

Embassy of Canada - Torre Espacio, Paseo de la Castellana, 259D, 28046 Madrid  
Spain Tel: (34) 91 382 8400 Fax: (34) 91 382 8490  
consular enquiries: [MDRIDG@international.gc.ca](mailto:MDRIDG@international.gc.ca)

## Local Information:

Pontevedra is on Central European Standard Time (GMT+1).

CANADA	behind
Eastern	6:00
Western	9:00

## Currency:

Currency is the Euro with the exchange rate of \$1.50 CDN approx. ([www.xe.com/](http://www.xe.com/))

ATM's, debit cards and credit cards are used across Spain. Note that in the area where we are staying credit cards and debit cards should be widely accepted.

There is tourism information available [HERE](#).

# COMPETITION SITE

## Climate and acclimatization

In April the weather in Pontevedra can be quite pleasant: generally up to about 18 degrees Celsius in the day-time and about 10 degrees Celsius at night. Of course, this is just an estimate.

Sometimes it can be a bit unstable with some rain and wind. Therefore, we recommend competitors bring the correct clothing to train and race under possible wet and cooler temperatures.

The water temperature is expected to be around 17 degrees celsius.

## Course description

The LOC has provided detailed course information, including course descriptions, interactive maps, elevation profiles, and turn-by-turn instructions. Please see the links below:

[CLICK HERE FOR AQUATHLON COURSE INFORMATION](#)

[CLICK HERE FOR AQUABIKE COURSE INFORMATION](#)

[CLICK HERE FOR DUATHLON COURSE INFORMATION](#)

[CLICK HERE FOR CROSS TRIATHLON COURSE INFORMATION](#)

[CLICK HERE FOR LONG DISTANCE TRIATHLON COURSE INFORMATION](#)

# TRAINING

## Swimming:

Each day during the Multisport Festival you will have the opportunity for open air swimming at 4 different pools in and around Pontevedra. Some have a small access fee, others will be free of charge with a training wristband, available at registration.

## DETAILS AND SCHEDULE

There will also be scheduled training in the river, which is current assisted. It is advised to practice in the river at least once before your race.

## RIVER TRAINING SCHEDULE

## Biking:

In general, athletes can train on public roads. Road surface is suitable for bike training and Spain is a bike friendly country — but please respect heavy traffic and traffic rules and regulations.

If you need a mechanic, the LOC is providing on site services.

## MECHANIC SCHEDULE



# GEAR

A list of equipment to be included in your luggage is provided below. Please use it as an additional guide to your personal belongings.

## Wetsuits

It is likely that wetsuits will be permitted. However, the final call will be made 1 hour before the race start. Make sure you are prepared for both scenarios.

## Spare parts

Please bring the necessary tools to assemble and disassemble your bike. See the Packing List below.

- **IMPORTANT NOTES:** All athletes should have an extra derailleur hanger with them when they travel. Keep it in your bag or bicycle box.
- CO2 cartridges are not permitted on aircraft and will be confiscated at baggage inspection.

# FRIENDS AND FAMILY

At all events, it is very common for family members and friends to attend. Personal coaches who are not part of the official Triathlon Canada staff are included as Friends and Family. To ensure all our athletes are given every opportunity to succeed, Triathlon Canada has a few ground rules we would like to communicate:

Athletes are responsible for communicating this to their friends and family attending the event.

## Athlete Places and Times:

During all team workouts and competitions, friends and family must respect that they are spectators. This allows our athletes and our staff to create the environment needed at World Championships.

Shared athlete accommodation spaces must be respected as private spaces at all times. Please keep your fellow competitors in mind when planning time with your family and friends.

## Competition:

Around the competition, personal coaches, friends and family are also spectators. Please encourage them to spectate from a respectful distance during athlete check in, warm-up, competition, and warm down.

- Team meetings are for athletes and team staff.

# MEDICAL

During competition times medical services and first aid will be provided to all athletes at the race site and on course by the Local Organizing Committee. If an athlete requires additional medical attention such as hospital services, this will be at the cost of the competitor. All Team Canada athletes must have their appropriate medical insurance plans in place in order to compete as per ITU. Triathlon Canada Insurance was included in your Race Entry fee. It covers the following periods:

**Period 1: Duathlon / Cross Triathlon** - Wednesday, April 24th to Tuesday, April 30th

**Period 2: Aquathlon / Long Distance Triathlon / Aquabike** - Monday, April 29th to Sunday, May 5th

**Full Festival Coverage: All Events** - Wednesday, April 24th to Sunday May 5th

Please print a copy of the card below, which includes all of the policy information required.

 <p>Underwritten by Aviva Insurance Company of Canada</p>	<p>GameDay Insurance Inc. Claim Assist #: 1-866-661-7507 <a href="mailto:info@gamedayinsurance.ca">info@gamedayinsurance.ca</a></p> <p>Jones Brown Inc. – Broker Brent Brandham Phone: 416-408-5457 Toll Free: 1-877-451-0448 (Canada/U.S.) Cell: 416-779-1802</p>
<p><b><u>TRIATHLON CANADA</u></b> <b><u>Excess Travel Medical Assistance</u></b></p> <p>Name of Member (Policy Holder): <input type="text"/></p> <p>Policy Number: TR1001-01184-003</p> <p style="text-align: right;"></p>	

## Athlete Emergency Protocols

1. Call Emergency Services +45 (112)
2. Advise the Triathlon Canada Team Lead, Christine Cogger, that there was an incident  
Email: [Christine.Cogger@TriathlonCanada.com](mailto:Christine.Cogger@TriathlonCanada.com) Phone: 1 (604) 902-2621

## Local Hospital Information:

Hospital Provincial de Pontevedra  
Loureiro Crespo, 2  
Pontevedra  
+34 986 80 00 00

# APPENDIX A | MINIMIZING TRAVEL FATIGUE

## Pre-Trip Planning

The preparation for sport performance related travel begins one - two weeks prior to departure and should focus on:

1. Minimizing sleep debt prior to travel: Get on the plane in a well rested state! This is very important.
2. Maintaining hydration, good nutrition and managing stress.
3. Lighter training just before travel so you are well hydrated and at low risk of contracting sickness through reduced immune function.

## In-Flight Planning

1. Adjust your watch to the destination time zone as soon as you get on the plane.
2. Begin eating meals on the destination time zone.
3. Stay hydrated. Avoid all caffeine and alcohol in-flight.
4. Brain/Body Rest: close your eyes, relax, breath deep and slowly. It's recommended to learn/study meditation techniques if you are not familiar with them.
5. It is very important to get sleep on the plane. If you cannot fall asleep on the plane using relaxation and eye shades/ear plugs, then use medication that has been prescribed to you by your physician.
6. Use ear plugs/noise cancellation headphones and eye shades to sleep/rest.
7. Move around/stretch/yoga regularly while not sleeping or doing brain/body rest. We suggest 5 min every hour you're not sleeping and in transit (including airport waiting and in-transit)

## Arrival Planning

The first 48 hours should be devoted to recovery and adjustment to the new time zone, focusing on the following points:

1. Sleep on destination time zone.
2. Nap (20-30 minutes) briefly if you become very fatigued.
3. Rest if you become very fatigued.
4. Determine your critical lows and highs (energy and alertness)
5. Use countermeasures: (i.e., alone time, yoga, avoid caffeine, napping, resting strategically)
6. When you are not competing/training, REST so you fully adjust to the new time zone quickly.
7. Eat your meals according to the new time zone and if you are hungry at an odd time it's okay to have a small snack.

## Nutritional Advice For Travel

Feeding is a behavior that includes factors such as timing of meals, frequency of meals, volume of calories (amount), and distribution of calories (content: protein, fat and carbohydrate). It is important to keep in mind the two following basic principles regarding Food and Travel:

1. Feeding is a potent regulator of the sleep/wake cycle, in other words you can use feeding to adjust the biological clock to the new time zone.
2. The number one symptom of jet lag is related to gastrointestinal (stomach) upset such as; disrupted bowel movements, heartburn, diarrhea and nausea.

Nutritional advice is focused on assisting the adjustment of the biological clock to the new time zone and minimizing the gastrointestinal upset commonly experienced with travel.

## General Advice

Maintain adequate if not extra hydration when traveling to minimize other adverse effects of jet lag. The minor sleep disturbance caused by having to urinate during the night is probably better than being dehydrated so make sure to keep the fluids up and urine clear.

The ideal approach to feeding would be to begin eating meals on the schedule of the new time zone. Begin eating smaller more frequent meals at a slower pace. The content of the meals should be higher in protein than carbohydrate and fat during the adjustment phase. So when you are on the plane you may want to bring your own food and not eat the plane food since the in-flight meal schedule does not follow the new time zone.

If you experience poor digestion or gastrointestinal symptoms then keep the meals small and more frequent until you adjust.

Make sure you do not go to bed hungry a “bedtime snack” should be composed of a small amount of protein and a larger amount of carbohydrate with minimal sugar and no caffeine (no hot chocolate!). If you wake up hungry in the middle of the night have a snack ready to go to reduce the hunger.

In the first 48 hours after landing, eat to suppress hunger not to fill yourself up! Protein and fat suppress hunger. Carbohydrate is less effective at suppressing hunger.

Use caffeine as recommended in the program to reduce fatigue and improve alertness.

## Critical Circadian Times

Critical Circadian Times (CCT) refers to the natural fluctuations in energy, fatigue and mental sharpness that occur during the day. This will allow you to predict when you will be most tired, most alert and most hungry, when you arrive at your destination. With this information you can eat strategically, consume caffeine strategically and understand why you are tired and/or unable to sleep until you recover from jet lag or make a full circadian adjustment.

The circadian peaks and lows based on your home clock are as follows:

- The absolute low in the biological clock is between 2-4 AM, and the afternoon circadian low is between 2-4 PM.
- The periods of highest alertness are mid-morning (noon) and early evening (6 PM).

Your CCT will reset to local time at 1-2 hours per day based on individual adaptation rates. We will train in high periods as much as possible, and avoid training in low periods.

## Fatigue Countermeasures

1. If you are a caffeine drinker (coffee, tea or cola) you can use caffeine to increase alertness just after naps and on waking to help you adjust. If you are not familiar with caffeine, don't start at a competition!
2. Napping- Napping means sleep and should be done to reduce total sleep debt. Naps are done in a comfortable spot, with eye shades and ear plugs/ earphones. Music is permitted only if it helps you sleep and relax. Timing of naps should be 12 hours after the midpoint of your regular night sleep time (i.e., if regular sleep time is 9 pm-6 am; the timing to begin a nap would be 1:30 pm).
  - a. Cat Nap= 20-30 minutes, brief and refreshing but does not reduce substantial sleep debt
  - b. Long Nap= No less than 60-90 min and you must wake spontaneously not to an alarm (Alarm is a bad idea because there is a high chance of waking up in a deep stage of sleep which will

- a. make you feel groggy and tired). To reduce sleep debt 90-120 minutes is recommended but wake spontaneously. If you wake alert, get up and don't keep going with the nap.
- b. Have a caffeine right before the nap to help you re-start again.
- 3. Resting- resting means "Brain Rest", sleep is not necessary.
  - d. Eyes closed with eye shades
  - e. Deep slow breathing
  - f. Quiet environment
  - g. Meditation or relaxing yoga

## Travel Fatigue

Here are a few tips to minimize travel fatigue. Travel fatigue can delay your adaptation to a new time zone and recover from the stresses of travel.

- Minimize your carry-on baggage weight and bulk
- Place your essential race gear in your carry on (nothing sharp or questionable to airport security though!)
- Remember that your travel time often requires an additional 2+ hours both pre- and post-flight
- Mentally prepare yourself to expect delays
- Physiotherapists suggest you travel with a yoga mat. To stretch or relax on before the flight and for lumbar support "in flight". You could even cut it down if your baggage is looking too heavy or bulky
- Pack a physio ball (tennis to softball sized) to use in flight to help loosen up while seated. Roll it under your back, legs, on shoulders, etc. to relax tightening muscles
- Pack your own food and snack to ensure you get what you want, when you want it
- Bring an empty water bottle you can refill while in flight, buy your initial 1-2 liters of water once you clear security as you will often not get service until 60+ minutes into the flight and waiting times once you are through security can be very long.
- Not all flights have individual entertainment screens, so be prepared! Pack books, music, favourite movies, etc.
- Pack ear plugs, noise cancelling headphones, eyeshades and a neck pillow to help you sleep or rest easy.

# APPENDIX B | EQUIPMENT & PACKING LIST

## CARRY ON ITEMS

### Race Essentials

- Swim goggles
- Cycling tri shoes
- Racing flats
- Helmet
- Sunglasses
- Bike saddle
- Bike pedals
- Triathlon Canada ITU legal trisuit

### Personal

- Wallet
- Local currency
- Prescription medication
- Prescription glasses
- Hand sanitizer
- Cell phone and entertainment items
- Water bottle (1 L)
- Travel food
- Eye shades
- Neck pillow
- Sandals or slippers
- Compression socks
- Physio ball

### Documents

- Passport and travel visa
- Birth certificate
- Government issued ID
- Flight, accommodation and shuttle information

## SPORT SPECIFIC

### Swim

- Triathlon Canada ITU legal trisuit
- Wetsuit
- Swim goggles
- Spare goggles
- Training suit
- Anti-fog Solution
- Training caps
- Non-stick lube for wetsuit
- (non aerosol only)

### Bike

- Cycling triathlon shoes
- Helmet
- Bike saddle
- Bike pedals
- Triathlon Canada ITU legal trisuit
- Gloves
- Short sleeve jersey
- Long sleeve jersey
- Jacket
- Training shoes
- Cycling socks
- Shoe covers
- Cycling shorts
- Knee/leg warmers

### Run

- Racing flats
- Sunglasses
- Triathlon Canada ITU legal trisuit
- Training shoes
- Race hat
- Orthotics
- Running shirt
- Running shorts
- Running socks
- Sports bra

### Bike Equipment

- Bike
- Rubber bands
- Bike computer / Power meter
- Water bottles (3)
- Cycling triathlon shoes
- Helmet
- Bike saddle
- Bike pedals
- Cycling training shoes

### Personal Tools

- Allen keys, screwdrivers or multitool
- Pedal wrench (if needed)
- Torque wrench as required
- Brake/shift cable cutter
- Electronics chargers (power meter, computer, shifting, GPS, etc.)
- Floor pump
- Tire levers
- Chain cleaning brushes (no solvents or liquids)
- Valve stem extenders (if needed)
- Electrician's tape
- Assorted zip ties
- Tubular glue if you use tubular tires
- Shop wipes/towel/rags for cleaning
- Vinyl or latex gloves

### Personal Spare Parts

- 2-3 new spare inner tubes
- 2 new tires
- 2 new tubulars (pre-glued and stretched)
- Spare derailleur hanger
- 1-2 spare bar end caps
- 2 compatible brake cables
- 2 compatible shift cables
- 30 cm spare brake cable housing
- 30 cm spare shift cable housing
- Running shorts
- Running socks
- Sports bra

## OTHER

### Local Weather

- Pre/post race clothing
- Rain gear
- Singlet
- Warm Clothing

### Medical

- Prescription Medication
- Prescription Glasses
- TUE(s)
- First aid kit
- Personal non-prescription medications
- Physio ball
- Yoga mat
- Foam roller
- Stick
- Thera bands
- Compression socks, shorts, shirt
- Toilet kit
- Ear plugs
- Hand sanitizer

### Casual Clothing

- Shirts
- Pants
- Underwear
- Socks
- Shoes
- Jacket

### Logistics

- Passport
- Visa (if applicable)
- Wallet
- Local currency
- Government Issued ID
- Copy of all medical prescriptions
- TUE(s) for meds
- Classification history/paperwork
- Flight, accommodation and shuttle information

### Personal

- Pillow
- Flip Flops/Sandals
- Sun Block
- Wrist Watch
- Cell phone and entertainment items
- Water bottle (1 L)
- Eye shades
- Neck pillow

### Other

- BodyGlide or lube
- Energy drink
- Energy bars/gels
- Supplements
- Race morning foods
- Heart Rate Monitor
- Heart Rate Monitor Chest Strap