



TEACHER'S GUIDE

**TRIATHLON**  
 **QUÉBEC**

## 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.

### 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

RESPONSIBLE  
TRIATHLETE LEVEL

PRE-RACE LEVELS  
GOLD SILVER BRONZE

### 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: —

### PROGRAM MATERIAL

- Teacher's Guide
- Coaching Guide (1-2-tri GO!)
- Educational Activities Guide (1-2-tri GO!)
- Worksheets (1-2-tri GO!)
- Short assessments:
  - 1-2
  - 3-4
  - 5-6
  - 7
- Long assessments
  - 1 to 7
- Triathlon Québec Rewards when organizing a school triathlon

# WHAT AWAITS THE PARTICIPANT ON THEIR JOURNEY

## SEVEN LEVELS OF PHYSICAL ABILITY



Let us consider "Transition" as a discipline here. **To complete a physical skill level, the athlete must successfully complete all skills for all four disciplines.**

The skills are divided into three fundamental areas:

TECHNICAL  
(T)

TACTICAL / SAFETY  
(T/S)

PHYSIOLOGICAL  
(P)

The athlete can have different levels in each discipline, but **their title level always remains the last fully completed level** (four disciplines completed for each level). The athlete is expected to reach **Level 7** to complete the program.

For more information about Achievement Standards, please refer to the Achievement Standards section of the Coaching Guide (*1-2-tri GO!*).



## PROGRESS BY AGE GROUP

To ensure that athletes follow a long-term development model, they should not go through the levels/increase their training distances too quickly. Though athletes should get the opportunity to train on longer distances, they should follow the model recommended per age group to continue to hone their respective technical, tactical/safety, and physiological skills. There should be no rush to move on to the next level.



## BELOW IS A CHART OF THE RECOMMENDED CEILING LEVELS BY AGE GROUP

AGE GROUP	COMPETITION CATEGORY	COMPETITION DISTANCES			RECOMMENDED CEILING LEVEL FOR THE PROGRAM
		SWIMMING	CYCLING	RUNNING	
4-7 Y/O	Youth 1 (U5 & U7)	25 m	1 km	250 m	1
6-9 Y/O	Youth 2 (U7 & U9)	50 m	1.5 km	500 m	1
8-11 Y/O	Youth 3 (U9 & U11)	100 m	3 km	1 km	2
10-13 Y/O	Youth 4 (U11 & U13)	200 m	5 km	1.5 km	3
12-13 Y/O	U13	375 m	10 km	2.5 km	4-5
14-15 Y/O	U15	375 m	10 km	2.5 km	5-6-7 according to the athlete's development

### NOTE

Though optional, the use of **ROAD BIKES** and **CYCLING SHOES** is strongly recommended after completing **LEVEL 5**.



For competitions, the use of **ELASTIC LACES**, **BIB BELTS** and **TRIATHLON BIBS** are strongly recommended.



# SCORING SYSTEM

Two possibilities may arise when assessing skills:

## 1-THE ATHLETE DEMONSTRATES THE REQUIRED SKILLS

- On the worksheet: The teacher puts a checkmark next to the athlete's name under the evaluated skill.
- On the athlete's passport: The teacher puts a checkmark next to the evaluated skill.

## 2-THE ATHLETE DOES NOT DEMONSTRATE THE REQUIRED SKILLS

- On the worksheet: The teacher does not put a checkmark next to the athlete's name under the evaluated skill.
- On the athlete's passport: The teacher does not put a checkmark next to the evaluated skill.
- The teacher will incorporate further training of this skill in their next training sessions and will re-evaluate the athlete in the near future.

The coach should refer to the Achievement Standards included in the *1-2-tri GO!* document to assess whether a skill has been acquired or not.

## TEACHERS ARE FREE TO USE THE SCORING OF THEIR CHOICE.

### EXAMPLES:

- A teacher may need to see proof of skills three times to be deemed acquired. They will then add three checkmarks instead of one.
- A teacher may note the athlete's progress for each skill (examples: NI for "needs improvement", PA for "partially acquired", etc.) and eventually add a checkmark when the skill has been acquired.

The teacher may use paper or digital worksheets. Coaches are encouraged to use lasting, shareable, and mobile versions including a version that is shareable.

The teacher is encouraged to leave comments on the participants' worksheets in the comment section. When possible, they are also invited to write down, in the appropriate section, the contact information of the nearest triathlon youth club.

## PRINTING ASSESSMENTS

Assessments must be printed by the school. Here are the parameters to use:

- Colour or Black and White (it's up to you).
- Double-sided (flip on the short edge).
- "Fit to page" mode.

### SHORT ASSESSMENT:

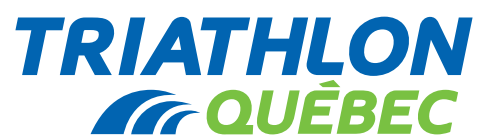
- Four 8.5x11 half pages printed double-sided on 1 sheet.
- Fold the sheet in half to see the half pages in order (1 to 4).

### LONG ASSESSMENT:

- Twelve 8.5x11 half pages printed double-sided on 3 sheets.
- Fold the sheets in half and bundle them together to see the half pages in order (from 1 to 12).

Schools may choose to use the short and/or long versions.





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