



Triathlon Canada Position Statement on Bike Technology

As a result of a wide array of component options and technologies on the market, and the possible confusion associated with the purchase and impact of these technologies, Triathlon Canada offers the following guidelines on suitable selection and use of bike technology at the different levels of athlete development. Triathlon Canada strongly supports the tenets advocated in the Long Term Athlete Development Strategy and Podium Pathway which highlights the priorities at each stage of development. We recognize that education on the issue of technology selection is critical and that our stakeholders (athletes, coaches, officials, parents and administrators) share this responsibility. Additionally, Triathlon Canada is aware that there are valid performance impacts with said technologies and not all stakeholders can invest appropriately.

Purpose:

It is the purpose of Triathlon Canada's position on bike technologies to emphasize the importance of physical, tactical and technical development over technological advantage in the developmental stages of an athlete's career.

INTRODUCTION: Non-competitive and entry-competitive levels (up to Youth)

LTAD: Fundamentals and Learning to Train stages of development (up to Youth)

- The simplest bike and components that introduce the athlete to the position, handling and use of draft legal technology is all that is required. **Good fit is the critical element.**
- Encourage parents not to purchase bikes that athletes will "grow into" but bikes that fit properly. Two to three basic bikes that fit over a three year span is better a top line bike that an athlete will grow into. This will teach the athlete to utilize the appropriate physical and technical input/outputs to develop the necessary skills for high level racing.
- Encourage parents not to purchase high-end or top-line products such as race wheels, electronic shifting, power metres, etc. Elevated performances due to technology do not reflect the accurate level of an athlete's development and performance level.

YOUTH - JUNIOR DEVELOPMENT: Early-mid competitive levels; Provincial Championship to Junior National Championships

LTAD: Training to Train and the initial stages of Training to Compete stages of development

- Athletes should be encouraged to continue racing bikes focused on good fit, reliable group sets and durable race wheels.
- The longer into their careers that an athlete is encouraged to train and compete in the relatively adequate technology the better.



- High end or top-line technology should not be considered until the athletes have achieved Provincial Targeted criteria.
- Introduction of technology ***should be limited to and aligned with the athlete's ability*** to skillfully maintain the technological products with minimal input from parents, coaches or mechanics.

ELITE: Later competitive levels

LTAD: The later stages of Training to Compete, Training to Win stages of development

- Technology selection is at the discretion of the individual athletes and their coaches but ALWAYS with the priority on performance NOT sponsorship.
- Specific selection of technology should be based on race demands
- Athletes should continue to choose equipment based on evidence based performance impact
- Proper use and maintenance of technology should be aligned closely with choice of technology