

TECHNICAL OFFICIALS' FATIGUE POLICY

DEFINITION

Fatigue means tiredness that may result from factors such as inadequate sleep and physical and/or mental exertion. The level of fatigue experienced will depend on a range of factors including the environment, the TO's workload, travelling time, previous events recently attended, the TO's physical and emotional well-being and the time of day or night.

Fatigue and sleep deprivation may adversely affect concentration, reaction time and hand/eye coordination, both on the field of play and also in travelling to and from events.

Triathlon Australia has a duty of care not to expose technical officials (TOs) to situations where fatigue may affect their health and safety. The intent of this policy is to set out the initiatives that shall assist TOs to avoid fatigue situations and to recognise and manage the risks associated with fatigue.

The following guidelines shall be followed:

i. Education

- This TO fatigue policy shall be presented to all candidates at every Level 1 training course
- This TO fatigue policy shall be displayed on the TA web site

ii. Risk Minimisation

- Where long distance travel is involved, TOs are encouraged to share the driving or otherwise seek overnight accommodation.
- If a TO feels that he/she may be experiencing fatigue (see definition), the TO should refer to the Fatigue Recognition Checklist to assist in identifying fatigue. If fatigue is identified on the field of play then the TO should advise a member of the Senior Technical Team and then withdraw from the field of play to recover. If fatigue is identified while traveling either to or from an event, then the TO should not be in charge of a motor vehicle and/or take a rest break.
- TOs are encouraged not to nominate for multiple events over the same weekend where there is significant travel between the events.
- The potential for fatigue of TOs shall be considered when selecting technical teams. Some TO nominations may be refused on this basis.
- If a member of the technical team identifies that a fellow technical official may be suffering from fatigue, they should bring this to the attention of a member of the STT. The TD/RR should use the Fatigue Recognition Checklist to assess the symptoms that a potentially fatigued TO may be demonstrating and advise the TO of the outcome of this assessment. If a TO is advised by the TD/RR that due to fatigue it is unsafe for them to continue in their role they should leave the field of play until such time as the fatigue symptoms and behaviours have diminished. When making a decision the TD/RR should consider the risk to the individual and the risk to other competitors and TO's on the field of play.

iii. Nutrition:

Technical officials help to maintain the integrity, fairness, and safety of the sport, and play a vital role in running sanctioned Triathlon Australia events. Technical officials give their time to officiate at events and often pay for their own expenses. It is important that event

organisers provide catering services for technical officials to ensure that they are able to officiate to the best of their ability, and that they continue to officiate in the future. As technical officials spend many hours outside at events, event organisers must supply nutritious food and keep officials hydrated.

Event organisers must follow the below catering guidelines for technical officials during the event:

1. Meals

a. Technical officials must be provided with a substantial meal every 4hrs that they officiate. A substantial meal requires preparation and does not contain highly processed ingredients. The following examples can be followed:

- Toasted or fresh sandwiches/wraps: fillings can include lean meats, salad, and cheese.
- Pasta or pasta salad
- Sushi or rice paper rolls

b. Technical officials must be provided a snack every 2hrs that they officiate. At least one of these snacks should be in the form of fresh fruit. Other examples could be:

- Mixed nuts
- Muesli bar
- Muffins
- Yoghurt pouches

2. Hydration:

a. Technical officials must be provided clean drinking water or access to a drinking water (to the amount of 1litre every 2 hours).

Meals/snacks allocated to technical officials must also be stored at the appropriate temperature.

FATIGUE RECOGNITION CHECKLIST

How to recognise fatigue?

It is important to recognise that fatigue can be associated with a range of factors and this checklist can be used as a GUIDE.

CHECKLIST	
OBSERVATION	<input type="checkbox"/> Is there a significant change in the person's behaviour?
	<input type="checkbox"/> In what area has there been a change? _____
PHYSICAL SYMPTOMS	<input type="checkbox"/> Eyes bloodshot?
	<input type="checkbox"/> Slower movements?
	<input type="checkbox"/> Poor co-ordination?
	<input type="checkbox"/> Slower than normal response?
COGNITIVE FUNCTIONING	<input type="checkbox"/> Distraction from task?
	<input type="checkbox"/> Poor concentration/lapses in concentration?
	<input type="checkbox"/> Doesn't complete tasks?
	<input type="checkbox"/> Short term memory loss – forgets instructions?
	<input type="checkbox"/> Nodding off momentarily?
	<input type="checkbox"/> Fixed gaze and or reports of blurred vision?
EMOTION/ MOTIVATION	<input type="checkbox"/> Seems depressed?
	<input type="checkbox"/> Irritable?
	<input type="checkbox"/> Appears lethargic?
	<input type="checkbox"/> Easily frustrated with tasks?