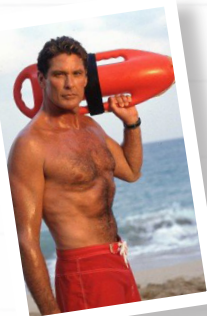


Water Safety

LEPTOSPIROSIS (WEILS DISEASE) INFO SHEET



What Is Leptospirosis ?

Leptospirosis is a bacterial disease that affects humans and animals.

What Are The Signs And Symptoms ?

Symptoms include, high fever, severe headache, chills and muscle ache. Other occasionally displayed symptoms include; jaundice (yellow skin and eyes) red eyes, abdominal pain, diarrhoea and skin irritation (rash)

Where Is Leptospirosis Found ?

It occurs worldwide, but is most common in temperate or tropical climates. It is an occupational hazard for many people who work outside or with animals, for example farmers, waste treatment workers, vets and fishermen. It is a recreational hazard for campers and those who participate in outdoor sports in potentially contaminated areas and has been associated with swimming and canoeing in contaminated lakes and rivers.

How Does One Contract Leptospirosis

Leptospirosis may be contracted by ingesting contaminated food or water. The organism can also enter the body through cuts, scratches and through the lining of the mouth, throat and eyes.

How Long Is It Between The Time Of Exposure And When People Become Sick ?

The time between a person's exposure to a contaminated source and becoming sick is 2 days to 4 weeks. Illness usually begins abruptly with fever and other symptom. It may occur in 2 phases; after the first phase, with fever, chills, headache, muscle aches, vomiting, or diarrhoea, the patient may recover for a time but become ill again. If a second phase occurs, it is more severe, the person may have kidney or liver failure or meningitis. This phase is also called Weils disease. The illness can last from a few days to 3 weeks. Without treatment, recovery may take several months

How Is Leptospirosis Treated ?

Leptospirosis is treated with antibiotics, such as penicillin, which should be given early in the course of the illness. Intravenous antibiotics may be required for persons with more severe symptoms. Persons with symptoms suggestive of Leptospirosis should contact their GP.

Leptospirosis is much less severe if it is treated Promptly .

Prevention

Your wetsuit will protect 95% of you but you should cover all cuts and broken skin with waterproof plasters before swimming. Wash all cuts and broken skin after the race or use the antiseptic wipes we will supply at the finish line

Race Briefing

Race Licence

All competitors must show one of the following at race registration:-
Triathlon Ireland membership card. This card is grey in colour (print out of your TI membership confirmation will NOT be accepted at registration, you must have your grey card)

or;

Have pre-purchased a One Day Licence from the Triathlon Ireland website and have your confirmation of this purchase with you. If you have applied for either a Full, Junior or Student TI membership and have not received your membership card please contact the Triathlon Ireland office on 01 276 4934 so that they can arrange to have a card sent to you in time for the race. If you do not have a Full, Student or Junior membership card, you MUST pre-purchase a One Day Licence through the Triathlon Ireland website. This must be purchased by midnight the Thursday before the race.

Associate TI members MUST pre-purchase a One Day Licence as this membership does not cover you for racing.

Any competitor who cannot show their TI membership card (grey in colour) or a One Day Licence at registration, will not be allowed to race as they will not be covered by insurance.

Parking

The race HQ, Transition, BBQ and prize giving is all in The Garda boat club. Within the grounds of the club is a large green area where we can park approx. 200 cars with an over flow car park in UCD boat

club. You will be directed in to the car park by the stewards. Alternatively you can park on Chesterfield Avenue in the Phoenix Park on both sides of the road between the Main Gate and The Phoenix Monument only. Parking is not possible on Chapelizod Road between Chapelizod village and the Islandbridge gate. If you park on this part of this road YOUR CAR WILL BE TOWED as you are now parked on the bike course/bus route.

Under no circumstances will parking be allowed outside transition even for drop off. This will be strictly enforced.

Race Schedule

Saturday 25th August

15:00 - 19:00: Pre-race registration, Neptune Boat Club (beside Garda Boat Club), Chapelizod Rd, islandbridge.

On Saturday afternoon all athletes need to register for the race in person. If you do not register, you will not be allowed to race. Registration will take place at the Neptune Boat Club on the Chapelizod Road in Islandbridge (Race HQ is Garda Boat Club) between 15:00 and 19:00. Parking will be available.

Sunday 26th August

On Sunday 26th August registration is available BY EXCEPTION, only for people traveling from outside Dublin.. Due to the number of participants in this year's race athletes must register on Saturday evening at the allotted time.

the Garda Boat Club.

- **07.00 - 08.00** Limited Race sign-on and registration:
- **07.00** Transition Opens for Olympic & Super Sprint:
- **08.30** Transition area closes for Olympic & Super Sprint:
- **08.30** Race Briefing for Olympic Race:
- **09.00** Wave 1 Olympic Start:
- **09.10** Wave 2 Olympic Start:
- **09.20** Wave 3 Olympic Start:
- **09.30** Wave 4 Olympic Start:
- **10.00:** Race Briefing for Super Sprint
- **10.30** Wave 1 Super Sprint Start:
- **10.40** Wave 2 Super Sprint Start :
- **10.50** Wave 3 Super Sprint Start:
- **12.30** Transitions re-opens & post-race meal at the Garda Boat Club:
- **14.00** Prize-giving at the Garda Boat Club:
- **13.30** Chapelizod road opens and cars can leave:

Registration

At registration you will receive timing chip, race numbers for front and back, coloured Swim cap and you will be allocated a swim wave. You must have your race number on you in order to enter transition, and also to retrieve your bike post-race. The bag-drop area will be supervised, but unfortunately no responsibility can be taken for lost or stolen items.

The dedicated swim waves for athletes will be published on the Vodafone Dublin City Triathlon site in the week preceding the race. Your colour coded swim hat must be worn in the swim. Please note that you will not be able to leave your bike overnight at

Swim Safety

The safety of the participants, volunteers and spectators is of utmost importance to us. However, Swimmers must take responsibility for their own safety. Swimmers must be aware of their own medical and physical condition and should determine in consultation with their own medical advisor whether they are capable of participating. Open water swimming presents demanding physical challenges and swimmers must consider and understand the risks of hypothermia, cardiovascular problems, injury and drowning. Fresh water swimming has extra risks which you have been emailed about and there is further information in this booklet.

In the unlikely event the swim is cancelled due to adverse weather conditions, Dublin City Triathlon reserves the right to change the race to a duathlon.

Water Quality

The swim for the Dublin City Triathlon takes place in the section of the Liffey which is above the weir at Islandbridge. It is thus not subject to the tidal flow experienced by the lower Liffey and has considerably higher water quality than that in the lower Liffey.

Conversely as it is a fresh water swim it presents the same risks as other fresh water swimming, including Leptospirosis (Weil's disease). As with all fresh water swimming the following precautions should be observed by all competitors:

- avoid swallowing river water.
- Cover any cuts, wounds or sutures with a waterproof dressing.

- If possible avoid reeds by swimming in the center of the river.
- Shower thoroughly as soon as possible after the race.
- If you get injured in the water, thoroughly clean wounds and make sure that your tetanus immunization status is up to date.
- If you get a flu-like illness within a three-week period after the race, contact your GP Immediately.

Physical Contact

The multiple wave starts will reduce congestion, but be prepared for some physical contact during the swim start. Competitors will be numbered according to their estimated swim time ranking in the olympic race. If you are a weaker swimmer, stay to the back of your wave to avoid the frenzy at the front!!

Race Day

- On Sunday morning, day of the race, you should aim to be at the Garda Boat Club by 7am
- We have been given a tight time schedule by the Gardaí, with the road restrictions so we will start on time.
- The bike racks will be numbered and we will have plenty of space this year
- Please respect other athletes' equipment as you rack your bike.
- The transition area is located in the Garda Boat Club on the Chapelizod Road.
- Once Transition is closed all other bags and personal items should be placed in a Bag, and left in the Bag-

Drop in the hall of the Garda Boat Club (people in early waves should do this early to avoid getting stuck in a queue close to your wave start time!). No bags or boxes are allowed in transition. Any bags or boxes left in transition will be removed. You have been warned. If you claim you weren't warned, then we know you haven't read the briefing!

- You will not be allowed to access transition without a race number nor will you be allowed to retrieve your bike without your race number.
- For the swim, don't forget the swim hat provided in your goody bag (you must wear the coloured swim hat you are given as the colour is specific to your wave), goggles, timing chip, swim suit and wetsuit (wetsuits are mandatory).
- If you do not have a wetsuit Cyclesuperstore are providing a wetsuit hire service for the Vodafone Dublin City Triathlon and can be contacted on **01 4632270**.
- Just to emphasis again: the race will not be delayed therefore do not be late. If you are in the transition area after the cut off time your bike and gear will be removed and you will not be racing.
- The location for the complimentary post-race BBQ is the Garda Boat Club.

Transition

Transition will close for all athletes at **8.30am**. Briefing for the Olympic race will start at **8.30am** and the briefing for the

Super Sprint will be at **10.00am**

The purpose of the briefing is to run through the course and race rules. The briefing will take place in an assembly area beside the water entry pontoon in Garda Boat Club and you should have your swim gear with you and be ready to go as you will not be returning to the Transition area. Following the race briefing all athletes must remain in the holding area prior to their wave start. Toilets will be available close by.

The transition area will be located in GARDA Boat Club on the Chapelizod Road. Your transition rack will be dictated by your Name & number. You cannot mark your transition place in any way. Flags / balloons / talc lines will be removed

Wear race number

Exit the swim from the pontoon at the GARDA Boat Club into the transition area. Show respect to your fellow competitors and their equipment when removing swim or bike gear. Make sure your gear is clearly labeled.

You must put on and fasten your helmet before handling your bike. This rule will be enforced on the day with a 30 second stop/go penalty, so take care to put on your helmet before removing your bike from the bike rack.

You must exit the transition area over the timing mat and cross the clearly marked and marshaled mount line before mounting your bike.

On leaving the Transition at Garda Boat Club you will proceed east along Chapelizod Road and enter the Phoenix Park via the Islandbridge Gate.

On your return approach to the transition area you must dismount before the dismount line. Marshals will warn cyclists to prepare to slow down/dismount.

Remember, you must replace your bike on the rack in your own spot before removing your helmet.

BIKE – 40km (Olympic) / 16 km (Sprint) (5 / 2 laps of a undulating route in Phoenix Park)

The bike course for the Olympic Distance race consists of 5 laps of an 8km course on **CLOSED ROADS** in the Phoenix Park. Sprint distance athletes will complete 2 laps. Despite this full road closure usual rules of the road apply and athletes must obey Marshals/Garda for emergency traffic.

- **Please note: Every year we have individuals who have misjudge the number of laps. Athletes enter the park at the Islandbridge gate and exit at the Chapelizod gate. You must therefore exit when seeing the exit signs on the 5th/2nd lap (Olympic/ Sprint). IF YOU MISCOUNT LAPS OR MISS THE EXIT THERE IS NO RETURN ALONG THE BIKE ROUTE AT ANY POINT. YOU MUST EITHER RETIRE OR COMPLETE AN EXTRA LAP. Athletes attempting to retrace their steps and cycle the opposite direction to bike traffic flow will be immediately disqualified.**
- Race number must be worn on the back during the cycle.
- While Chapelizod Road will be closed to most traffic, Dublin Bus will continue to operate services which normally travel this road. On exiting transition,

you will be ushered right on to the right-hand side of the Chapelizod Road. A contra flow for buses will operate on the left hand side of this road. At all times stay on the right hand side of the road and obey marshals' instructions. While every effort will be made to ensure the buses do not interfere with your race, it is your responsibility to ensure you are fully vigilant of buses using the road and give way as required. If you cycle on the left hand side of Chapelizod road you will be disqualified (if you haven't already collided with a bus!).

- On entering the Phoenix Park via the Islandbridge gate, stay to the right side of the road as you must give way to competitors already on the course that will be coming from the left hand side. Then move over to the left as soon as a safe gap is available.
- Please be careful entering the park at the Islandbridge Gate. Apart from the cobblestones at this section, you may also have runners in proximity if in later waves.
- Athletes must obey marshal's instructions to slow down when instructed to do so on the fast descent by the Magazine Fort on Military Road. Failure to do so will result in disqualification.
- Please obey the Garda and marshals at all times. Failure to obey a marshal will result in automatic disqualification from the race. This is for your own safety and the safety of others on the

course.

- It is your responsibility to count the number of laps you complete. If the course is cut short you will receive an automatic disqualification. We recommend that you come up with a system to count your laps, a speedometer or watch could be used.
- Despite road closures you may still encounter traffic on the course on the day. Please give way; normal rules of the road apply.
- On the 5th lap you shall exit the Park at the Chapelizod Gate and proceed along Chapelizod Road, back to Transition (see below). **We cannot emphasise enough that IT IS YOUR RESPONSIBILITY TO COUNT THE NUMBER OF LAPS YOU COMPLETE AND TO EXIT THE PARK ON THE 5th LAP.**
- Similarly for Sprint distance athletes, on the 2nd lap you shall exit the Park at the Chapelizod Gate and proceed along Chapelizod Road, back to **Transition IT IS YOUR RESPONSIBILITY TO COUNT THE NUMBER OF LAPS YOU COMPLETE AND TO EXIT THE PARK ON THE 2nd LAP.**
- On the fast downhill approach to the exit, please slow down for this sharp corner, and stay to the right to avoid competitors continuing in the park.
- On exiting the park, you will be ushered on to the right-hand side of the Chapelizod Road. A contra flow for buses will operate on the left hand side of this road. At all times stay on

the right hand side of the road and obey marshals' instructions. While every effort will be made to ensure the buses do not interfere with your race, it is your responsibility to ensure you are fully vigilant of buses using the road and give way as required.

- There will be a lap counter mat in place to check the completion by athletes of 5 (or 2 for Sprint) laps of the bike course. However, this is for OUR timing benefit only. It will be very obvious if an athlete fails to complete one of the laps and, should this happen, they will be disqualified.

Olympic Run 10km

- Race number must be worn on the front.
- Two laps of a cross country course.
- Kilometer markers will be located on Olympic course.
- A water station will be located on the run loop and at the finish line.
- Marshals will be stationed along the course.
- Once you exit transition to begin the run, keep on the right hand side of the road as you make your way along Chapelizod Rd to re-enter the park via the Islandbridge Gate. Take care going through gate as cyclists maybe entering at the same time.
- You will be directed around the run course by marshals
- The 10km run is completed after 2 laps where the athlete departs from the main route into the finishing channel on Chesterfield Avenue. Remember to look up and smile for the cameras

Sprint Run 4km

- Race number must be worn on the front.
- Kilometer markers will be located on Sprint course.
- 1 lap of a cross country course.
- A water station will be located on the run course at 3km and at the finish line.
- Marshals will be stationed along the course.
- Once you exit transition to begin the run, keep on the right hand side of the road as you make your way along Chapelizod Rd to re-enter the park via the Islandbridge Gate.
- Take care going through gate as cyclists maybe entering at the same time.
- Once in the park you will be directed right onto Wellington Road.
- The course will be clearly marked and marshaled
- When you reach the finish gantry remember to look up and smile and as you cross the finish line. Congratulations, you have now completed the triathlon!

Relay Teams

There will be a designated holding area for relay teams. Once the swim section is complete, the swimmer should proceed to the 'holding area' and pass on their chip to the cyclist. The cyclist must then proceed to their racked bike in transition, don their helmet and clip it in position and only then remove their bike from the rack. Cyclists cannot bring their helmet to the holding area. On returning, the cyclist must rack their bike, unclip and remove their helmet. Once this is done, they can

proceed to the 'holding area' and transfer the timing chip to their runner. The runner can then proceed with the run section. The cyclist is the only one to enter the transition area. Teams will only receive times once the timing chip is worn by all 2 or 3 team members. Each member must behave as all other competitors; equipment must be stowed safely away before proceeding to the holding area.

Finish Line

All timing chips must be returned at the finish line. The cost of replacing chips will be passed on to the athlete. Please move away from the finish line as quickly as possible. Remember, there are other competitors arriving
At the finish line you will receive your high quality tech running Gillet. We will also have a free 99 Ice cream for you as well as Coke, Kinetica, water and banana's.

There will also be antiseptic wipes which we would encourage everyone to use. Finally we will have 2 shuttle buses to ferry people back to the start area.

The Phoenix Park & Littering

We are very lucky to have such a great amenity so close to the city. We are even luckier to be able to stage the bike and run legs of our race within the park. We therefore want to do all we can to ensure the park is left the same state after the race as it was before it.

Therefore please ensure you do not throw away any wrappers/gels etc i.e. Marshalls will be briefed to look out for anyone throwing rubbish away as they cycle or run. Anyone identified throwing rubbish away

during the race will be disqualified.
Marshals

All Marshals are volunteers. They are giving up their time to ensure you have a successful and safe race and will be treated with the utmost respect. They will be working long before your race starts and long after it finishes: setting up and dismantling the course, cleaning up, dealing with angry motorists on your behalf etc. Instructions given by a marshal should be carefully followed - especially in relation to any issue of safety. Lack of co-operation or disrespect shown to Marshals will not be tolerated.

This race would not happen without the financial support of our sponsors which we very much appreciate. Title sponsor Vodafone, swim sponsor SWIMKIT, Bike sponsor CYCLESUPERSTORE, Run sponsor RUNWAYS.

We all hope you enjoy the race and we look forward to seeing.

Johnny Wallnutt

John Wallnutt
Race Director
Vodafone Dublin City Triathlon