



## USA Triathlon Certified Performance Center Requirements

### Facility Features Requirements:

- Performance Lab
- 25 meter pool or an endless pool
- Recovery center: ice bath, hot tub, sports massage

### Staff Requirements:

- Minimum of 2 USAT Certified Coaches
- 1 USAT Level II Certified Coach

### Services Requirements:

- Provide USAT membership information (brochures, flyers)
- Vo2 and Lactate Testing
- Bike Fit
- Video Analysis
- Nutrition Consult by a Registered Sports Dietician with triathlon experience
- Athletic Trainer/Physical Therapy services
- Access to a Sport Psychologist
- Free coaching to at least one elite or junior/U23 who competes at nationals or Team USA Member
- Sponsorship to one local tri club with more than just a discount (product, cash, etc.)

### Discount Requirements:

- 20% off select services to USAT members and USAT Certified Coaches