

Give it a Go Guides Triathlon badge



To gain your 'Give it a Go' triathlon badge, you should try each of these activities below with the help from your unit leader or attend a session with a local qualified coach.

Run, swim, cycle!

1 Activity 1 - Cops and robbers

- Split the group into two teams and cone up a "jail".
- Team one (the cops) will try to chase team two (the robbers). Robbers are arrested by tagging them and bringing them to jail.
- Robbers can stage a jailbreak by tagging one of the prisoners without being tagged themselves.
- The cops have won when all robbers are in jail.

The following activities would need to be completed at a venue with the relevant facilities (Swimming pool/safe area for cycling).

2 Activity 2 - Swimming scavenger race

- Tag game: One person is on and tries to tag the other participant.
- If tagged must stand frozen like a popsicle with hands straight in the air.
- Can only be freed once another person has swum between their legs to free them.

**Please note: If there are any individuals who are unable/unconfident to swim or scared of water then organise an activity that is challenging to them (e.g. getting in the pool and walking around, swim a width, play a game in the baby pool so the water is shallow).

3 Activity 3 - Slow ride

- In a line you will all race against each other to get to the other side.
- The winner of the race will be the cyclist who gets to the finish line last.
- This race is all about control of the bike and how slow you can cycle without falling.
- If you put your foot down on the floor – you are disqualified from the race.

4 Activity 4 - Mini triathlon

- Complete a 1km brisk walk/jog/run, a 500m cycle and a 50m swim of 2 lengths. See note above for non confident swimmers.

