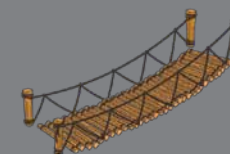


# Create Your Own Triathlon

## The Swinging Bridge Active & Healthy Living



### The Adventure:

Triathlon is an endurance sport comprised of swimming, cycling and running performed one after another. If your Pack or Lair had to think up its own Triathlon, what would it be? Imagine a Scouting triathlon, to be completed by your Section. Perhaps you can challenge your Group to participate!

### Online Resources:

For more information on the triathlon, check out:

- Triathlon

### Safety Note:

- What steps need to be taken to make your triathlon safe?
- What safety equipment is needed for your triathlon?



### Plan:

- What three activities 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?
- How long will the route be?

### 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.