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**Triathlon Ireland**

**Local Technical Official Shadow Log Book**

Shadow Requirements:

Six (6) Shadow events must be completed to gain the Local Technical Official Qualification.

Within the six (6) Shadows, you must Shadow at a minimum of two triathlons and also two different multisports e.g. 2 Triathlons, 1 Duathlon, 1 Aquathlon, any 2 other events. Two of your Shadow events must be open water events.

Shadow Log Book:

The following log sheets must be completed in detail for each event you shadow at.

When shadowing, prospective LTOs should ensure they gain experience across all areas of the event process e.g. Registration, Swim, Transition, Bike, Run, Finish, Marshall/Competitor Communication and Interaction, Penalties, etc.

A summary record of events you have shadowed at should be completed at the end of the Log Book in the space provided. Once you have completed your required six shadows please sign off on the summary record and email the Log Book to kit@triathlonireland.com.

**Name:**

**TI Number:**

**Year you started LTO Programme:**

Shadow Event Number: 1

Event Name:

Event Date:

Event Type:

Technical Delegate:

Referee:

Weather:

| Air Temperature: |  |
| --- | --- |
| Water Temperature: |  |
| Wind Speed: |  |
| Wind Direction: |  |
| Weather Conditions Summary: |
|  |

Safety:

| No. of Ambulance(s): |  |
| --- | --- |
| No. of First Aider(s): |  |
| No. of Motor Watercraft(s): |  |
| No. of Kayak(s): |  |
| No. of Paddle Board(s) or Similar: |  |
| Event Safety Overview: |
|  |

Overview of duties you were involved with at the event:

|  |
| --- |

Three things you did well and will maintain for future events:

| 1. …
2. …
3. …
 |
| --- |

Three things you could do better and will seek to improve at next events:

| 1. …
2. …
3. …
 |
| --- |

Key learning(s) from the event:

|  |
| --- |

Shadow Event Number: 2

Event Name:

Event Date:

Event Type:

Technical Delegate:

Referee:

Weather:

| Air Temperature: |  |
| --- | --- |
| Water Temperature: |  |
| Wind Speed: |  |
| Wind Direction: |  |
| Weather Conditions Summary: |
|  |

Safety:

| No. of Ambulance(s): |  |
| --- | --- |
| No. of First Aider(s): |  |
| No. of Motor Watercraft(s): |  |
| No. of Kayak(s): |  |
| No. of Paddle Board(s) or Similar: |  |
| Event Safety Overview: |
|  |

Overview of duties you were involved with at the event:

|  |
| --- |

Three things you did well and will maintain for future events:

| 1. …
2. …
3. …
 |
| --- |

Three things you could do better and will seek to improve at next events:

| 1. …
2. …
3. …
 |
| --- |

Key learning(s) from the event:

|  |
| --- |

Shadow Event Number: 3

Event Name:

Event Date:

Event Type:

Technical Delegate:

Referee:

Weather:

| Air Temperature: |  |
| --- | --- |
| Water Temperature: |  |
| Wind Speed: |  |
| Wind Direction: |  |
| Weather Conditions Summary: |
|  |

Safety:

| No. of Ambulance(s): |  |
| --- | --- |
| No. of First Aider(s): |  |
| No. of Motor Watercraft(s): |  |
| No. of Kayak(s): |  |
| No. of Paddle Board(s) or Similar: |  |
| Event Safety Overview: |
|  |

Overview of duties you were involved with at the event:

|  |
| --- |

Three things you did well and will maintain for future events:

| 1. …
2. …
3. …
 |
| --- |

Three things you could do better and will seek to improve at next events:

| 1. …
2. …
3. …
 |
| --- |

Key learning(s) from the event:

|  |
| --- |

Shadow Event Number: 4

Event Name:

Event Date:

Event Type:

Technical Delegate:

Referee:

Weather:

| Air Temperature: |  |
| --- | --- |
| Water Temperature: |  |
| Wind Speed: |  |
| Wind Direction: |  |
| Weather Conditions Summary: |
|  |

Safety:

| No. of Ambulance(s): |  |
| --- | --- |
| No. of First Aider(s): |  |
| No. of Motor Watercraft(s): |  |
| No. of Kayak(s): |  |
| No. of Paddle Board(s) or Similar: |  |
| Event Safety Overview: |
|  |

Overview of duties you were involved with at the event:

|  |
| --- |

Three things you did well and will maintain for future events:

| 1. …
2. …
3. …
 |
| --- |

Three things you could do better and will seek to improve at next events:

| 1. …
2. …
3. …
 |
| --- |

Key learning(s) from the event:

|  |
| --- |

Shadow Event Number: 5

Event Name:

Event Date:

Event Type:

Technical Delegate:

Referee:

Weather:

| Air Temperature: |  |
| --- | --- |
| Water Temperature: |  |
| Wind Speed: |  |
| Wind Direction: |  |
| Weather Conditions Summary: |
|  |

Safety:

| No. of Ambulance(s): |  |
| --- | --- |
| No. of First Aider(s): |  |
| No. of Motor Watercraft(s): |  |
| No. of Kayak(s): |  |
| No. of Paddle Board(s) or Similar: |  |
| Event Safety Overview: |
|  |

Overview of duties you were involved with at the event:

|  |
| --- |

Three things you did well and will maintain for future events:

| 1. …
2. …
3. …
 |
| --- |

Three things you could do better and will seek to improve at next events:

| 1. …
2. …
3. …
 |
| --- |

Key learning(s) from the event:

|  |
| --- |

Shadow Event Number: 6

Event Name:

Event Date:

Event Type:

Technical Delegate:

Referee:

Weather:

| Air Temperature: |  |
| --- | --- |
| Water Temperature: |  |
| Wind Speed: |  |
| Wind Direction: |  |
| Weather Conditions Summary: |
|  |

Safety:

| No. of Ambulance(s): |  |
| --- | --- |
| No. of First Aider(s): |  |
| No. of Motor Watercraft(s): |  |
| No. of Kayak(s): |  |
| No. of Paddle Board(s) or Similar: |  |
| Event Safety Overview: |
|  |

Overview of duties you were involved with at the event:

|  |
| --- |

Three things you did well and will maintain for future events:

| 1. …
2. …
3. …
 |
| --- |

Three things you could do better and will seek to improve at next events:

| 1. …
2. …
3. …
 |
| --- |

Key learning(s) from the event:

|  |
| --- |

Summary Record of Events Shadowed:

| **Shadow** | **Date** | **Event Name (as per TI Race Calendar)** | **Event Type** | **Main Role(s)** |
| --- | --- | --- | --- | --- |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |
| 6 |  |  |  |  |

Signature:

Date: