

Safety First at Annual Cub Tracks Youth Triathlon

For the last three years, Eastern Maine Medical Center, The University of Maine, and Kohl's Department Stores through their Kohl's Cares program, have hosted the Cub Tracks Youth Triathlon at The University of Maine each fall. The triathlon is a competitive, yet friendly, event for kids between the ages of 7 and 13, and, much like an adult triathlon, the kids participate in swimming, biking, and running stages.

With any sporting event, safety is a top priority. It's hard to miss the volunteers and first aid stations that line the course to make sure the kids are safe from when they jump into the Wallace Pool and cross the finish line under the giant, inflated University of Maine BlackBear head. But Eastern Maine Medical Center takes safety a step further at the annual event. Anna Moses, RN, BSN, CCRN, trauma nurse



Anna Moses, RN, BSN, CCRN, trauma nurse coordinator, show a Cub Tracks participant how to properly adjust the straps on their helmet before they get on their "paws" and go!

coordinator, along with a couple of her colleagues, staff a bike helmet safety check station. "The helmet checks are not mandatory, but almost all of the participants visit us to make sure their helmet is fitted properly," she explains. "It's nice to share tips by showing kids and parents how to adjust the straps or reposition the helmet on the head to ensure proper placement and make sure they're secure and wouldn't come off in the event of a crash."

Planning is now underway for fourth Cub Tracks Youth Triathlon, which is scheduled for Sunday, September 30 at The University of Maine.

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