



POTENTIAL RISKS TO THE TRIATHLETE

The risks and hazards associated with participation in multisport events include, but are not limited to, injuries from:

1. Swimming, biking and running;
2. Executing strenuous and demanding physical techniques;
3. Vigorous physical exertion, strenuous cardiovascular workouts, rapid movements, quick turns and stops;
4. Exerting and stretching various muscle groups;
5. Entering the water by either diving or jumping;
6. Extended time in water and underwater;
7. Extreme weather and temperature conditions which may result in dehydration, heatstroke, sunstroke or hypothermia;
8. Mounting, dismounting or falling off a bicycle;
9. Falling or colliding with the ground, walls, stands, equipment or with other participants;
10. Falling due to uneven or irregular terrain or surfaces;
11. Failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
12. Contact or being struck by other participants, spectators, equipment or vehicles;
13. Travel to and from competitive events and associated non-competitive events which are an integral part of participation in multisport events

Peak Performance Professionals recommends that all individuals consult his/her physician or health care provider prior to participating in training. Additionally, if the participant experiences any injury or recurring pain, seeking medical attention will be the responsibility of the participant.