

# Try a Triathlon



Triathlon Ireland are pleased to announce applications are now open for our triathlon clubs to register to be part of the upcoming Nationwide 'Try a Triathlon' Programme. We are going to introduce triathlon to more people around Ireland than ever before, and we want our clubs to be central to the programme! Now that club training has returned for all ages nationwide, we will be launching the new 'Try a Triathlon' programme. It has been a tough year for our clubs so far and we hope that this programme, along with the associated grant, will introduce new people to our sport and new members to our clubs.

We hope as many clubs around the country as possible will be part of this exciting programme which will include access to programmes and resources to assist clubs to set up and run a Try a Triathlon programme. There is an opportunity to apply for a grant to support your club Try a Triathlon programme for 2021.



## The Funding

Funded by the *Sport Ireland Dormant Account and Resilience Fund*, this Nationwide Try a Triathlon Programme will be open to clubs. It forms part of the Triathlon Ireland inclusion and diversity plan, which aims to remove barriers for under-represented groups in triathlon interested in learning a new sport or returning to activity after some time away. Running a programme is a great opportunity for clubs to introduce new members to our community, to grow your club and most importantly, to provide everyone with an equal opportunity to participate in sport!



## What is the Try a Triathlon Programme?

The 'Try a Triathlon' programme is designed to help as many Triathlon Ireland Clubs run beginner programmes as possible. 'Try a Triathlon' brings nationwide recognition to our sport introducing the programme to new clubs and introducing triathlon to those who have never taken part before.

Triathlon Ireland will publicise the programme nationally, and support clubs in marketing their individual programmes.

Clubs can determine whether they require participants to join their club to take part. Triathlon Ireland will not charge a Training Membership fee, cover will be provided for all participants taking part in club sessions for the duration of the club programme.

An important part of the 'Try a Triathlon' programme is helping our clubs introduce triathlon to the wider community and reduce some of the barriers to participation in the sport. You can read more about these grants below.



## What support will be available for clubs?

Triathlon Ireland will provide the following resources for clubs:

A training programme written by Triathlon Ireland National Head Coach Michael Black. There will be triathlon and duathlon programmes. If your club has established beginner training programmes from running previous new to tri programmes, those can be used instead

Support from our team of Development Officers during the programme, the team will be available for clubs to book for consults as available, and for online support for clubs

**Completion  
Cert for each  
participant**

**Administrative  
support**

Online educational resources on topics such as the equipment required, bike maintenance and nutrition

Club features on our online channels throughout the programme

There are 2 ways that clubs can be part of the Try a Triathlon Programme!

### What are the Options?

1. Your club can apply for a grant to run a programme and an end of programme Try a Triathlon Event for participants.

2. Your club can run a programme as part of Try a Triathlon without applying for a grant- please let us know by filling out the google form below.



## Grants

Although not a requirement, clubs can apply for grants of up to €500 to support their 'Try a Triathlon' programme which will run alongside the Try a Triathlon Programme. This grant will help cover the cost of;

- Venue hire for the duration of the programme and the event
- Coaching for the duration of the programme
- Online platforms to facilitate the programme e.g. Zoom

There are a limited number of grants available so grants will be awarded to the strongest applications based on programme delivery and inclusivity. Clubs who target groups in their community who are under-represented in our sport to take part in their programme will be prioritised for funding. Clubs should outline their inclusion plan to engage with new groups in their community as part of the application process. Triathlon Ireland will work alongside clubs to form links between our clubs, Local Sports Partnerships and other community groups to facilitate the inclusion of new cohorts. Priority for grant funding will also be given to those clubs who commit to 50% of their programme participants having never been involved in multisport previously or those who set up a junior section for the first time and run a junior Try a Triathlon.



## Grant Conditions

1. The programme should be run over a minimum of 8 weeks with a minimum of 2 sessions per week with a mini event (triathlon or duathlon) at the end of the programme. If a club receives grant funding, these should be two specific 'Try a Triathlon' sessions, i.e. a Try a Tri run pod or swim lane.

2. Clubs who engage with under represented groups such as those listed below or set up a new junior club, or engage a group those who have never taken part in triathlon; will be prioritised for funding, details below:

**Under represented Groups:** Young girls, people with a disability, ethnic minority groups, people from a disadvantaged area, LGBTQ+ adults or young people, older adults. Clubs will need to evidence how they will engage with new cohorts in their community to take part in their Try a Triathlon programme.

This programme is for everyone who has never done a triathlon before. Clubs who aim to have a percentage of those taking part in the programme from an under-represented group as outlined can apply for the funding, as can those who can evidence that they have actively recruited participants who have never before been involved in triathlon

**New Junior Clubs:** Clubs who are setting up a junior section for the first time and run a junior Try a Triathlon.

3. The grant may not be used for any other costs other than detailed above.

4. The club must provide Triathlon Ireland with a report including a copy of receipts/invoices to show how the grant was spent.

5. Any underspend on the grant should be returned to Triathlon Ireland

6. The grant must be applied for and used in 2021 in line with Inclusive 'Try a Triathlon' Programme dates

7. The club must ensure ALL participants have registered through the Triathlon Ireland Google Form prior to starting the programme.



## How To Apply

If your club is interested in applying for a grant for this programme, please fill out the application form by clicking [here](#).

If you have any questions in relation to your application, please contact your local Triathlon Ireland Development Officer or email Amy Beynon at [reception@triathlonireland.com](mailto:reception@triathlonireland.com)

Gary Crossan, Leinster Development Officer - [gary@triathlonireland.com](mailto:gary@triathlonireland.com)

Eleanor Condon, Munster/Connaught Development Officer - [eleanor@triathlonireland.com](mailto:eleanor@triathlonireland.com)

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Ailbhe Carroll, Women in Sport Lead - [ailbhe@triathlonireland.com](mailto:ailbhe@triathlonireland.com)



## COVID-19 Guidelines

All training and events will be run in line with Covid-19 Public Health Guidelines at all times. Clubs should adhere to the guidelines in the Return to Training Protocol for their area.



***Do all clubs run the programme at the same time?***

No, your club can run their Try a Triathlon Programme over a time period that suits the club best. All programmes must be completed, and grant receipts submitted, by 31st December 2021.

***How can our club reach under represented groups to let them know about the programme?***

The Triathlon Ireland Development Team will help clubs in contacting local organisations and sports partnerships, and recommend the best ways to reach the group your club selects to focus on as part of the programme.

***How do we organise a Try a Triathlon event at the end of our programme?***

Triathlon Ireland will provide assistance and support in running this event. Full guidance will be given to each club. If you have any specific queries in relation to this element of the programme, please contact Triathlon Ireland Operations Manager Orla Nugent, [orla@triathlonireland.com](mailto:orla@triathlonireland.com).

***How will registration work?***

Clubs will handle registration for their own programmes, but there will be certain information that will need to be shared with Triathlon Ireland as part of this. Triathlon Ireland will provide clubs with a Google Form template that can be used to gather this information from participants.

***Is this programme only for the under represented groups mentioned above?***

No, the Try a Triathlon programme is for everyone. In order to receive funding, clubs need to show that a percentage of those taking part in the programme are from an under-represented group as outlined, or evidence that they have actively recruited participants who have never been involved in triathlon before.

***Our club already runs an established beginner programme, can we still apply?***

Absolutely, this funding is to help all of our clubs to bring new people to the sport. Even if your programme is already established, Triathlon Ireland can provide extra support, funding and marketing to help you run your programme. We hope that all our clubs will take this opportunity to make triathlon more inclusive, and introduce new communities to swim, bike and run!