

DID YOU ENJOY EXPERIMENTING WITH TRIATHLON?

FIND THE NEAREST YOUTH CLUB:

<https://www.comptons.com/entraineurs/clubs/>

(if applicable) :

A verified Club trainer can assess your skills from the *1-2-tri SCO!* Program and help you navigate the *1-2-tri GO!* Program! Great tools and rewards await you.



LEVELS 1-7 PROGRESS ASSESSMENT

NAME: _____

GRADE: _____

TEACHER: _____

DATE: _____



WHO?

Triathlon Québec is the Québec sports federation mandated by the Gouvernement du Québec to promote and develop triathlon and its variations.

VISION

Be the leader and reference for the sport



MISSION

To develop, promote and govern the practice of triathlon and multi-sport in Quebec

VALUES

Safety, Integrity, Surpassing Oneself, Innovation, Collaboration, Excellence, Fun, Health.

COMMENTS

Horizontal lines for writing comments.

1-2-TRI-SCO!

In 2020, Triathlon Québec proudly launched the 1-2-tri GO! Program, offered to Québec's triathlon clubs. Noticing its popularity and the growing success of our School Triathlon program, the Federation adapted its 1-2-tri GO! Program for schools, hence this 1-2-tri SCO!



1-2-tri SCO! (School) Program
LEVELS 1-2-3-4-5-6-7

GOALS

- Develop the athlete's basic skills in each of the triathlon disciplines.
- Promote long-term healthy and active lifestyles in athletes.
- Standardize the essential skills to be acquired by young triathletes in order to optimize their long-term development.
- Offer a progress tracking tool for athletes and participants.



1-2-tri GO! (Club) Program
LEVELS 1-2-3-4-5-6-7

STARTING LEVEL

In order to start a discipline, participants are expected to be able to perform the following:

- Swimming: move in the water without touching the bottom
- Cycling: cycle on two wheels
- Running: —

RESPONSIBLE
TRIATHLETE LEVEL
PRE-RACE LEVELS
GOLD SILVER BRONZE



LEVEL 2

| | | | |
|-----------------|-------|---|--------------------------|
| SWIMMING | S.2.1 | • Rotate your arms forward (crawl) while doing effective kicks, breathing on either side. | <input type="checkbox"/> |
| | S.2.2 | • Rotate your arms backwards (backstroke crawl) while doing effective kicks. | <input type="checkbox"/> |
| | S.2.3 | • Perform a forward tumble underwater. | <input type="checkbox"/> |
| | S.2.4 | • Crawl (25 m) with your head out of the water and eyes forward. | <input type="checkbox"/> |
| | S.2.5 | • Knowing and applying overtaking rules in a fair and effective way. | <input type="checkbox"/> |
| | S.2.6 | • Using a buoyant object (board), kick to move forward (50 m) without stopping. | <input type="checkbox"/> |
| | S.2.7 | • Perform a 100 m-crawl without stopping. | <input type="checkbox"/> |
| | S.2.8 | • Perform a 50 m-backcrawl without stopping. | <input type="checkbox"/> |

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|----------------|--------|---|--------------------------|
| CYCLING | C.2.1 | • Proficiently cycle on a course that includes wide 0° to 90° corners (tilting the bicycle, minimal handlebar rotation). | <input type="checkbox"/> |
| | C.2.2 | • Master cycling straight with only one hand: • Right • Left. | <input type="checkbox"/> |
| | C.2.3 | • Master cycling straight while looking over your • Left • Right shoulder. | <input type="checkbox"/> |
| | C.2.4 | • After gathering speed, stand on the pedals and cycle for 5 seconds without pedalling. • One pedal at 12 o'clock (up), one pedal at 6 o'clock (down) • One pedal at 3 o'clock (front or back), one pedal at 9 o'clock (front or back). | <input type="checkbox"/> |
| | C.2.5 | • Learn the Highway Safety Coat • Rules & Regulations • Bicycle lanes • Road Signs. | <input type="checkbox"/> |
| | C.2.6 | • Use adequate standard hand signals • Stop • Right turn • Left turn. | <input type="checkbox"/> |
| | C.2.7 | • Perform an emergency brake (using the back brake). | <input type="checkbox"/> |
| | C.2.8 | • Perform a basic check-up of the bicycle before use • Tire pressure • Chain • Brakes • Visibility equipment. | <input type="checkbox"/> |
| | C.2.9 | • Shift gears on a flat terrain. | <input type="checkbox"/> |
| | C.2.10 | • Cycle 20 minutes on a simple, set course. | <input type="checkbox"/> |
| | C.2.11 | • Cycle at a steady pace for 3 km. | <input type="checkbox"/> |

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|----------------|-------|---|--------------------------|
| RUNNING | R.2.1 | • Demonstrate efficiency, fluidity and coordination between upper and lower body movements. | <input type="checkbox"/> |
| | R.2.2 | • Keep elbows at 70°-90° when running. | <input type="checkbox"/> |
| | R.2.3 | • Adopt proper running form. | <input type="checkbox"/> |
| | R.2.4 | • Run/Walk for 12 minutes 30 seconds on a flat surface. | <input type="checkbox"/> |
| | R.2.5 | • Run 1 km at a steady pace. | <input type="checkbox"/> |

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|-------------------|-------|--|--------------------------|
| TRANSITION | T.2.1 | • Easily run alongside bicycle, partially or fully steering it straight, from the saddle. | <input type="checkbox"/> |
| | T.2.2 | • Quickly and adequately store bicycle on/take bicycle out of rack. | <input type="checkbox"/> |
| | T.2.3 | • Properly, quickly and independently put on and tie shoes (ideally with elastic ties) with wet feet. | <input type="checkbox"/> |
| | T.2.4 | • Run barefoot with wet feet both quickly and carefully • Short strides. | <input type="checkbox"/> |
| | T.2.5 | • Run 100 m to bicycle, put on helmet, move bicycle 25 m, mount bicycle, ride 200 m (respecting the mount/dismount lines). | <input type="checkbox"/> |

LEVEL 7

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|-----------------|-------|--|--------------------------|
| SWIMMING | S.7.1 | • Identify visual markings to adequately and calmly find your bearings in open water with or without directional buoys (in harsher conditions: current, waves, seaweed, etc.). | <input type="checkbox"/> |
| | S.7.2 | • Crawl 500-750 m in open-water, on a course that includes a water entrance, various buoy turns and a water exit. | <input type="checkbox"/> |
| | S.7.3 | • Understand swimming performance metrics • Stroke • Time • Respecting intervals. | <input type="checkbox"/> |
| | S.7.4 | • Perform dolphin dives when entering and exiting the water (in a competition, only do so when dolphin diving is allowed). | <input type="checkbox"/> |
| | S.7.5 | • Crawl 750 m without stopping. | <input type="checkbox"/> |
| | S.7.6 | • Crawl 200 m in 3 minutes 20 seconds or less. | <input type="checkbox"/> |
| | S.7.7 | • Crawl 50 m in 40 seconds or less. | <input type="checkbox"/> |

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| CYCLING | C.7.1 | • Learn to • Accelerate • Reaccelerate • Sprint. | <input type="checkbox"/> |
| | C.7.2 | • Pick something up (the size of a water bottle) off the ground while cycling. | <input type="checkbox"/> |
| | C.7.3 | • Cycle on a course that includes sharp 180° to 360° corners (tilting the bicycle, minimal handlebar rotation). | <input type="checkbox"/> |
| | C.7.4 | • Manage your supplies (hydration, nutrition) on your own, without under/overdoing it. | <input type="checkbox"/> |
| | C.7.5 | • Repair/Replace a bicycle tube on your own. | <input type="checkbox"/> |
| | C.7.6 | • Put your chain back while cycling. | <input type="checkbox"/> |
| | C.7.7 | • Safely cycle down a steep hill while keeping your speed in check. | <input type="checkbox"/> |
| | C.7.8 | • Take pulls (paceline) in a small group on a course that includes corners. | <input type="checkbox"/> |
| | C.7.9 | • Corner sharp turns with minimal loss of speed • Right • Left. | <input type="checkbox"/> |
| | C.7.10 | • Cycle 90 minutes on a complex set course (uphill, downhill, corners...). | <input type="checkbox"/> |
| | C.7.11 | • Cycle at a steady and rapid pace for 20 km. | <input type="checkbox"/> |

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|----------------|-------|--|--------------------------|
| RUNNING | R.7.1 | • Manage your supplies (hydration, nutrition) on your own, without under/overdoing it. | <input type="checkbox"/> |
| | R.7.2 | • Perform ABC Skips while doing unilateral skips. | <input type="checkbox"/> |
| | R.7.3 | • Manage your intensity to maintain a constant or progressively ascending pace for the whole interval/run, following given instructions (on appropriate competition distance). | <input type="checkbox"/> |
| | R.7.4 | • Run/Walk for 45 minutes on a course that includes several hills. | <input type="checkbox"/> |
| | R.7.5 | • Run 1500 m in 6 minutes 15 seconds (boys)/6 minutes 30 seconds (girls) or less. | <input type="checkbox"/> |
| | R.7.6 | • Run 5 km at a steady and fast pace. | <input type="checkbox"/> |

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| TRANSITION | T.7.1 | • Toe clips/Cliplless: Put on shoes while cycling in a group. | <input type="checkbox"/> |
| | T.7.2 | • Toe clips/Cliplless: Remove shoes while cycling in a group. | <input type="checkbox"/> |
| | T.7.3 | • Participate in a "Regional Final" or "Québec Cup" event. | <input type="checkbox"/> |

LEVEL 6

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|-----------------|-------|---|--------------------------|
| SWIMMING | S.6.1 | • POOL: Perform standard and effective wall-turns while swimming a minimum of 5 m underwater (flags). | <input type="checkbox"/> |
| | S.6.2 | • Identify visual markings to adequately and calmly find your bearings in open (calm) water with or without directional buoys. | <input type="checkbox"/> |
| | S.6.3 | • Master aquatic drafting. | <input type="checkbox"/> |
| | S.6.4 | • Get out of open water (beach exit) in a fast and efficient manner. Run forward and avoid water resistance (by lifting your feet). | <input type="checkbox"/> |
| | S.6.5 | • Crawl 500 m without stopping. | <input type="checkbox"/> |
| | S.6.6 | • Crawl 50 m in 50 seconds or less. | <input type="checkbox"/> |

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|----------------|-------|---|--------------------------|
| CYCLING | C.6.1 | • Master cycling with one hand as you negotiate a corner • Right • Left. | <input type="checkbox"/> |
| | C.6.2 | • Climb a steep hill, cycling off the saddle. | <input type="checkbox"/> |
| | C.6.3 | • Quickly avoid obstacles (potholes, bumps, cracks...) while cycling • Right • Left. | <input type="checkbox"/> |
| | C.6.4 | • Quickly avoid obstacles (potholes, bumps, cracks...) while cycling in a group, signaling your intentions to others. | <input type="checkbox"/> |
| | C.6.5 | • Overtake and take pulls (paceline) in a small group while riding straight. | <input type="checkbox"/> |
| | C.6.6 | • Cycle 75 minutes on a complex set course (uphill, downhill, corners...). | <input type="checkbox"/> |
| | C.6.7 | • Cycle at a steady and rapid pace for 15 km. | <input type="checkbox"/> |

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|----------------|-------|--|--------------------------|
| RUNNING | R.6.1 | • Drink water/electrolyte drink while maintaining running pace. | <input type="checkbox"/> |
| | R.6.2 | • Perform ABC Skips while skipping. | <input type="checkbox"/> |
| | R.6.3 | • Change pace according to participants coming up the rear • Increase speed to stay in the lead. | <input type="checkbox"/> |
| | R.6.4 | • Run/Walk for 35 minutes on a course that includes several hills. | <input type="checkbox"/> |
| | R.6.5 | • Progressively increase running speed over 2 km (using a 400 m track is recommended). | <input type="checkbox"/> |
| | R.6.6 | • Run 3 km at a steady and fast pace. | <input type="checkbox"/> |

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|-------------------|-------|---|--------------------------|
| TRANSITION | T.6.1 | • Mount moving bicycle in a group and anticipate optimal resistance. | <input type="checkbox"/> |
| | T.6.2 | • Dismount moving bicycle in a group and anticipate optimal resistance. | <input type="checkbox"/> |
| | T.6.3 | • Toe clips/Cliplless: Put on shoes while cycling. | <input type="checkbox"/> |
| | T.6.4 | • Toe clips/Cliplless: Remove shoes while cycling. | <input type="checkbox"/> |
| | T.6.5 | • Remove wetsuit on your own, quickly and efficiently, after intense swimming event (with shortness of breath). | <input type="checkbox"/> |
| | T.6.6 | • Elastic laces: Put on and tie shoes properly, quickly and independently with wet feet. | <input type="checkbox"/> |
| | T.6.7 | • Transition between 375 m-swim, 10 km-cycle, 2.5 km-run. | <input type="checkbox"/> |

LEVEL 3

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|-----------------|-------|---|--------------------------|
| SWIMMING | S.3.1 | • Rotate your arms forward (crawl) while doing effective kicks, breathing on both sides • Right • Left. | <input type="checkbox"/> |
| | S.3.2 | • Performing effective pulls during crawl (hand positioning). | <input type="checkbox"/> |
| | S.3.3 | • Perform correct breaststroke technique. | <input type="checkbox"/> |
| | S.3.4 | • Perform a tumble turn underwater followed by a wall push-off. | <input type="checkbox"/> |
| | S.3.5 | • Know and use your (short) sprinting speed, (medium) average speed, and (long) comfortable speed. | <input type="checkbox"/> |
| | S.3.6 | • Crawl with forward breathing and eyes forward. | <input type="checkbox"/> |
| | S.3.7 | • Swim breaststroke 50 m without stopping. | <input type="checkbox"/> |
| | S.3.8 | • Crawl 200 m without stopping. | <input type="checkbox"/> |

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|----------------|-------|---|--------------------------|
| CYCLING | C.3.1 | • Keep soft elbows & wrists to absorb road shocks. | <input type="checkbox"/> |
| | C.3.2 | • Know and use all hand positions on a road bicycle handlebar • 1 «Narrow flat bar» • 2 «Hoods» • 3 «Drops». | <input type="checkbox"/> |
| | C.3.3 | • Use the right technique to cycle off the saddle. | <input type="checkbox"/> |
| | C.3.4 | • Learn and use hand signals for riding in groups • Pothole/Bump • Gravel/Sand • Train tracks • Speedbumps • Take pulls • Drink • Narrowing lane • Follow/Continue. | <input type="checkbox"/> |
| | C.3.5 | • Check blind spots before changing lanes or overtaking • Right • Left. | <input type="checkbox"/> |
| | C.3.6 | • On a flat course, shift gears progressively in ascending/descending order • Smallest to biggest gear • Biggest to smallest gear. | <input type="checkbox"/> |
| | C.3.7 | • Adjust resistance according to the terrain. | <input type="checkbox"/> |
| | C.3.8 | • Cycle 30 minutes on a simple, set course. | <input type="checkbox"/> |
| | C.3.9 | • Cycle at a steady pace for 5 km. | <input type="checkbox"/> |

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|----------------|-------|---|--------------------------|
| RUNNING | R.3.1 | • Practice safe and efficient strides • Cushioning • Support • Push-off • Suspension. | <input type="checkbox"/> |
| | R.3.2 | • Move the arms fluidly and coordinately from front to back from the shoulder (pendulum motion), maintaining appropriate elbow angle. | <input type="checkbox"/> |
| | R.3.3 | • Identify and follow a "rabbit". | <input type="checkbox"/> |
| | R.3.4 | • Run/Walk for 15 minutes on a flat terrain. | <input type="checkbox"/> |
| | R.3.5 | • Run 1.5 km at a steady pace. | <input type="checkbox"/> |

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|-------------------|-------|--|--------------------------|
| TRANSITION | T.3.1 | • Quickly and easily mount/dismount bicycle. | <input type="checkbox"/> |
| | T.3.2 | • Easily run alongside bicycle, partially or fully steering it from the saddle around corners. | <input type="checkbox"/> |
| | T.3.3 | • Perform T1+T2 without personal or equipment mistakes. | <input type="checkbox"/> |
| | T.3.4 | • Understand and apply equipment rules when not using a transition bin. | <input type="checkbox"/> |

LEVEL 4

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|-----------------|-------|--|--------------------------|
| SWIMMING | S.4.1 | • POOL: Perform an effective wall push-off followed by a 5 m-minimum underwater dolphin kick (flags). | <input type="checkbox"/> |
| | S.4.2 | • Breathes with ease on both sides during crawl • Right • Left. | <input type="checkbox"/> |
| | S.4.3 | • Perform a dive start and swim a minimum of 5 m underwater (flags). | <input type="checkbox"/> |
| | S.4.4 | • Going around a buoy while performing a 90° outward turn efficiently, with the right technique and with minimal speed loss. | <input type="checkbox"/> |
| | S.4.5 | • Perform a mass start in the water in a calm and efficient manner. | <input type="checkbox"/> |
| | S.4.6 | • Crawl 300 m without stopping. | <input type="checkbox"/> |

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|----------------|-------|---|--------------------------|
| CYCLING | C.4.1 | • Build an efficient pedal stroke using quadriceps, hip flexors, glutes, and hamstrings (cleats or toe-clips) • High transition • Push • Low transition • Traction. | <input type="checkbox"/> |
| | C.4.2 | • Execute a figure-8 around 2 objects 2 m apart. | <input type="checkbox"/> |
| | C.4.3 | • Execute a one-wheel jump; Lift the front wheel of the bicycle. | <input type="checkbox"/> |
| | C.4.4 | • Grab, drink from and put back water bottle while cycling. | <input type="checkbox"/> |
| | C.4.5 | • Understand drafting and non-drafting zones. | <input type="checkbox"/> |
| | C.4.6 | • Efficiently and safely tuck in close (draft) behind a teammate. | <input type="checkbox"/> |
| | C.4.7 | • Cycle 45 minutes on a complex set course (uphill, downhill, corners...). | <input type="checkbox"/> |
| | C.4.8 | • Cycle at a steady and rapid pace for 8 km. | <input type="checkbox"/> |

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|----------------|-------|--|--------------------------|
| RUNNING | R.4.1 | • Adopt a pace approaching 180 strides per minute. | <input type="checkbox"/> |
| | R.4.2 | • Minimize stride height in favour of stride length. | <input type="checkbox"/> |
| | R.4.3 | • Perform ABC Skips while walking. | <input type="checkbox"/> |
| | R.4.4 | • Adjust running pace and technique to fit surface • Slippery surface: shorter strides • Gripping surface: longer strides. | <input type="checkbox"/> |
| | R.4.5 | • Use different paces depending on the distance to run • Fast for short distances • Moderate to fast for medium distances • Slow to moderate for long distances. | <input type="checkbox"/> |
| | R.4.6 | • Run/Walk for 20 minutes on a course that includes some hills. | <input type="checkbox"/> |
| | R.4.7 | • Run/Walk 15 minutes, increasing and holding speed for the last minute of the race. | <input type="checkbox"/> |
| | R.4.8 | • Run 2 km at a steady and fast pace. | <input type="checkbox"/> |

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|-------------------|-------|--|--------------------------|
| TRANSITION | T.4.1 | • Put on bib and other accessories (goggles, sunglasses...) while running. | <input type="checkbox"/> |
| | T.4.2 | • Mount bicycle (sliding/jumping on saddle) and anticipate optimal resistance. | <input type="checkbox"/> |
| | T.4.3 | • Dismount moving bicycle. | <input type="checkbox"/> |
| | T.4.4 | • Perform T1+T2 without personal or equipment mistakes as fast as possible (timed from bicycle rack arrival to departure). | <input type="checkbox"/> |
| | T.4.5 | • Understand and apply equipment rules when using a transition bin. | <input type="checkbox"/> |

LEVEL 5

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|-----------------|-------|--|--------------------------|
| SWIMMING | S.5.1 | • POOL: Perform a standard and effective wall-turn while swimming a minimum of 5 m underwater (flags). | <input type="checkbox"/> |
| | S.5.2 | • Swim in a straight line without visual markings on the bottom of the pool (open-water swimming simulation or open-water swimming). | <input type="checkbox"/> |
| | S.5.3 | • POOL: Getting out of the deep/shallow end quickly and efficiently (with the water up or near the top of the wall). | <input type="checkbox"/> |
| | S.5.4 | • Going around a buoy while performing a 180° outward-turn efficiently, with the right technique and minimal loss of speed. | <input type="checkbox"/> |
| | S.5.5 | • Crawl 375 m without stopping. | <input type="checkbox"/> |
| | S.5.6 | • Crawl 50 m in 60 seconds or less. | <input type="checkbox"/> |

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|----------------|-------|--|--------------------------|
| CYCLING | C.5.1 | • Cycle on a course that includes sharp 90° to 180° corners (tilting the bicycle, minimal handlebar rotation). | <input type="checkbox"/> |
| | C.5.2 | • Assume the most aerodynamic position for the course • Straight line • Corners. | <input type="checkbox"/> |
| | C.5.3 | • Execute a two-wheel jump. | <input type="checkbox"/> |
| | C.5.4 | • Safely cycle in a small group • Stay on track • Use hand signals for group riding • Take pulls. | <input type="checkbox"/> |
| | C.5.5 | • Shift gears to match the speed of other cyclists from the group. | <input type="checkbox"/> |
| | C.5.6 | • Learn the steps to repair/replace a bicycle tube. | <input type="checkbox"/> |
| | C.5.7 | • Cycle 60 minutes on a complex set course (uphill, downhill, corners...). | <input type="checkbox"/> |
| | C.5.8 | • Cycle at a steady and rapid pace for 10 km. | <input type="checkbox"/> |

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|----------------|-------|--|--------------------------|
| RUNNING | R.5.1 | • Match running technique to running pace. | <input type="checkbox"/> |
| | R.5.2 | • Match running technique to course characteristics • Uphill/Downhill: smaller strides, same pace. | <input type="checkbox"/> |
| | R.5.3 | • Match running pace to other runners or increase pace. | <input type="checkbox"/> |
| | R.5.4 | • Find comfortable pace (slight shortness of breath that can be maintained for a long period). | <input type="checkbox"/> |
| | R.5.5 | • Run/Walk for 25 minutes on a course that includes some hills. | <input type="checkbox"/> |
| | R.5.6 | • Progressively increase running speed over 1 km (using a 400 m track is recommended). | <input type="checkbox"/> |
| | R.5.7 | • Run 2.5 km at a steady and fast pace. | <input type="checkbox"/> |

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|-------------------|-------|---|--------------------------|
| TRANSITION | T.5.1 | • Remove wetsuit on your own, quickly and efficiently, after swimming event. | <input type="checkbox"/> |
| | T.5.2 | • Quickly perform T1+T2 without personal or equipment mistakes and with other participants in the zone. | <input type="checkbox"/> |
| | T.5.3 | • Keep station orderly and respect max width of 75 cm for all transitions. | <input type="checkbox"/> |
| | T.5.4 | • Cycle 10 km after swimming 375 m. | <input type="checkbox"/> |
| | T.5.5 | • Run 2.5 km after cycling 10 km. | <input type="checkbox"/> |