



**TRIATHLON IRELAND FITNESS TO COMPETE POLICY
FOR COMMONWEALTH GAMES 2022 - Birmingham**

The Nomination Panel will comprise the following:

- Chair of the Panel - Chief Executive Officer or his nominee
- National Head Coach
- Performance Director
- Chair High Performance Committee or her nominee.

The panel will receive Executive Support from the High Performance Unit Manager.

The TI Appeal Panel will be made up of the following:

- TI Board High Performance Committee Liaison
- TI Board Member (with Legal expertise) or Board appointee (with legal expertise)
- External, independent sports professional

Both panels will comprise at least one member of each gender.

The principle behind the Fitness to Compete Policy is to ensure that an athlete is able to compete at the highest level during the Commonwealth Games 2022.

All athletes will be required to set individual performance benchmarks through the tests outlined below.

If there is any doubt as to an athlete's fitness on the grounds listed below, then the implementation of the Fitness to Compete protocols will be required:

Grounds

- Injury or illness
- Lack of form and fitness due to injury or illness once any athlete has been selected.

Protocols

Athletes will be asked to undertake the following fitness protocol to provide evidence that they are fit to compete.

All performance tests will be based on the times that were achieved in the qualification period.

If any case of requirement to prove Fitness to Complete - only relevant tests may apply, at the discretion of the Nomination Panel, which may be all or some of the below Performance Indicator Tests.

Performance Indicators

From the above information, the following performance indicators will be asked of any athlete that is required to prove fitness prior to the final selection date set by the NICGC.

Performance Indicator Tests

Mandatory for all nominated and reserve athletes

- Mid Point Of Final Preparation Phase into The Birmingham 2022 Commonwealth Games. (Date to be confirmed)

- Swim set - 1 x 400m off 5mins; 3 x 300m off 4mins;
- Bike to Run set - Full bike test protocol followed by 6 min run
- Run 3 x 1500m (race pace session) or timed distance effort. E.g. 3km/5km TT
- All selected athletes to provide training information

Phase One

Proof of Fitness to Compete prior to nomination.

Phase Two

Only implemented if any athlete may have medical or injury issues
Approx 28 days prior to the Commonwealth Games 2022

Phase Three

Only implemented if any athlete is not able to train at full capacity and has medical or injury issues that are preventing the athlete from performing at the highest level.
Approximately 14 days prior to the Commonwealth Games, 2022.

Due to the difference of athletes undertaking solo timed proof of fitness protocols, it will also be taken into consideration the lack of competition motivation, therefore all athletes will be required to be within 2% of the target times set at the time of selection.

The above proof of fitness will also be mandatory for all reserve selected athletes.
On the dates stated in the selection of any reserve athlete.

Should an athlete fail to satisfy the minimum agreed requirements, the PD will prepare a report for the Selection Panel to consider the deselection of the athlete concerned and substitution of their place by the reserve athlete.