

## Virtual Triathlon

Your registration will support us in conveying an important message to the public. From the time you register, you are a part of our extended team to promote the **Touch Look Check (TLC)** concept for early detection of breast cancer.

Let's do this for ourselves and the women in our lives!

### Procedure for Virtual Triathlon

Swim: 200 meters (219 yards) | Bike: 5 km (3.1 miles) | Run: 1.25 km (0.78 miles)

#### 1. General

- 1.1. The organizers reserve the right to amend the rules and regulations without prior notification.
- 1.2. Participants have the convenience of swimming biking and running the set distances from anywhere in the world, indoor or outdoor.
- 1.3. It would be meaningful to do the Triathlon concurrently with the event/s happening in Sri Lanka but given that it may not be practical in some time zones, such participants are free to choose a convenient time on the same date.
- 1.4. The distances should be done as a traditional triathlon – swim, bike, run.
- 1.5. To be considered a Finisher, you simply need to complete the required distance for swimming, biking and running one after the other on the same day that you signed up for.
- 1.6. You can always get together with other participants in your city and do the Triathlon at the same venue/s to make it fun and impactful.

#### 2. Pre-event

- 2.1. The participants should locate safe and suitable venues for swimming, cycling and running. This can be indoor or outdoor.
- 2.2. Swim in a pool or open water but a pool is recommended where a 200 m swim can be done in any number of laps. The swim strokes can be any stroke that you are comfortable with.
- 2.3. Ride on a trainer indoors or mark a course of 5 km outdoors for the bike.

- 2.4. Run on treadmill, a track or a trail of 1.25 km.
- 2.5. Completion of the race entry form is evidence of the participants' agreement to abide by the relevant rules and regulations.

### **3. Event Day**

- 3.1. Every reasonable precaution should be taken to ensure the participants' safety. Participants partake in this event voluntarily at their own risk and the organizers shall not be liable for any bodily injuries, loss and/or damage to property, whether personal or otherwise, and howsoever arising.
- 3.2. Your time and distance should be measured via a smartwatch, a GPS-enabled device or a phone and relayed to the organizers via a link provided

### **4. Categories**

- 4.1. Team – A team of 3 members do one swim-bike-run segment one after the other.
- 4.2. Solo – An individual participant does the swim-bike-run segments one after the other.

### **5. Attire and Safety**

- 5.1. The Race Kits (a head band and a bib) will be emailed / WhatsApped to the participants for printing.
- 5.2. Wear the event headband for the bike and run segments and wear the race number (bib) at the front of the adorned apparel at all times during the race. This will serve to carry the message and also to identify the participant.
- 5.3. Participants must conform to any health & safety regulations in force at the time.
- 5.4. Your safety and the safety of the public is our utmost concern. Please be considerate and be respectful of other participants and the public at all times.
- 5.5. Littering on the course & unacceptable behaviour will result in disqualification.
- 5.6. Please note that organizers are not responsible for any case of theft or losses of individual belongings of the participants.

### **6. Medical Advisory**

- 6.1. These races are physically demanding. You must be physically fit to participate and it shall be the responsibility of the athlete to ensure that they are in good health and have sought medical advice of a medical professional before registering for the race.
- 6.2. Participants are advised against the consumption of alcohol or stimulants or any kind of drugs prior to taking part in the race. Any violations will result in disqualification.
- 6.3. Participants are to ensure that they are well-rested and well-hydrated on day of race.

- 6.4. Should any participant feel unwell in the course of race, he or she should stop and seek medical attention of appropriately qualified medical professional.
- 6.5. Participants shall provide the name and contact number of a person in case of an emergency. This must be someone who is not a participant in the event, who can be contacted in an emergency and available during and after event. The emergency contact should be someone who can make decision on behalf of the athlete in case the athlete is incapacitated.

## 7. Others

- 7.1. Any disputes arising from the participation in the races shall be referred to arbitration and to be conducted in Colombo under the law of Sri Lanka.
- 7.2. At any point of time, for reason whatsoever beyond the control of the Organizers, the Organizers reserve the right to reschedule or cancel the event/s.
- 7.3. The organizers may publish any photographs, motion pictures, recordings, or any other record of this race and its participants on their social media platforms or promotion of events. Team members give the organizers explicit approval to use such material unless athlete requests otherwise.
- 7.4. For safety or any other reasons, the organizers may place caps on event entries.
- 7.5. Once the registration form has been duly processed, there will be no fee refund for those who fail to turn up for the event.
- 7.6. Event entries are non-transferable.
- 7.7. The organizers will not be responsible for any disputes arising from incomplete or wrong entry details given by the participants.
- 7.8. The race registration will only be confirmed when full payment of the race registration fee has been made.
- 7.9. The Waiver included in the Registration must be dated and e-signed by all participants and transmitted to the organizers.
- 7.10. The organizers may organize a virtual race briefing before the event.