

TRYATHLON AWARD



Suggested not actual badge

- 1 Learn about the safety rules for swimmers, cyclers and runners who are participating in the event.
- 2 Discuss any safety equipment each child will need when participating in the Tryathlon (For example: Helmets, Bike with suitable brake system, proper running shoes, swimming cap & goggles).
3. Complete a training schedule one month in advance in either swimming, cycling or running, or all three disciplines of the Tryathlon.
4. Either
 - a Find, read and discuss what the text Galatians 5:22-23 tells us about how you can show the Fruit of the Spirit to others on the day of the Tryathlon.
 - Or
 - b Find, read and discuss the meaning of Acts 20:24 (NIV) and how it applies to your life.
5. Make a Tryathlon scrapbook that includes personal comments about the event and also pictures from two or more categories below:
 - a Training or Practice sessions
 - b During any three legs of the race; swimming, cycling or running
 - c Individual or team photos at the finish line
 - d Photos or signatures from any national sporting icon/s
 - e Photo with 'The Weetbix Guy' (NZ only).

HELPS

- 1 Find out from your local Life saving club and Road and Safety department any information on safety for swimmers and cyclist taking part in the event.
- 2 Plan a mini event such as Bicycle Derby Day which might include activities such as:
 - a Bike and helmet inspection by a community police officer
 - b A parade of bikes
 - c A mini circuit for the cyclist to prepare them for the big event. (give a prize for all who participate)
- 3 Have a gym instructor or Triathlete, go through suitable warm-up exercises for runners in the race lowering the risk of any injury before or during the race.
- 4 Scrapbooking is so much fun! Keep it simple. Use different coloured cartridge paper, stickers, felt tips, whatever you prefer to illustrate your scrapbook.
- 5 Have the children practice their photography skills during the mini circuit collecting photos as they go along to add to their scrapbook.

PURPOSE

The purpose of this award is for the Builders and Helping Hands class to participate and

be recognised for their involvement in the Weetbix Triathlon, which is a nation wide community Kids event held every year throughout New Zealand and Australia.

PHYSICAL, MENTAL AND SPIRITUAL BENEFITS

Children will benefit physically from participating in this event as they have the choice of taking part in three different areas of the Tryathlon. These are Swimming, Cycling and Running.

This type of award encourages children to develop mental discipline as it could require children to practice and train within the different areas of the Tryathlon in preparation of the event, promoting physical health and well being for their growing bodies.

Spiritually children are able to show that they are followers of Christ through their actions, by the way they interact with other children and through showing the fruit of the spirit and good sportsmanship towards others. This event is not about coming first, it's about doing your best and having fun!