



## Briefing

As Director for the second Waterways Ireland Family Splash and Dash, I am delighted to welcome you to this family fun event. Triathlon Ireland are hosting this event in conjunction with Activ Multisport triathlon club and the Dublin Sports Partnership.

The main aim of these events is participation and fun. Everyone who competes in these events is considered a winner and there will be no official results or timing.

The event is run as a two member relay with one adult and one child. The child starts the event with a 200m swim (which can be adjusted for younger children followed by an 800m run. They then tag their adult team member who swims 500m and runs 1,500m. While the adults are completing their leg, the children are held in a corralled area by transition. At the end of the event, the adult runs the final 50m with their junior team member so both athletes can cross the finish line together. This is a family-friendly event and all the action will be visible from any point around the event course.

Gary Crossan



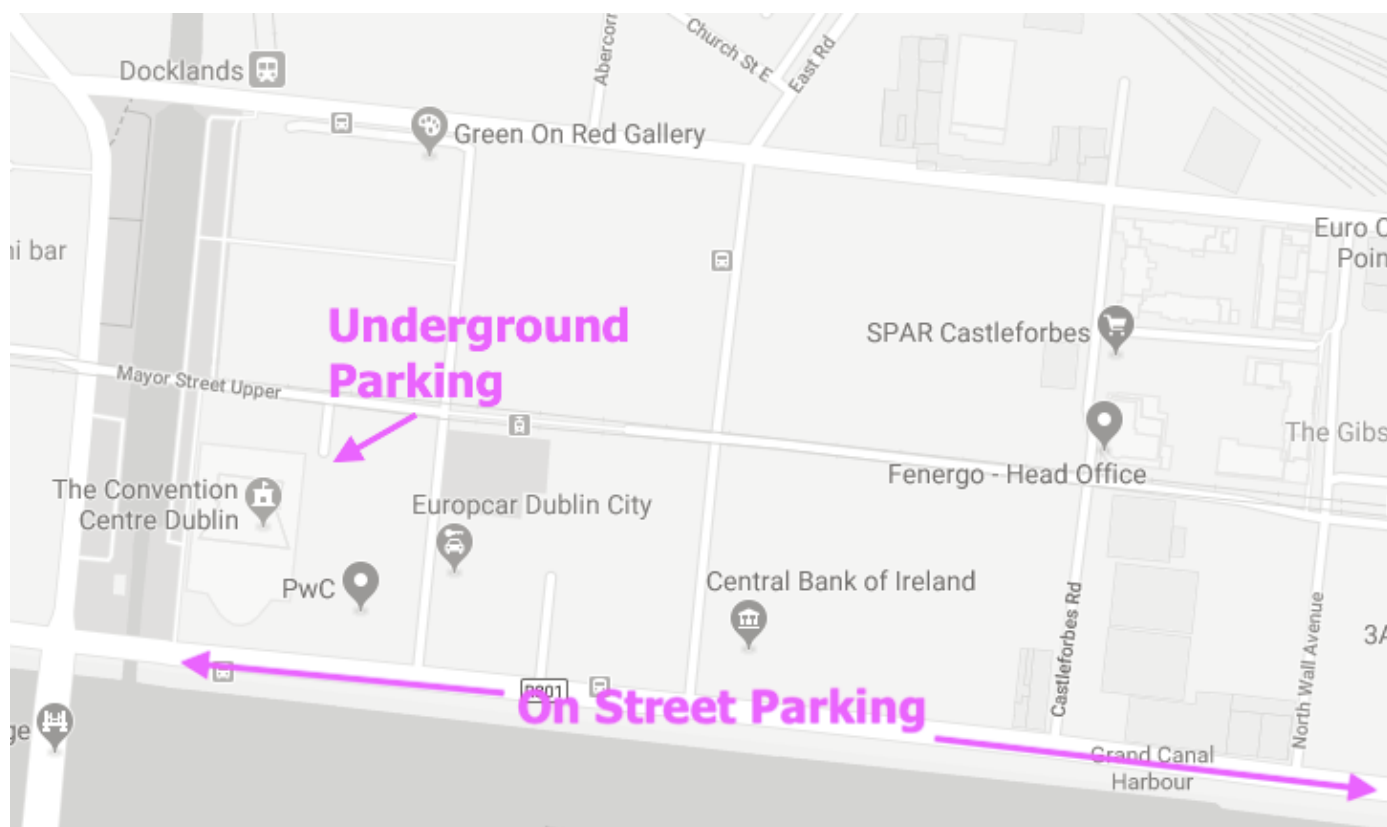
# Spencer Dock

## Event Details

9.30am	Registration Opens
9.30am	Transition Opens
10.35am	Registration Closes
10.40am	Transition Closes
10.45am	Marshals' Briefing
10.50am	Athletes Briefing
11am	Childrens' Start
11.45am	Event Finish

### Parking

As this event takes place in the heart of Dublin there will be no designated race car park. There is on-street parking along the quayside. The National Convention Centre beside Spencer Dock also has underground parking.





# Spencer Dock

## Registration

Registration will take place beside the lock at Spencer Dock, under the Triathlon Ireland gazebo. Each family team will sign-in and they will be given a corresponding number (it will be written on back of the hand), they will also receive two similarly coloured swim hats.

## Toilets & Changing Facilities

There will be a Portaloo toilet close to the transition. Due to the location, there will be no changing facilities so participants are asked to arrive prepared.

## Event Briefing:

Event briefing will take place beside transition at 10.50am. This is a participation event and there will be a certain amount of flexibility allowed to the younger children to encourage their participation and enjoyment of the event. This info will be highlighted on the morning of the event at the event briefing.

## Transition:

Transition will open at 9.30am and will be highlighted by the blue mat at the end of the entrance/ exit to the swim course. Equipment (shoes, hats) should be placed side by side at the edge of the blue carpet and wetsuits, hats and goggles will be left here during the run. All equipment should be removed from transition (please ensure you check wetsuits to ensure you have your own wetsuit) after the event.

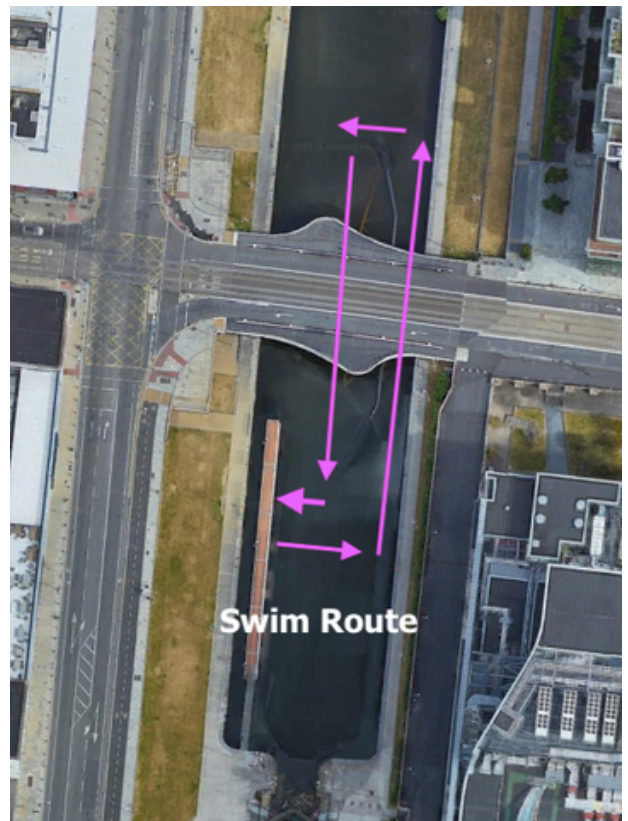
## Swim

Entrance to the swim will be by ladder at the top of the pontoon. The course will be marked by Waterways Ireland buoys and red turn buoys. The swim distances are 200 metres for kids and 500m for adults.

The swim distance for kids is flexible according to swim ability. Because this is a participation event adults will be allowed to get in the water to help weaker swimmers.

Children under the age of 10 may also be accompanied in the water. We do request that adults are aware of other swimmers in the water.

Water safety will be provided by a kayak team. Water temperature will be around 15 degrees.





# Spencer Dock

## Run

The run route surface is a mixture of concrete and tarmac footpaths, The run route will be open to members of the public so please be aware of this. The route will be a series of left turns on a 400m loop.

Kids will run two full laps before tagging their adult team member who will run four full laps of the run loop after completing their swim. In accordance with Triathlon Ireland's safeguarding policy, children are required to remain in corralled area after finishing their run (this area will be large enough to watch and support their adult team mate).

The adult runner will collect their child team mate at the end of their run and finish the last 50m together. The finish line will be under the Triathlon Ireland finishing arch.

All runners are required to comply with Triathlon Ireland rules and wear a top [t-shirt, vest] while out on the run route.



## Photography

Triathlon Ireland media personnel will be present at the event to create images and video for our social media platforms. Triathlon Ireland is committed to the appropriate use of images and to providing a safe environment for young people.

Detailed information about Triathlon Ireland's photography and filming policies is available on the [safeguarding section of our website](#).

# Thank You

This event would not take place without the support of the following.

Activ Multisport triathlon club

Waterways Ireland

Dublin Sports Partnership

Ger O'Reilly Outward Bounds Centre (water support)

Sharon Kelly (First Aid and water support)

All marshals and volunteers are giving up their time so please show your appreciation for that.