

TECHNICAL OFFICIAL GUIDELINES

Helmet Check

It needs to be recognised that Technical Officials are at an event to ensure that the technical and safety requirements of the event are observed, Technical Officials are not there to undertake activities that are responsibilities of the Race Director (RD), or the event organisation.

Overview

Support athletes when entering the transition area to set up their equipment, including passing a helmet safety check - usually on the morning of the event.

Note: Refer to document: Technical Official Role Specification - Bike Check In, if bikes have not been racked the previous day.

Responsibilities

- Ensure all individual athletes and team cyclists are wearing their helmet when entering transition.
- Ensure athlete is wearing a wristband - where applicable
- Ensure athletes only are entering transition - unless advised otherwise by the TD (or designate)
- Conduct an inspection of the helmet and provide feedback to the athlete on any deficiencies noted such as, but not limited to:
 - The helmet should sit level on their head
 - Loose chin strap - strap should be firm under the chin and the athlete should not be able to remove the strap without undoing the buckle.
 - No obvious defects - cracks, lacking cover, damaged/torn straps
 - Lugs/sliders should be positioned just below the ears and, if possible, locked in place.
 - Other potential hazards
 - If the athlete is presenting with a hat under their helmet, ask if they will be wearing the hat under the helmet during the bike leg of the event, if not, please asked for the hat to be removed prior to the helmet check

Note:

- The TD will provide advice on what steps an athlete is to take should their helmet not pass the inspection
- Do not touch the helmet.
- Should athletes ask for assistance, TO's may help only if they feel comfortable to do so.
- It is the responsibility of the athlete to ensure their helmet is in appropriate condition for the event
- See below for an example of a correctly fitted helmet:

**AUS
TRIATHLON**

BIKE HELMET FITTING



Position the helmet so that it protects your forehead. (1-2 fingers above your eyebrows).



Fasten the clip on the strap under your chin. Then tighten the strap so you can still fit one finger between it and your chin to ensure it isn't too tight.



Slide the plastic clips on each side of the strap upwards so the strap forms a triangle just below your ears.



Use the rear adjuster to ensure a snug, comfortable fit. Your helmet should touch on all sides and not slide forwards, backwards or from side-to-side.

Reference: [AusTriathlon Race Competition Rules](#)