

Create Your Own Triathlon

The Adventure:

A triathlon includes three sports: swimming, cycling, and running. There is no rest in between. You go from swimming to cycling to running. In your Lodge or Colony think up of your own triathlon. Pick three sports or challenges. They do not have to be the three usual sports. Imagine a Beaver Scout triathlon. Make sure it is one you can do together. Then take on the challenge and have fun!

Online Resources:

For more information on the triathlon, check out:

- Triathlon



Safety Note:

- How will you make sure everyone is safe in each of the sports or challenges?
- What safety equipment is needed for your triathlon?
- What happens if it is very hot or cold during your triathlon?
- Who will have the first aid kit? Who will have water for you to drink?

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Plan:

- What three activities, sports or challenges will you include in your triathlon?
- What equipment will you need?
- Where will you hold your triathlon?
- When will you hold your triathlon?
- Who will you invite?
- Will you hold it indoors or outdoors?
- Will you race as teams or as individuals?
- What do you need to do to prepare? Do you need to practise the events?

Do:

- Race your opponents on your triathlon!

Review:

- What do you know now that you did not know before?
- What did you most enjoy about your triathlon?
- What did you find most challenging about your triathlon?
- What would you change about your triathlon if you were to share this adventure again?
- How did you feel after racing your triathlon?

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It starts with Scouts