

Triathlon Ireland

Local Technical Official Shadow Log Book

Shadow Requirements:

Six shadow events over a minimum of 1 season must be completed to gain the Local Technical Official Qualification. You must attend at least 2 different multisport events during this time.

When shadowing, prospective LTOs are responsible to 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, Race Report Submission etc. It is advised that during your last shadow session, you act as a 'TD shadow' and be brought through the entire TD event process (site visit, completion of the EMP with the Race Organiser, post event documentation, etc.).

Shadow Log Book

A summary record of events you have shadowed at must be completed at the end of the Log Book in the space provided. The Technical Delegate for each event must sign off your logbook before submission. Once you have completed your required six shadows please sign the last page on the summary record and email the entire Log Book to mackenzie@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:

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

Key learning(s) from the event:

Technical Delegate Sign Off:

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:

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

Key learning(s) from the event:

Technical Delegate Sign Off:

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:

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

Key learning(s) from the event:

Technical Delegate Sign Off:

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:

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

Key learning(s) from the event:

Technical Delegate Sign Off:

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:

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

Key learning(s) from the event:

Technical Delegate Sign Off:

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:

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

Key learning(s) from the event:

Technical Delegate Sign Off:



Summary Record of Events Shadowed:

Shadow	Date	Event Name (as per TI Race Calendar)	Event Type	Main Role(s)

Signature:

Date: