

# PENTA+

Part of Pentathlon GB

## CLUB INDUCTION PACK

JANUARY 2024



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# A SHORT WELCOME

As the oldest Olympic event, Pentathlon has a colourful history and Great Britain prides itself on having been a hugely successful nation from the outset with numerous Olympic medals, World and European Championship titles.

As our attention turns to the future, we are on a mission to create opportunities for people to enjoy all the sports of Pentathlon, to push beyond their personal boundaries and create new experiences. We welcome athletes to enjoy as many of the elements of Pentathlon as they wish, in formats that suit them; Penta+. Penta+ is for everyone, a multi-disciplinary family of sports that celebrates personal challenge, competitive and health.

From Under 9's through to our 70+ Masters athletes, Pentathlon is a sport for life and we are delighted to welcome you along for this journey with us. Whether you are interested in competing, staying healthy, coaching volunteering or officiating; there is something for everyone to be a part of.

We are working to make our sport as accessible, and affordable for everyone to enjoy. This pack is designed to help you understand, deliver and develop Pentathlon in your school or club. Within in you will find information on equipment, scoring, rules and competition formats to help you get started and grow.

Whilst Pentathlon maybe an individual sport, there is a team here to cheer you on every step of the way.



# EVENTS

Pentathlon GB are proud to host a series of National Championships throughout the year, these Championships represent an opportunity to compete at the highest level in the United Kingdom, to gain experience at a major event and to enjoy a fantastic sport with your peers.

National Championships have age classes from 9 to 70+, so there really is something for everyone to enjoy and to aspire to. Getting to one of our National Championships takes time, and we celebrate the fact that these are the best in Britain so the standard is high and the competitive spirit is fierce. However, Pentathlon will always be a sport for everyone, and the competitiveness of our events are matched with sportsmanship, kindness, inclusion and support for anyone who wishes to have a go, to improve and to enjoy the experience.

You will always be able to find a copy of our upcoming events on our [website](#), so do head there to check first.

Don't forget, Pentathlon GB only run the National Events but there are plenty more of intra- school, intra- school, local, county or friendlies run across the country that you are all welcome to get involved in. If you can't find the event you are looking for, then this guide tells you everything you need to know about how to start your own.



# COMING UP IN 2024

We run a competitive National Events Calendar each year, and 2024 is particularly exciting as we launch some brand new additions.

The Schools Biathlon Championships will see 1500 young people run and swim to battle their way to a Great British title. The qualifiers take place from September – December the prior year, so check out the [How to Run A Biathlon page](#) to be sure you are involved next year.

In July, we welcome you to join us at The Festival of Pentathlon, a brand new flagship event which promises to be the highlight of the year. With opportunities to have a go and try all the different sports as well as the Great British Championships of Biathlon, Triathlon, Tetrathlon and Pentathlon. This is a family focused weekend filled with high energy, fantastic sport – you can enter this event [here](#).

## FESTIVAL OF PENTATHLON:

|                    | Run | Swim | Laser Run | Fence | OCR |
|--------------------|-----|------|-----------|-------|-----|
| Biathlon           | ●   | ●    |           |       | ●   |
| Triathlon          |     | ●    | ●         | ●     | ●   |
| Tetrathlon (Fence) |     | ●    | ●         | ●     | ●   |
| Tetrathlon (OCR)   |     | ●    | ●         | ●     | ●   |
| Pentathlon         |     | ●    | ●         | ●     | ●   |
| OCR                |     |      |           |       | ●   |

● Championship Class, with all elements to count towards overall score

● Available as an additional item, not included in overall score

**PENTA-PASS**

Fancy having a go at all 5 sports? A PENTA-PASS offers a non-competitive experience with hands on coaching support; the perfect introduction to the sport or weekend activity for the whole family.

# 2024 CONTINUED

September will see the return of the Great British Laser Run Championships, with the exciting new addition of the Schools event. As we welcome Obstacle Course Racing (OCR) into our family of sports, we look forward to giving you as many opportunities to train and compete as possible. Keep your eyes peeled on the calendar to find out what you can get involved in.



Our National Biathlon and Triathlon series is back for 2024, with new venues and the chance to secure a qualification spot for the World or European Championships.

Whilst we run a busy Championship program, we are always encouraging of clubs to run their own events or local tournaments; keep reading to see how to get started.



# CLUB REQUIREMENTS

Any new clubs will be required to meet these requirements, and all existing clubs will have until 1st June 2024 to ensure they are compliant.



Click on each link below to read more about the specific requirements and to ensure that your club is compliant.

[Club Constitution Template.](#)

[Club Committee Structure, Roles and Descriptions.](#)

[New Club Checklist.](#)

[Current Club Checklist.](#)



# MEMBERSHIPS

## Insurance.

Marsh Sport are the appointed insurance broker to Pentathlon GB. This [web page](#) sets out details of the insurances available via your membership and some frequently asked questions.

## Insured Activities:

This cover only applies to activities authorised or recognised by Pentathlon GB, including running, swimming, fencing, laser shooting, equestrian, and combinations thereof.

Please note, cover extends to training sessions and camps, competitions and social fundraising and administrative activities.

## Your membership:

|   | Junior             | Senior             | Coach              | Affiliate          | Day                  |
|---|--------------------|--------------------|--------------------|--------------------|----------------------|
| Fee                                       | £20.00<br>(Annual) | £40.00<br>(Annual) | £45.00<br>(Annual) | £50.00<br>(Annual) | £6.50<br>(Per Event) |
| Competition Access - UK                   | ●                  | ●                  | ●                  |                    | ●                    |
| Competition Access - International        | ●                  | ●                  | ●                  |                    |                      |
| Competition Access - Team, Club or School |                    |                    |                    | ●                  |                      |
| Competition Insurance                     | ●                  | ●                  | ●                  | ●                  | ●                    |
| Training Insurance                        | ●                  | ●                  | ●                  | ●                  |                      |
| Coaching Insurance                        |                    |                    | ●                  | ●                  |                      |
| PGB Newsletter Access                     | ●                  | ●                  | ●                  | ●                  |                      |



# HOW TO USE SPORT:80

Pentathlon GB's membership and event entry portal is Sport:80. All information about joining our membership base, editing your member details, entering an event, setting up an event and more are all achievable via Sport:80. This how to use guide should help you to navigate and utilise our portal.

If you hold **a club or school role** (affiliate membership) click [here](#) for information on how to use Sport:80 on your club / school account.

If you are **an athlete, parent or coach**, click [here](#) for information on how to use your Sport:80 account.

If you are **running or hosting an event**, click [here](#) for information on how to set-up your event to promote and to take entries on Sport:80.



# SAFEGUARDING SUPPORT

At Pentathlon GB we want everyone involved in or sport to have a fun, feel safe and have a positive experience.

Sharing concerns, no matter how small, is an important way to support and protect children, young people and adults. We all have a responsibility to pass on information and you can get in touch with us through a variety of ways (see below).

If you believe someone is immediate danger or at risk of significant harm, then you should contact the emergency services straight away by calling **999**. If you are worried about a child, you can also contact the NSPCC Helpline on **0800 800 5000**.

If you do have to make an emergency call, please notify us as soon as possible afterwards. We are here to support you too.

Here is a link to our **[safeguarding incident form](#)** which you can email to us or contact us directly to discuss a concern.

Pentathlon GB are always willing to help with any queries that you may have and can provide guidance on safeguarding good practice and procedures. Click to access our **[Safeguarding Policies and any additional resources](#)** from the Pentathlon GB website.

We would also encourage you to look at the resources provided by the following organisations:

- **[NSPCC](#)**
- **[Ann Craft Trust](#)**
- **[Child Protection in Sport Unit](#)**

## Contact Us

Email : [safeguarding@pentathlongb.org](mailto:safeguarding@pentathlongb.org)

Safeguarding & Welfare Lead : Di Murray

Mobile : 07553 422288

# RECOMMENDED EQUIPMENT PROVIDERS

Pentathlon GB are proud to be supported by several participation sponsors, including two equipment providers who can help support you in setting up and developing your delivery:

## Laser Shooting - Pentashot

Leading laser pistol provider Pentashot have kindly created a bundle kit to make getting started in laser shooting as simple and cost effective as possible.

Each bundle contains 6 E-start pistols, 6 targets and all subsidiary equipment needed. The E-start pistol is competition legal, meaning any athletes could borrow the pistol and compete to represent your club. Critically, it has adaptable weights so that everyone from age 9 to age 99 can hold adapt it to suit their needs and competition requirements.

In order to find out more or purchase a set of pistols - please email [spencer@pentashot.uk](mailto:spencer@pentashot.uk) and be sure to quote PentathlonGBParticipation. You can find out more and browse their website here: <https://pentashot.co.uk/>



## Fencing - Leon Paul

Leon Paul have been producing and selling fencing equipment since 1912, their heritage in the sport is a family affair and we are delighted that they are offering a discounted purchase for any Pentathlon clubs and schools.

The starter bundles contain enough equipment for 12 people to fence at once, with plastic fencing epees which are entirely safe for beginners and can support skill development.

The bundle also contains some teaching cards for start up lessons, as well as a convenient carry bag to ensure the kit remains well protected for years. Available in two sizes, this kit offers huge versatility and is a brilliant introduction to fencing.

To order, please email [sales@leonpaul.com](mailto:sales@leonpaul.com) and copy in [admin@pentathlongb.org](mailto:admin@pentathlongb.org) to receive the full discount.

You can find out more and browse their website here:

<https://www.leonpaul.com/>

# COMPETITIONS SCORING SYSTEM

Pentathlon GB are delighted to share with you our new Events and Competitions Scoring System. This new system has been developed with the intention of making scoring at events simple and quick for organisers and volunteers. This how to use guide should help you to create, populate and use the scoring system at your events.

- 
- Click to access our [\*\*Modern Biathlon Scoring System\*\*](#)
  - Click to access the [\*\*Modern Biathlon Scoring System 'How to Use Guide'\*\*](#)
  - Click to access our [\*\*Triathlon, Tetrathlon and Pentathlon Scoring System\*\*](#)
  - Click to access the [\*\*Triathlon, Tetrathlon and Pentathlon Scoring System 'How to use guide'\*\*](#)



# RUNNING YOUR OWN EVENT

Pentathlon GB has a wide range of events that can come under the umbrella of our family of sports.

We acknowledge that you may want to host a particular event at your club/school. **Click below** on each event format to find out all you need to host an event.

[Modern Biathlon](#)

[Laser Run](#)

[Modern Triathlon](#)

[Modern Tetrathlon](#)

[Modern Pentathlon \(OCR\)](#)

[Modern Pentathlon \(Ride\)](#)

[Biathle](#)

[Triathle](#)

Click to see an example [Event Management Plan](#).



# PENTA+

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[www.pentathlongb.org](http://www.pentathlongb.org)



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