

World Triathlon COVID-19 Prevention guidelines for Event Organizers

Version 6.0 - 30 October 2021

DISCLAIMER

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Version	Section	Updates or new sections
6.0	1	• General
	5	• Participants Health Screening + specific measures as of 30 October 2021
	7	• Use of masks/mouth-nose face covering
	16	• Accreditation: return to standards of World Triathlon Competition Rules
	17	• Social activities
	24	• Technical Officials and World Triathlon Staff
	26	• Athlete services
	28	• Athlete Classification
	29	• Competition: event format, start, changing tent, bike, run, finish area
	30	• Medal ceremonies
	App1	• Medical certificate: only if specifically required
	App3	• Pre-event questionnaire: vaccination information

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The following guidelines have been issued by World Triathlon using the collective feedback of different stakeholders in the sport of triathlon and after review by the World Triathlon Medical Committee and World Triathlon Technical Committee. These guidelines are applicable for the events taking place following their approval by the local authorities in countries under the threat of a COVID-19 pandemic situation, especially in phases 4,5,6 and post peak period, as described by the World Health Organization (WHO). For a description of these WHO pandemic levels, please refer to the following link: https://www.who.int/influenza/resources/documents/pandemic_phase_descriptions_and_actions.pdf?ua=1. The different phases of an epidemic (which becomes a pandemic) can be illustrated according to the diagram below.

World Triathlon is prioritising the health and safety of all athletes, coaches, volunteers, officials and organising committee staff, first. Within these guidelines you will find points that may be applied to any event taking place immediately after a ban on mass-participation events is lifted, and as long as it is deemed appropriate by the Local Organising Committee (LOC) and the local authorities.

The guidelines will be updated continuously according to the latest information from the World Health Organization (WHO) and the research/publications that are released on this topic. The guidelines will be published at the medical section of the World Triathlon Website <https://www.triathlon.org/about/downloads/category/medical>

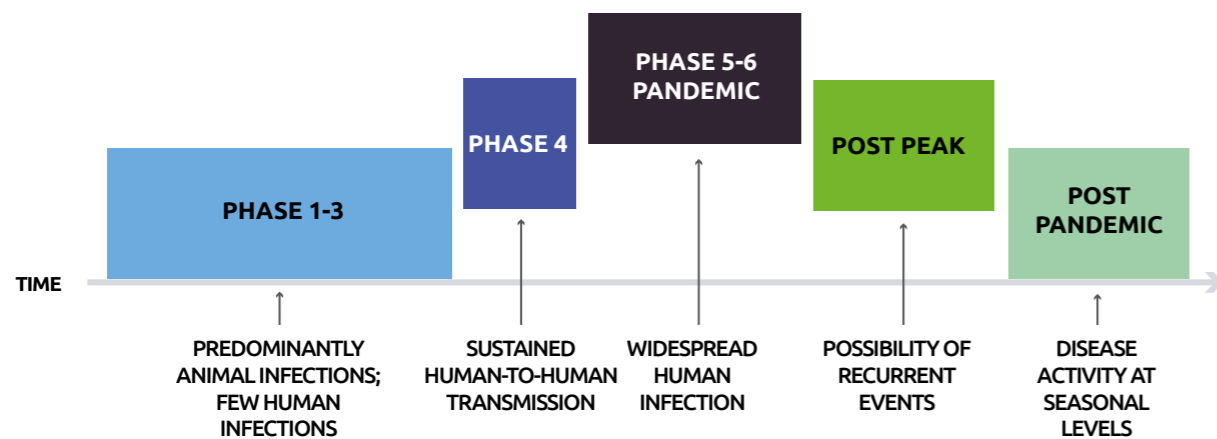
1. General

Although COVID-19 continues to cause significant challenges, we are in the long transition period where the organisers of sport events are asked to implement measures for respecting the social distancing and hygiene requirements. The organising committee must build a relationship with the local authorities based on trust to decide that it is safe to hold the sports event. Our sport will be affected as well and we need to look into ways of conducting races in a safer way for the participants, the organising committee and the spectators. We need to be creative and adapt to new ideas that should be shared among the entire triathlon family for everyone's benefit.

World Triathlon is following all the recommendations from WHO. World Triathlon fully respects and supports the initiatives of the LOCs and of the National Health advice of each country on this matter.

The IOC has advised that during the evolving COVID-19 outbreak, effective protection of the health and safety of athletes must remain a priority. Under the IOC regulations, event organisers must ensure all athletes are covered by adequate measures to protect their health and that they have access to prompt medical care while participating in the event. Event organisers must put in place preventive measures to stop the transmission of infection and put in place mitigation measures to minimise the risk of infection. Event organisers must ensure that any athlete or participant in an event on their territory who needs immediate medical care is given access to medical facilities. World Triathlon has issued several documents as a guideline for race organisers in setting up the medical support during the event, which can be found at: <https://www.triathlon.org/about/downloads/category/medical>

Phases of an epidemic



2. Individual responsibility

- World Triathlon have issued WHO recommendations in accordance with the measures to reduce the general risk of transmission from acute respiratory infections listed below:
 - » Participants should aim to keep at least two metres distance from other people, particularly those who feel unwell and have a cough or sneeze or may have a fever;
 - » Frequent hand washing by participants using soap and hot water or alcohol-based (at least 65–70%) hand rub for 20 seconds;
 - » People with symptoms of acute respiratory infection should practise cough etiquette (maintain distance of at least one metre, cover coughs and sneezes with disposable tissues or clothing, and wash their hands);
 - » Avoid shaking hands or hugging;
 - » Avoid steam rooms or sauna;
 - » Avoid touching their own mouth, nose or eyes.
- Anyone who feels unwell (i.e. fever, cough) should stay at home and keep away from work, school, or crowds until symptoms resolve. Stay away from the event when ill!
- Public health authorities should provide travellers with all necessary information to reduce the general risk of acute respiratory infections via health practitioners, travel health clinics, travel agencies, conveyance operators and at Points of Entry. More information can be found at <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/technical-guidance/points-of-entry-and-mass-gatherings>
- As a general reminder, it is also important that every athlete, coach and team official is aware of the indications found in our “[Medical Guidelines for International Athletes, Team Coaches, TOs and Staff](#)” about the procedures to reduce potential infections. Please remember these procedures, all explained in the document referred to above:
 - » Consulting with your team physicians;
 - » The procedure of epidemic control;
 - » Don't over-train your athletes;
 - » Washing hands and social distancing are the most important measures to avoid the transmission of harmful germs and to prevent illness.

In case of symptoms suggestive of acute respiratory illness before, during or after travel, the athletes are encouraged to seek medical attention and share travel history with their healthcare provider.

(Standard Infection Protection and Control precautions emphasise the vital importance of hand hygiene and respiratory etiquette for every person. (Water, sanitation, hygiene and waste management for COVID-19, available at: <https://www.who.int/publications-detail/water-sanitation-hygiene-and-waste-management-for-covid-19>)

3. WHO Risk Assessment and Mitigation Checklist for Mass Gatherings in the context of COVID-19

High profile international sporting events such as the Olympic Games as well as other major international sport events like the Triathlon World Championships, count as Mass Gatherings (MG). However, lower-profile triathlon events can also meet WHO's definition of a mass gathering.

An event is considered a “Mass Gathering” if the number of people it brings together is so large that it has the potential to strain the planning and response resources of the health system in the community where it takes place.

World Triathlon strongly recommends that each organising committee assesses its event using the WHO Risk Assessment and Mitigation Checklist for Mass Gatherings in the context of COVID-19 (mandatory for all World Triathlon events). This is an operational tool that offers guidance for organisers holding meetings during the COVID-19 outbreak and that should be accompanied by the WHO COVID-19 Generic Risk Assessment Excel file available on the [WHO website](#). World Triathlon strongly advises the LOCs not to perform the risk assessment alone; do it in cooperation with counterparts especially with local Public Health Authorities and do not put them into situations to assess the risks without your involvement and understanding of the specific circumstances of triathlon event competition. It is also important to introduce them into specific mitigation measures specified in these Guidelines that can be applied to triathlon events.

The level of risk for each factor is a function of two variables: the probability of a threat occurring and the consequences (impact) of that event. This is often mapped on a risk matrix. Decision making on acceptable levels of risk should be determined primarily by human health considerations. Other

factors (e.g. economic costs, benefits, technical feasibility and societal preferences) could also be considered, particularly when determining risk management of the mitigation measures to be undertaken.

Characterisation of risks depends on the question that is being asked (Likelihood and Vulnerability Assessment). For example, many questions that characterise risk could be asked of any potential public health threat:

- » What is the impact on the event?
- » What is the impact on public health?

Answers could be:

- » **VERY LOW** Overall risk of transmission and further spread of COVID-19 in relation to Mass Gathering is considered very low. Little or no consequence or disruption to the event.
- » **LOW** Overall risk of transmission and further spread of COVID-19 in relation to the Mass Gathering is considered low. Recommend checking if mitigation measures can be strengthened. Small impact on events - can be managed with little impact on the event.
- » **MODERATE** Overall risk of transmission and further spread of COVID-19 in relation to the event is considered moderate. Recommend significant efforts to improve mitigation measures or reduce risk of transmission (to decrease risk assessment score). Some controlled impact on the event and reputation

4. Online risk assessment tool for endurance event organisers

for the host. Death and/or severe illness (e.g. COVID-19) cases occur. Public health and medical services are strained.

- » **HIGH** Overall risk of transmission and further spread of COVID-19 in relation to the event is considered high. Recommend significant efforts to improve both mitigation measures and reduce risk of transmission (to decrease risk assessment score). A risk-based decision to postpone or to cancel the event should be considered. Disruptive to the event and reputation of the host. Many deaths or illnesses are associated to COVID-19 cases. Disrupts public health and medical services
- » **VERY HIGH** Overall risk of transmission and further spread of COVID-19 in relation to the event is considered very high. Causes cancellation of the event. Significant adverse impact on event and host reputation. Substantial loss of life and serious illness. Widespread disruption of local services and infrastructure.

Triathlon events are mainly falling in the Very Low and Low categories but within the COVID-19 outbreak they could fall into the Moderate, High or Very High risk category.

World Triathlon advises you to conduct the event only if it falls in Very Low or Low risk category

Authorities should recognise that the risk of imported cases of COVID-19 is naturally linked to international travel. They should also recognise that it is neither realistic nor desirable to aim for zero risk. When organisers and health authorities are determining whether to hold a mass gathering or even an event

that is not falling under the definition of “Mass Gathering”, they should determine what is an acceptable risk and what additional measures should be implemented to mitigate that risk.

World Triathlon is asking all the organisers to familiarise with WHO’s mass gathering technical guidance and tools:

- FAQs on Mass Gatherings and COVID-19 including Sporting Events FAQs
- Key planning recommendations for Mass Gatherings during COVID-19
- Generic Risk Assessment and Mitigation Checklist
- WHO interim guidance on how to use risk assessment and mitigation checklist
- Decision-Tree flowchart for Mass Gatherings in context of COVID-19
- Sports addendum risk assessment and mitigation checklist
- Religious addendum risk assessment and mitigation checklist
- Ramadan guidelines
- International Traveling Health Guidelines
- Advice on Use of masks/mouth-nose face covering
- WHO interim guidance - “Considerations in adjusting public health and social measures in the context of COVID-19”.

All above documents are available on [WHO website](#).

The Outbreak Prevention Task Force formed by World Athletics with the International Institute for Race Medicine (IIRM), and including the medical chairs of World Triathlon and four further global sports federations (International Cycling Union, International Ski Federation, World Rowing, the International Paralympic Committee), has launched an online risk assessment and mitigation tool for endurance event organisers.

The WHO and the International Olympic Committee attended as observers, while an advisory group including event organisers and stakeholders from a range of other endurance sports was also consulted.

Derived from the WHO’s general advice for mass gatherings, the tool is intended to help organisers assess the risk of staging an event, establish the preparedness of the community and the event organisation for the risks of Covid-19, and clarify any necessary steps to further mitigate and reduce the risk.

Once details have been entered into the tool, it generates a document that event organisers can use in making the right decisions to protect the local community, the participants, the volunteers, workforce, and staff involved. It does not advise on spectator management.

The tool is applicable to all mass participation endurance events, regardless of the sport, competition level and size.

It outlines mandatory mitigation measures to be undertaken by the event organisers, based on their particular circumstances, as well as recommended and desired measures, and emphasises that all of the mandatory measures and most of the recommended measures should be adopted if the event is to take place.

There is no guarantee that the suggested actions will sufficiently reduce the risk to allow the safe staging of an event, but they will guide event organisers through a process that the taskforce hopes will become a standard part of the preparation for staging mass events.

Competition organisers are strongly encouraged to coordinate with local public health authorities when planning events and to discuss the results obtained through the tool. Local and/or national laws and regulations will always take precedence over the results obtained from this tool and its guidance documents.

The tool is available at: idom.worldathletics.org



5. Participants' health screening (athletes, coaches, officials, LOC staff, all accredited clients)

- Athletes racing in a triathlon event must monitor their health status continuously (including taking their temperature and monitoring for any symptoms) from 14 days before and during the event.
- Team medical staff present at a World Triathlon event must monitor the health status of their athletes daily.
- Pre-Travel and Pre-Event Health Checks for all incoming athletes and LOC staff may be implemented to ensure exclusion of those with potential additional risks (comorbidities, medications).
- The requirement or not of a participant's vaccination or COVID-19 Certificate is linked to the rules of the national health authorities of the host country to determine any necessary medical or health documentation for athletes and the results of the WHO Sport Event's Risk Assessment. This is something that needs to be determined by the local health authorities or requested by World Triathlon/National Federation. For World Triathlon events, this information will be clearly mentioned on the event's website.
- If a Pre-Travel Medical Certificate is required by the local health authorities or World Triathlon/ National Federation for an athlete registered to participate;
 - » The Pre-Travel Medical Certificate must be issued in English by the National Federations' medical staff or a personal doctor and submitted to the Race Medical Doctor (RMD) cc to the World Triathlon Medical Delegate (MD);
 - » The certificate must declare that the athlete has been examined and he/she has not tested positive to Antigenic or PCR nasopharyngeal swab test and/or is not in quarantine and has been without any COVID-19 symptoms for the previous 14 days;
 - » The certificate must be signed by a doctor and the athlete and should be produced within 72 hours before the athletes' travel to the event or no later than 6 days before the event for local athletes;
 - » In case of a previous positive Antigenic or PCR nasopharyngeal test the athlete, after the resolution of fever and improvement in illness and symptoms, must provide a new negative PCR test that must be attached to this certificate;
 - » Results from serological tests to detect the antibodies must not be used as the sole basis to diagnose or to exclude COVID-19 infection, but waiting for their validation can be added to the medical certificate and the above requests;
 - » A sample of the Pre-Travel Medical Certificate can be found in Appendix 1;
 - » In cases where this certificate is not provided, the athlete will not be allowed to compete.
- World Triathlon requires that Elite/U23, Juniors, Para athletes, coaches, technical officials, World Triathlon staff, LOC staff and all accredited clients groups participating in a **stand-alone** event should fill in a **Pre-Event Questionnaire** upon arrival to the venue combined with a temperature check on a daily basis (saturation levels lower than 95% and a temperature above 38°C should be reported to the RMD/MD) and eventually a Pre-Event Health Check. The temperature checks must take place in a well ventilated place away from heat and sunlight. The implementation of such procedures must be agreed by the local health authorities.
- The LOC medical team will be responsible for establishing this process.
- The purpose of this is to identify incoming event participants who may need to have their participation deferred or may be tested on-site and to ensure proper case management by competent authorities.
- The daily health screening of the athletes, team support and the technical officials must take place in a different location to the rest of the groups. Each accreditation card must be validated on a daily basis following the health screening.
- The Pre-Event Questionnaire can be found in Appendix 3.
- The pre-event questionnaire is submitted electronically via the Triathlon.org member account at <https://triathlon.org/admin.php>
- The Pre-Event Questionnaires is not required for Age-Group and Youth athletes and is not required for Elite/U23, Juniors, Para athletes, coaches, officials when their event is mixed with Age-Group races.

The LOCs should investigate the possibility of utilising any contact tracing tools of all participants (excludes public) that will be at the venue at any one time. This includes athletes, officials, coaches, managers, volunteers, competition staff and venue staff. This would ensure they can trace back to potentially impacted people if a case of infection is identified. These tools can either be any existing official apps used in the country from the public authorities, or a tool is custom made for their event.

Prior to utilising any tool, it is important to clearly define "close contact of possible or confirmed cases" with the public health authorities.

SPECIFIC MEASURES APPLIED AT ALL WORLD TRIATHLON AND CONTINENTAL TRIATHLON EVENTS STARTING FROM 30 OCTOBER 2021

For Elite, U23, Junior, Para triathlete in case of stand alone event

- All individuals (except for the LOC, its volunteers and contractors) applying for an accreditation to World Triathlon and Continental Triathlon events must respect the following conditions:
 - » Respect the travel regulations set by the host country
 - » Fill in the **online pre-event questionnaire** through the link that is provided by the LOC
- No medical certificate is required unless the local authorities, World Triathlon or the National Federation asks for it.
- All Elite/U23, Juniors, Para triathletes and guides, coaches, TOs in close contact with the athletes, team medical and support NF personnel must perform an **Antigenic pre-race test** at the arrival in the hosting city. **In case of a positive result, a PCR swab test must follow.** Time and place for these tests will be determined by the LOC. For the junior athletes, a parent consensus form is required. A sample can be found at Appendix 5.
- We will continue to respect the decision/rules of the local public health of the host country

For Elite, U23, Junior, Para triathlete in case of event part of an Age-Group event

- For the Elite, U23, Junior and Para triathlon races that are taking place as an additional wave of an Age-Group event, the regulations for the Age-Group races will be applied (see below).
- We will continue to respect the decision/rules of the local public health of the host country

For Age-Group, Youth event

- ALL individuals (except for the LOC, its volunteers and contractors) applying for an accreditation to World Triathlon and Continental Triathlon events must respect the following condition
- Respect the travel regulations set by the host country
- We will continue to respect the decision/rules of the local public health of the host country

All the specific measures can be found in the table next page:

Categories	Pre-event questionnaire	Process before traveling	Medical certificate before travelling	COVID-19 test at event	Daily health screening
Elite athletes					yes
U23 athletes	In case of stand alone event only			In case of stand alone event only	yes
Junior athletes					yes
Para triathlon athletes/ personal handlers/ guides					yes
Youth athletes	n/a			Follow public health request	yes
AG athletes		Respect the travel regulations set by the host country	Follow public health or World Triathlon request		yes
Coaches/team medical/ support NF personnel	In case of stand alone event only			In case of stand alone event only	yes
TDs /ITOs/NTOs/ Competition Jury	In case of stand alone event only			yes for the ones in close contact with the athletes; the others follow public health request	yes
IF/Continental Federation Delegations	In case of stand alone event only			Follow public health request	yes
LOC/ Contractors	Follow public health request			Follow public health request	yes
Para triathlon swim exit assistants	In case of stand alone event only			In case of stand alone event only	yes

6. Returning to competitive sport after being infected with SARS -COV-2

For the latest instructions from the World Triathlon Medical Committee for athletes' return to competition after COVID-19 infection, please check [here](#).



7. Use of mask/mouth-nose face covering and rubber/disposable gloves

- World Triathlon mandates the use of masks/ mouth-nose face covering by volunteers, officials and other accredited clients that are in contact with athletes (e.g. registration, transition zone, start area, post finish area). The use of face shields is strongly advised in areas with high risk, such as the finish line.
- Athletes are required to wear masks/mouth-nose face covering during any non-competition activity (e.g. registration, race package distribution/race package pick up). On race day, athletes must wear a disposable mask until the last minute. A garbage bin will be placed near the starting line so athletes can throw away their masks.
- When not providing direct care for a COVID 19 patient, the WHO cautions that washing your hands offers more protection against catching the coronavirus than rubber gloves. Regularly washing your hands offers more protection against catching COVID 19 than wearing rubber gloves. Thus the use of rubber/disposable gloves is strongly recommended for the volunteers assigned to the finish area, classifiers and medical staff.
- The LOC is only responsible for providing masks/ mouth-nose face covering and rubber/disposable gloves to its volunteers and staff along with a contingency amount for medical needs. All other accredited clients must bring their own equipment.
- The local authorities and/or World Triathlon/ National Federation may impose mandatory use of rubber/disposable gloves and masks/mouth-nose face covering in specific events.

(Please be reminded when wearing rubber/ disposable gloves and masks/ mouth-nose face covering not to dispose of them in the regular garbage bins but only in the specific bins provided by the LOC.)

Important note: In all the World Triathlon and Continental Confederations' events, the use of masks for athletes, coaches, officials and any organising committee staff/volunteer or contractors in contact with the above groups is mandatory.

(Please be reminded when wearing rubber/ disposable gloves and masks/mouth-nose face covering you still need to disinfect. In the case of gloves, they are only effective if they are used as a second skin – sterile, or cleaned after touching anything. That is feasible if the gloves fit tight on the fingers (second skin), but not if they are loose – loose gloves cannot be cleaned properly with hand sanitizer. The LOC must communicate to everyone the proper use of masks/mouth-nose face covering and rubber/disposable gloves. More information can be found in Appendix 2.)

8. Medical provisions and recommendations to the event organisers

- Soap and water or alcohol-based hand sanitisers and tissues should be accessible in all common areas and especially in the medical treatment areas.
- Availability of masks/mouth-nose face covering for anyone who has cold-like symptoms.
- Recommend that towels are for single-use only.
- Ensure availability of thermometers (e.g. infrared) to check all accredited clients' temperatures.
- Isolate persons who become ill or are suspected to be ill while at the event.
- Determine with the local health authorities where an individual diagnosed with COVID-19 will be cared for and isolated.
- Establish an isolation room in on-site medical treatment clinics/facilities where such persons can be initially assessed and triage should be considered.
- The isolation area should be equipped with the necessary supplies to facilitate hand hygiene and respiratory etiquette.
- The medical staff attending persons who are ill should wear a mask and rubber/disposable gloves, and dispose of them immediately after contact and cleanse thoroughly afterwards.
- Increase medical personnel on-site including designated medical providers who are able to triage and refer suspected cases for COVID-19 testing.
- Determine how all involved parties will be notified of a case and COVID 19 situation.
- Define a place where a large number of people can be quarantined.
- Predetermine emergency contacts with local authorities.
- More information can be found at World Triathlon COVID-19 Outbreak - Guidelines for RMDs and MDs [C](#)



9. Event's concept paper

Each LOC should be responsible for developing a concept paper in which they should describe the “what to” and “how to” of the COVID-19 implemented measurements that will be put in place around the hosting and delivery of the event. The document should be based on the local restrictions, the World Triathlon COVID-19 Guidelines and any additional guidelines from the national federation and/or the local authorities. The focus should be on 5 main pillars:

- social distancing,
- reducing contact,
- control/ screening of participants,
- autonomy of the participants,
- education.

This document should be discussed with the local authorities and the governing body of the sport (according to the level of the competition: World Triathlon or Continental Confederation or NF) and along with the regularly updated WHO risk assessment tool and the event's medical plan, these should be the main documents created for addressing the COVID-19 preparations.

10.Appointment of a COVID-19 Officer for the event

The Event Covid-19 Officer is responsible for all Covid-19 matters for the event and will be responsible for liaising with key stakeholders and other organisations in relation to the event's response to Covid-19.

They promote clear and effective communication channels across the event and ensure all delivery team personnel feel supported and have someone to go to should they have any questions or concerns. They ensure that all event delivery team members, event volunteers and third party event contractors follow Covid-19 guidelines.

MAIN TASKS AND RESPONSIBILITIES

- Act as a main point of contact for all stakeholders with regards to Covid-19.
- To oversee the implementation of the relevant risk assessments.
- Act as the link between the event and venue operators and ensure both are following current up-to-date guidelines.
- Keep up-to-date with the latest Government, World Triathlon and National Federations' advice and guidelines on Covid-19.
- Communicate with the event management committee any Covid-19 protocol concerns raised by the Covid-19 Officer concerning the event.
- Prepare the event's concept paper.
- Regularly review the event risk assessments and safety documents and recommend changes when necessary.
- Promote good practice to event stakeholders and remind of protocols where necessary.
- Ensure that the measures approved in the events' concept paper are being followed and implemented.

11.Appointment of COVID-19 Committee

For each event, a Covid-19 Committee should be established and meet at least once a month to define, implement and monitor actions as the health emergency develops.

The Covid-19 Committee is composed of:

- Event's Race Director or other person assigned by the LOC
- Event's Covid-19 Officer
- Representatives from the IF/NF
- Medical Race Manager
- (optional) Representatives from the city & public health authorities.

12.Events' insurance and athletes' waiver

Each LOC should review the following points with their legal team and the public authorities and communicate to the governing body of the sport depending the level of the competition (World Triathlon, Continental Confederation or NF):

- Are litigation risks in general covered (not excluded) in the insurance policy? E.g. covering legal expenses if somebody would sue the LOC for indemnity.
- What COVID-19 related risks are covered? E.g. if a participant or volunteer gets infected during the event A) in spite of the safety measures required by the local authorities being in place B) due to missing or breached safety measures required by the local authorities.

Parallel to this, the LOC should review the need or otherwise of updating the athletes' waiver by adding a specific paragraph on the COVID-19 situation.

13. Risk communication and awareness

- It is important that all the provisions in place are communicated clearly to all participants and spectators in advance through social media, websites and through their NFs communication channels about:
 - » Event risk assessment results for COVID-19 infection or infection vulnerability
 - » Information about COVID-19 status in the event's area and country
 - » Special risk mitigation considerations the LOC is undertaking for their event
 - » Copy of supporting resources and signage they will use on venue
 - » Event emergency readiness and response plans
 - » References and Links
- Display health advisories at-venue and in all possible venue facilities and access routes, reminding everyone and encouraging to maintain high levels of personal hygiene, including advice on hand washing, and minimising physical contact.
- LOCs should develop a risk communication strategy for COVID-19 before the event. It is expected that such an event will draw significant media attention in that context and that widely available and present social media would enable inaccurate and unnecessary disinformation.
- Event organisers should appoint a designated person(s) to lead media activities and to be tasked with managing all external communications with national and international government officials, the general public, and the media. Spokesperson can be appointed too. It is advisable to set-up monitoring of national and international media for rumours to be able to counter them early.
- Coordination with major social media sites like Twitter and Facebook, Instagram should be set up so that messaging can be coordinated with, and assisted by, those platforms.
- World Triathlon is recommending that each LOC perform a survey among their participants around the COVID-19 mitigation plan, the athletes' pre-event preparation, etc, to allow them to provide their feedback.

14. Participants' conduct

- The following measures are recommended to be in place:
 - » Daily health screening of participants.
 - » Physical (at least 2 metres) separation of athletes, officials, and support staff. Spectators should follow the social distancing rules that are requested by the public health authorities of the specific country where the event is taking place.
 - » Athletes are advised to wear masks/mouth-nose face covering during any non-competition activity
- **(Please be reminded when wearing rubber/disposable gloves and masks/mouth-nose face covering you still need to disinfect. The LOC must communicate to everyone the proper use of masks/mouth-nose face covering and rubber/disposable gloves. More information can be found in Appendix 2)**
- » Sharing of equipment should be prohibited, in particular ensuring that water bottles and cups are not shared.
- » Anyone due to participate in the event who is feeling ill should not come to the venue and be advised of the designated contact online or by telephone.
- » Everyone is briefed on the protocols, for suspected and confirmed patients, for infection prevention and control measures and on where to find more information.
- » Detailed contact details of each participant must be available to the organising committee.
- » Inform everyone involved with the event over 65 years old and any person with compromised health conditions of the greatest possibility for serious consequences in case of contamination and recommending them to take greater preventive measures or even not-participating.



15. Venue facilities

- All working spaces and provided facilities must be organised in a way that social distancing is respected.
- At the entrance of each tent/room, alcohol-based hand sanitisers must be available.
- In all the key accredited zones (athletes' area, VIP, media, working spaces), hand washing facilities must be provided.
- Provide disinfectant wipes and advise venue cleaning staff to disinfect door handles, toilet handles, bathroom faucet handles, etc. in all areas several times per day.
- Room doors must remain open if possible and if not should be managed by volunteers for not allowing the different clients touching the door handles.
- Closed bins for safe disposal of hygienic materials (e.g. tissues, towels, sanitary products) in all rooms must be provided.
- Participants are advised not to be bare feet when moving around the venue facility.
- In the case of portable toilets, they should be spaced out and a queue system should be created for guaranteeing the social distancing. The LOC should provide plenty of sanitation options like hand wipes, sinks, or hand sanitizer immediately outside each portable toilet cluster. The toilets should be cleaned throughout the day at appropriate regular intervals according to the estimated number of users.

16. Accreditation

- Restrict the number of people inside an accredited area. Those with access must be limited to the absolute minimum and social distancing in relation to available venue area space must be considered when determining the numbers.
- The re-validation of the accreditation card must take place on a daily basis following the health screening process.
- For any case that accredited persons are not following the established prevention procedures around the COVID-19, their accreditation card will be removed and will be asked to leave the venue.
- Any participant that doesn't comply with the established prevention procedures around the COVID-19 will not be allowed to participate in the event and will be asked to leave the venue.
- The number of accreditations distributed at World Triathlon and Continental events is returning to the standards defined in the World Triathlon Competition Rules.

17. Social activities

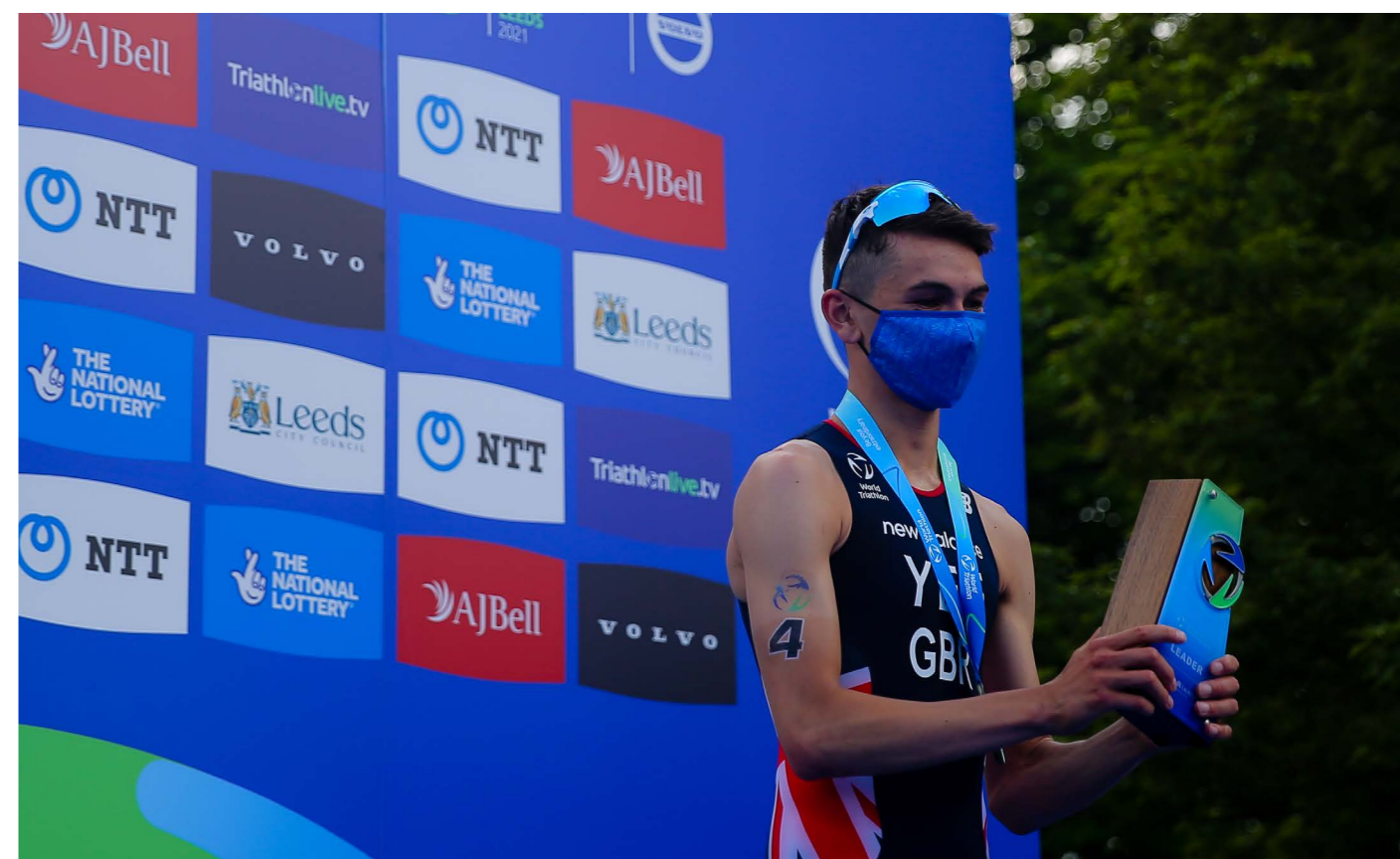
For any activities with smaller groups (such as a VIP party) the risk should be assessed and a decision should be taken by the organiser and the local authorities.

In the case of World Triathlon and Continental events:

- Pasta parties should not be provided unless it takes place outdoor, and
- Opening/closing ceremonies linked with the Age-Group events are allowed only in outdoor/open spaces.

18. Staffing

- The social gathering of the LOC team and its volunteers must be kept to an absolute minimum.
- All training sessions should take place via online platforms or on site while respecting social distancing.
- The number of volunteers must be reviewed and kept down to the absolute necessary.
- The working conditions must follow the recommendations from the local Health Authorities.



19. Spectators' flows in venue areas (controlled accessed areas)

The LOCs should discuss with the public health authorities if the event will be open to spectators or not.

If spectators are allowed, it is important to acknowledge that social distancing will be challenging to implement in public spaces and it relies on the goodwill of attendees to follow direction and comply with the guidance given. Social distancing is no different to other risk areas, where it is often impossible to eliminate a risk but is possible to manage it. We would like to thank Paul Foster and OnePlan for the comprehensive guide below.

Engaging spectators in social distancing starts from home when they are first considering attending an event. They will likely look online for information. This is your first opportunity to highlight key operational changes and to let spectators know what they can expect. Not only does this prepare spectators for their visit, but in addition it gives them confidence that they will be going to an event which has taken measures to reduce the risk of contracting COVID-19. Research has shown that 74% of sports fans would feel more comfortable going to a venue if they saw communication that the venue has been sanitized. When asked, this was the 2nd most important factor for fans behind the availability of hand sanitizer.

BEFORE THE EVENT: ADVICE ON ATTENDING

- Before attending the event, advise spectators to check for any signs of COVID-19 symptoms. It should be clearly advertised that spectators should not attend if they present these symptoms:
 1. Temperature of + 38 cel / 100 far
 2. A persistent cough
 3. Loss of sense of taste and smell

- If it is required by the public health authorities, Advertise that spectators must have a face mask with them at all times, and bring any appropriate sanitation equipment necessary,
- Spectators must familiarise themselves with current government guidelines, and the social distance that should be kept between people who are not from the same household or bubble.
- Provide advice and guidance for spectators who wish to attend the event. This information should be made available on websites and through social media. Where possible, work with local partners such as public transport providers and city authorities to also provide information on their media channels. This information should be consistent and use visual aids where possible such as maps and infographics.
- Where practical, provide welcome letters, a spectator guide and map. For safety reasons, it should be advised that spectators print off the map and guide prior to attending, or use their smartphones to navigate the event.
- These maps should include: event layout, spectator facilities, likely less-crowded viewing points, first aid stations, car parking and public transport links.
- If applicable, make spectators aware that they may be temperature checked upon arrival to the event. However, as access to the event is open, it is highly recommended spectators take their temperature prior to leaving home.

ARRIVAL AT THE EVENT:

- Where possible, public transport should be avoided. Spectators should be encouraged to walk or cycle to the event. If this is not viable, they should arrive via private vehicle.
- Provide parking information, including a route from the car parking area to the event. When walking, spectators should adhere to social distancing and keep [insert social distancing rule] apart from anyone not in their bubble.
- Road closures that are necessary for the course should be released prior to the event. This will help to ensure minimal crowd traffic, when moving from car parks to viewing areas.
- Those arriving via public transport should adhere to social distancing regulations (including maintaining distance and wearing a face mask) on all transport. The event may cause higher volumes of people movement to be passing through train stations and on public transport; Spectators should be advised to arrive early for the event to flatten the peak arrival period. Provide advice to spectators to plan their route to and from the event site. Bus and train schedules should be available on event websites / apps.
- Wheelchair / disabled access should be considered and designated areas around the course identified for viewing the event.

For areas that are ticketed, consideration should be given to the entry process particularly if temperatures are being taken. Before deciding if temperature checks are right for your venue, first consider how this would be implemented operationally. If someone does have a temperature above the desired threshold, what will you do? Refuse entry? What if they are part of a family group? How will any conflict be dealt with? What is the impact on other people around them? How do you ensure the safety of your workforce?

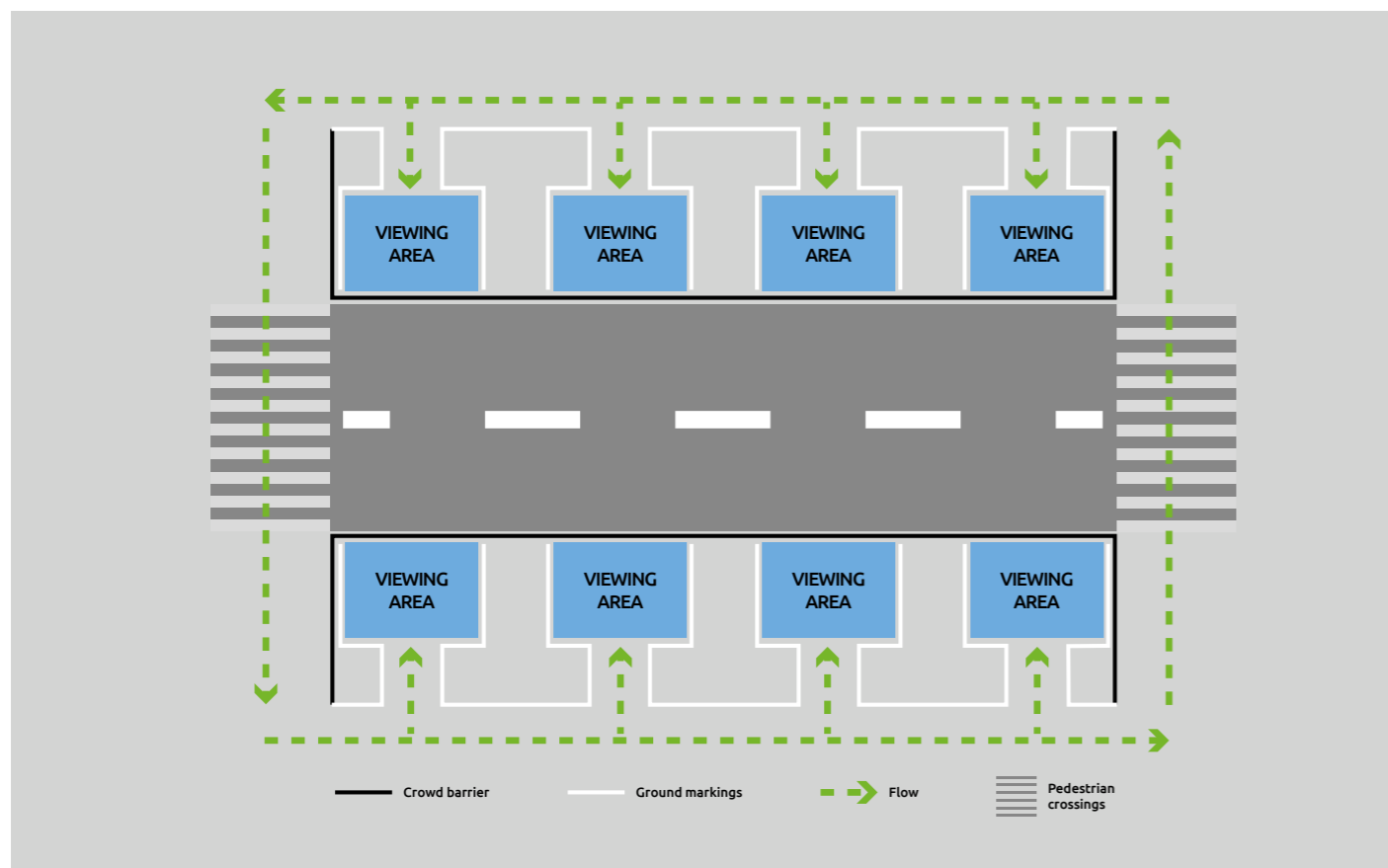
It is imperative to avoid the risk of temperature checks creating queues and crowds gathering. Where possible do not introduce an additional process at your entry point for example, one queue for:

1. Temperature check
2. Security check
3. Ticket scan

It is very difficult to balance the flow of people through three different but interlinked processes. There only needs to be an issue at one point for queues to quickly build up. The temperature check could be undertaken by someone moving along the queue for the security check or combine the ticket and temperature check at the same point

DURING THE EVENT AND MOVEMENT AROUND THE COURSE:

- Spectator facilities such as food concessions and toilets:
 - » Floor markings can provide a simple and cost-effective way of showing spectators where to queue for concessions. If higher densities are expected crowd barriers could be used.
 - » All payment transactions should be contactless-card, and cash should be avoided where possible.
 - » Staff at food stalls or other stations should be equipped with protective masks and sanitation.
- Volunteers and staff should be located at all major access points on-site and in the central hub of the event site; they should be visible and provided with the appropriate PPE.
- Staff should have a good understanding of the course layout, First Aid points and good viewing points where crowds are less dense. Spectators should be encouraged to follow instructions and guidance from stewards and volunteers at all times.
- Medical and First Aid points should be present throughout the course, however if feeling unwell with non-severe covid-19 related symptoms, spectators should be advised not to go to any First Aid stand, but instead leave the event and return home.



- In the best viewing areas there will likely be higher footfall and potential for crowd congestion. To ensure safety measures are upheld, entry to these areas should be restricted to an established maximum capacity.
- Barriers that mark the event course could be marked with [insert social distancing rule] sections, to provide a visual aid to remind spectators of the appropriate social distancing that should be adhered to.
- Movement between areas of a course should be clearly signposted and take account of non-event pedestrians. In areas of expected higher footfall, one way flows may be considered to reduce the risk of close interactions.
- The pedestrian crossing points on the bike and run course must be one-directional only. Pedestrian crossing points with different directions must be at least 2.5 metres apart.

LEAVING THE EVENT AND EGRESS

- Spectators should be advised to plan their route home prior to leaving the event, and locate appropriate public transport routes.
- Stewards should be present to ensure appropriate distancing is maintained and to advise spectators of routes to transport hubs and car park areas.

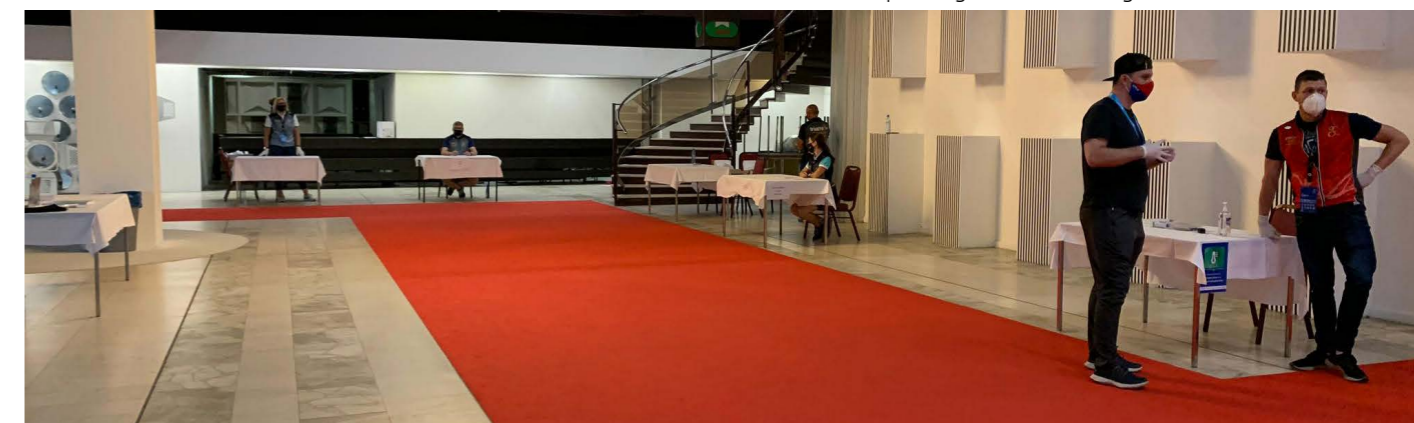
EXAMPLE SPECTATORS CODE OF CONDUCT

- Advice to spectators could be published as follows:
 - » Consider whether it is necessary for you to attend as a spectator.
 - » Do not travel to the event if you are showing any symptoms of COVID-19.
 - » Carefully consider your travel plans, avoid public transport where possible.
- At all times and in all spectator areas, please observe the appropriate social distancing measures and avoid close contact with others not in your social bubble.

- » Be self-sufficient – bring your own hand sanitizer and refreshments.
- » Avoid the most congested areas of the course such as the start, finish and transition and plan how you will get to and from your viewing area.
- Print any tickets, event maps or guidance prior to attending, or use smartphones for navigation.
- Arrive in good time to go through all necessary entry procedures, and plan where you wish to view the event ahead of time.
- Be aware that all payments at food stalls and concessions will be contactless. Cash is to be avoided wherever possible.
- If you need to access any amenities, such as toilets, food and drink outlets, or concessions adhere to queuing distancing and guidance.
- Maintain good hand hygiene throughout; it is suggested that spectators bring their own hand-sanitising gel.
- Consider your height when spectating, bearing in mind the distancing regulations will mean less people can spectate from the front of the barriers.
- Always be aware of the movement and positions of others around you, in your area and potential paths.
- If you do wish to leave your viewing position or move to another spectating point along the route wait for a time when the path is clear and always follow the signs indicating which way to go.
- Avoid any close contact with anyone who is not in your bubble, including when cheering and congratulating.
- If asked, follow guidance and directions from stewards and volunteers immediately.
- If you experience COVID symptoms after the event, please make this known through the national Track & Trace system.

Race pack distribution

should privilege social distancing between the different stations.



Athletes lounge



20. Signage

World Triathlon has artwork available for all event organizers from a signage kit on the COVID-19 content. We would like to thank the Spanish Triathlon Federation for designing and offering the artwork to World Triathlon. The signage kit images can be found in Appendix 4.

21. On site sport presentation

Consider offering live athlete results tracking and/or live video stream to YouTube or other internet streaming services to encourage spectators to watch and track athletes from home.

Have the race announcer make announcements periodically to remind spectators about guidelines and government regulations.

22. Expo

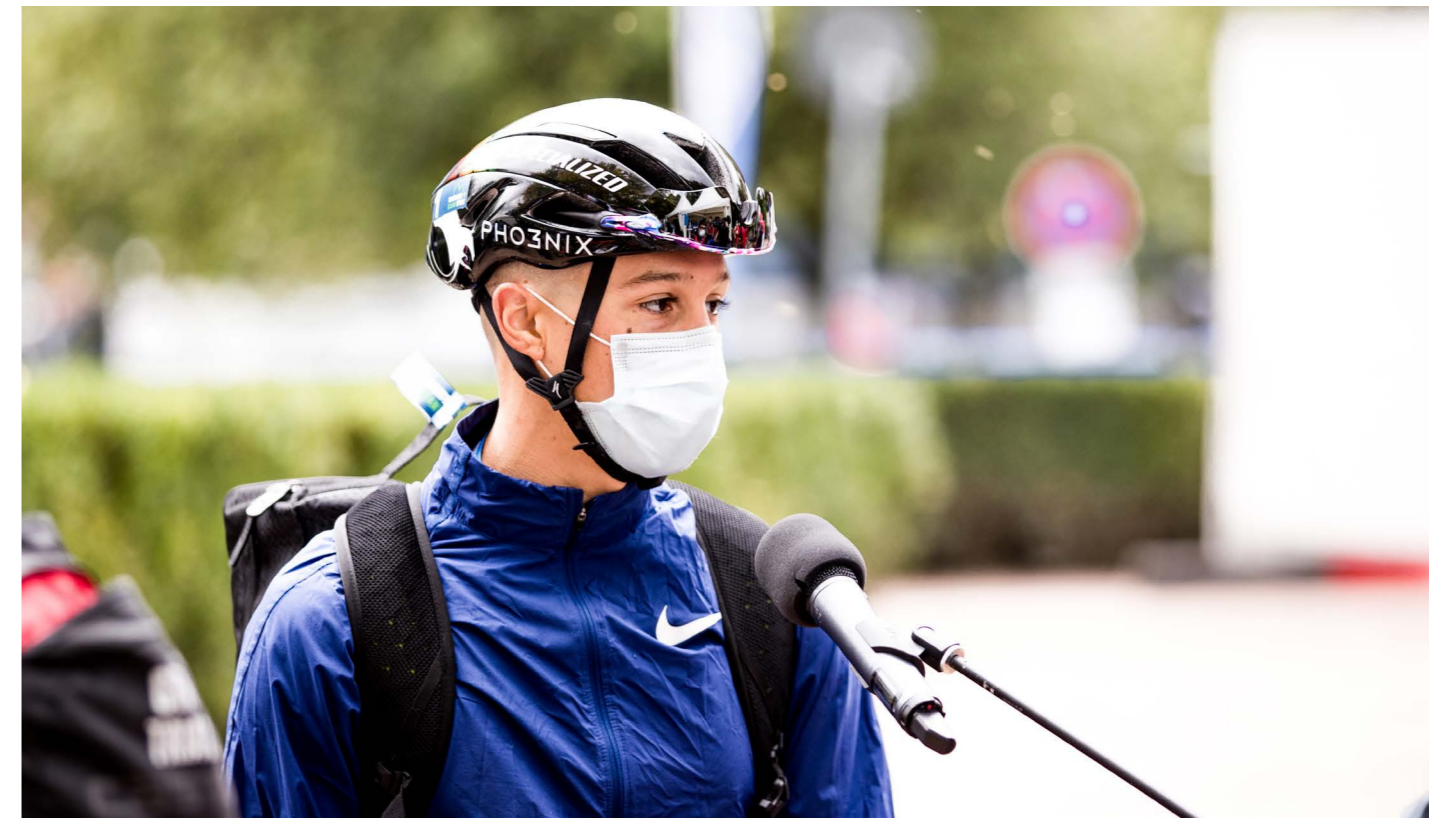
- Expo should be altered to promote physical distancing and mitigate person-to-person contact
 - » Extended hours / Footprint to limit the number of people in one area
 - If neither is an option, limit the number of expo vendors and space the vendors further apart
 - An additional option is to assign times for athletes to enter the area
 - » Race merchandise sold exclusively online to eliminate giveaways
 - » Create one-way walking paths through the expo and clearly marking where people should stand in line
 - » Wipe down or use disposable table coverings
- Consider over-communicating with partners regarding the status of the event, including being upfront about the limitations to the venue, athlete offerings, etc.

23. Media & photographers' services

Please read the specific Media COVID-19 guidelines: <https://www.triathlon.org/about/downloads/category/media>

24. Broadcasters' services

- Although primarily designed for the UK business, there are well written TV production guidance note dealing with the COVID-19 threat: <https://downloads.bbc.co.uk/mediacentre/tv-production-guidance-managing-the-risk-of-coronavirus-in-production-making-v1.pdf>
- The crew should go through the same health screening process as the rest of the accredited groups.
- Broadcasting staff working on the field of play should stay at their workstation during a pre-defined, strict minimum of time.
- They should avoid unnecessary conversation and observe social distancing rules.
- Broadcasting staff on fixed positions should avoid contact with the public and spectators and observe social distancing rules.
- The layout inside broadcasting vans should be organised so that each desk is separated from another by 1.5m.
- When this is not possible, a small partition can be considered.
- Ventilation inside the van should be organised ideally with open doors while the production process is on.
- Surfaces, screen, door handles should be cleaned on a regular basis, and a complete disinfection of the van should be done once the broadcasting mission is completed.
- The wearing of masks/mouth-nose face covering when interacting with people is strongly recommended to be enforced.



25. Technical official and World Triathlon services

- Government hygiene regulations and advice must be followed at all times.
 - If Technical Officials feel unwell with any symptoms of Covid-19, they should not attend the event. Follow local medical protocols.
 - Technical Officials who are over 70 years old, anyone with compromised health conditions, or living with someone at high risk, must be aware of the greater possibility for serious consequences in case of contamination.
 - Sharing of equipment is prohibited, in particular water bottles and cups must not be shared.
 - Face coverings must be worn.
 - Minimizing use of public transport and limiting car sharing. Walk or cycle if possible.
 - World Triathlon will review and if possible optimise the size of the technical officials' team and number of staff traveling to an event.
 - Accommodation arrangements should consider the social distance and World Triathlon will prefer arranging single occupancy where possible. In case that the local authorities are allowing sharing accommodation, the individual's confirmation is required.
 - TOs must be aware of how COVID-19 measures will be implemented in their area
 - Technical Officials should display role-model behaviour in maintaining social distancing and standards of hygiene.
 - The format of events will likely be significantly different to normal.
- Technical Officials must be directed to:
 - » Avoid touching athletes
 - » Respect the 2m distance unless absolutely necessary
 - » Wear a mask whenever it is feasible
 - » Only use the whistle when necessary
 - » Use short, sharp whistle blow not long, hard blows
 - » Do not officiate when feeling unwell
 - » Use hand sanitizer at every break in the race (between groups, substitutions)
 - » Blow whistle facing away from athletes
 - » Use full coverage if they are required to be with someone on a motorbike
 - » Use a face shield if assigned at the finish area
 - The Technical officials briefing and debriefing must take place in a location that social distancing is respected and if possible outdoors.
 - A post-event debrief with the event organiser must continue to take place. Consider how this could happen virtually following the event.
 - Self-funded Technical Officials opportunities can be offered again to all the World Triathlon/ Continental Triathlon events. The SFTOs will have to respect the travel regulations of the host country along all the measures that are listed in the event's concept paper.

26. Anti-doping procedures

Anti-doping procedures under COVID-19 outbreak or pandemic situation are extensively described by the World Anti-Doping Agency (WADA) in the following document: <https://www.wada-ama.org/en/media/news/2020-11/wada-updates-its-covid-19-testing-guidance-for-anti-doping-organizations>



27. Athletes' services

GENERAL

The LOC must look into ways of conducting the race briefings, bib provision and all admin electronically, so as to reduce pre-race social interaction.

AIRPORT TRANSFERS

- The LOC must plan to minimise the mixing of delegations during airport transfers. If not possible, there should always be empty seats between the different delegations.
- It is strongly recommended for the delegations to send only the necessary support staff and try to reduce its size to the absolute minimum.
- The use of masks/mouth-nose face covering should be mandatory. Each person should disinfect his/her hands before entering the vehicle.
- All drivers will wear face protection and disposable gloves throughout the journey.
- It is recommended all passengers transferring will be temperature tested pre-boarding transfer.
- All used vehicles must be disinfected before being used as part of a shuttle service.
- Bike transfer bags should be disinfected before being received by the service provider.

ACCOMMODATION

- Participants' accommodation should be in a single room for each individual, unless they are from the same delegation traveling together (bubble).
- Special attention should be given to the accommodation needs of VI athletes and PTWC athletes due to the need of accommodating two persons in the same room. (guide with athlete / personal handler with athlete). The LOC should make sure to address this issue with the public authorities and gain exception on any rule imposed on single occupancy in the rooms.
- LOCs should select providers that are following at least the following standards:
 - » Social distancing at check-in
 - » Rooms disinfected between guests
 - » All public areas including lifts to be disinfected daily
 - » All staff to wear face masks
 - » Physical distancing in dining room or in-room service available
 - » Limited, appointment-only use of gym/pool

TRAINING FACILITIES

- Swimming pool sessions may be provided as long as the use of the pool is allowed by the public authorities.
- Social distancing must be respected during the use of these facilities.
- The LOC should clearly communicate in the athletes' guide the protocols that the athletes should respect for using these facilities. The protocols should be translated in English.

ATHLETES' AND COACHES' BRIEFING IN WORLD TRIATHLON EVENTS

- All coaches' briefings are cancelled for World Triathlon events.
- The athletes' briefing is not mandatory for any athletes (Elite or AG).
- All race information must be provided to the athletes online.
- Specifically, for World Triathlon and Continental event:
 - » Pre-recorded briefings or online briefing must be organised at a time and date according to the World Triathlon Competition Rules around briefings' timelines.
 - » The attendees will be view-only and watch the presentation by the TD. They will have the opportunity to contribute questions or feedback by the online Q&A feature. If people cannot attend the session in real time, the presentation will be recorded and posted on the World Triathlon website to be watched at a later time.
 - » No penalties will be given for arriving late to, or missing, the online briefings.
 - » The event TD must send the race briefing presentation to World Triathlon Entries entries@triathlon.org two days before the event date and the file will be immediately uploaded to this [page](#) and made available to the athletes and coaches.
 - » The TD must be available for any clarifications during the course familiarisations or by phone at a local telephone number provided to the TD by the LOC. The TD's contact telephone number will be announced to all the athletes via the athletes' guide and the event's page at www.triathlon.org.

EVENT REGISTRATION

- According to recent surveys, a high percentage of the athletes are not willing to commit to a registration more than a month in advance of the scheduled event date. This would undoubtedly put significant pressure on marketing teams to deliver the necessary number of registrations in a very short period of time, therefore it's important to consider factors that could increase this window of opportunity.
- With athletes unsure when events will return, event organizers will need to consider the aspects that will make them feel more comfortable committing to a registration. The most important factor here is refunds. Taking into account the strong feelings on this subject amongst athletes it is important to be clear about refund policies in the event of further event cancellations if the LOC wishes to secure registrations.

RACE PACKAGE DISTRIBUTION

- Race package composition:
 - » All health measures must be in place for the preparation of the race packages.
 - » Timing chips and velcros must be disinfected according to the recommendation from the manufacturers (both timing chips and velcros washed on a washing machine at 60 degrees Celsius for an hour). For the Elite races on the World Triathlon Calendar, we are strongly recommending not to reuse velcros.
 - » Athletes should provide their own masks/mouth-nose face covering, disinfectant wipes and rubber/disposable gloves if willing to use them.
 - » Only competition-essential materials should be included inside the race package (e.g no promo materials) whilst reducing packaging as much as possible.
 - » The LOC may consider providing fabric, branded masks as part of the athletes' race package, instead of any other traditional items (t-shirts, bags etc.)

- All athletes:
 - » The LOC must establish registration times in specific time slots according to numerical or alphabetical order. The time slot must be calculated according to the size of the registration tent/room, the number of athletes and the number of registration slots. The athletes' race number should be communicated to the athletes online or through an sms message.
 - » A distance of 2m between athletes must be respected inside the registration tent/room and at the waiting area outside the tent/room. The spacing must be marked on the floor by the organising committee. The maximum number of athletes (keeping to the 2 metre distance) should be predetermined/communicated in the tent/room (based on its size).
 - » All volunteers managing the registration tent are strongly recommended to wear masks/ mouth-nose face covering.
 - » Athletes are advised to wear masks/ mouth-nose face covering during the registration process.
 - » A plexiglass panel should separate the volunteers from the participants at the registration desks.
- Elite athletes in World Triathlon events:
 - » All the race numbers will be sent by World Triathlon to the LOC.
 - » The LOC must receive the Fedex box with the race numbers and deliver it to the assigned TD, who will be the only person (or anyone else assigned by him/her) to be in contact with the athletes race numbers.
 - » The athlete must collect the race packages in-person from a specific location in a 2-hour window, on a time that will be advised by the LOC according to the World Triathlon Competition Rules around briefings' timelines (2.7).
 - » Athletes are advised to wear masks/mouth-nose face covering during the registration process.
 - » If an athlete is not present and a waiting list exists, the athlete must be replaced according to the standard procedures.
 - » The incident must be reported to World Triathlon Entries entries@triathlon.org
 - » During this time window, athletes, coaches and team medical accreditations should be distributed.
 - » The Head Referee and/or the Technical Delegate must be present during this time at the specific location.
- Sanitisers must be available at the entrance of the room.

BAG DROP-OFF

- Volunteers are strongly recommended to wear a mask.
- A distance of 2m between athletes must be respected inside the tent/room and at the waiting area outside the tent/room. The spacing must be marked on the floor by the organising committee. The maximum number of athletes (keeping to the 2 metre distance) should be predetermined/communicated in the tent/room (based on its size).
- The athlete should place his/her bag/equipment in the disposable bag that is provided by the LOC. The disposable bag must be held by the volunteer and the athlete must not come in contact with the disposable bag at any time.
- The athlete leaves the identified bag on the corresponding spot.
- The athlete must anticipate delays as they may encounter queues.
- For collection you must show your bib number and the volunteers will deposit it on the table.
- The wardrobe staff will put the athletes' bag (equipment) in a disposable bag provided by the LOC.
- There will be delivery and collection times for the material for each range of bib numbers.
- Athletes are advised to wear masks/mouth-nose face covering during the registration process.

ATHLETES' LOUNGE CHECK IN (ELITE/U23/JUNIOR/PARA TRIATHLON)

- All processes must be simplified and kept to the minimum with the goal of the athletes spending as little time as possible at the venue.
- Volunteers and Technical Officials are strongly recommended to wear a mask.
- A distance of 2m between athletes must be respected inside the lounge and at the waiting area outside the lounge. The spacing must be marked on the floor by the organising committee. The maximum number of athletes (keeping to the 2 metre distance) should be predetermined/communicated in the lounge (based on its size).
- All the equipment checks must be carried out as visual checks.
- The officials may need to perform a physical check. In this case, sanitary wipes will be available to athletes for wiping down equipment after officials have checked the equipment.
- The athlete can leave his/her non-competition essential equipment in an area inside the lounge which is self-managed.
- Athletes are advised to wear masks/mouth-nose face covering during this process.
- The athletes should spend the least possible time at the venue.

COURSE FAMILIARISATIONS

- Course familiarisations (Swim, Bike) must be provided.
- Bike familiarisations can take place in a FOP fully closed to traffic for a period of time and each athlete can choose to test the course in their own time or under escort.

28. Transition zone check in/out

- The technical officials and volunteers involved in the process are strongly recommended to wear masks/mouth-nose face covering.
- All processes must be simplified and kept to the minimum with the goal the athletes are spending as little time as possible at the venue.

FOR AG EVENTS

- » The LOC must establish transition check-in times in specific time slots according to numerical order of the athletes' last number.
- » The time slot must be calculated according to the size of the transition zone, the number of athletes and the number of check-in gates.
- » The athletes should spend the least possible time at the venue.
- » The distance of 2m between athletes must be respected at the waiting area outside the transition zone.
- » All the equipment checks must be carried out as visual checks.
- » The officials may need to do a physical check. In this case, sanitary wipes will be available to athletes for wiping down equipment after officials have checked the equipment.
- » Athletes are advised to wear masks/mouth-nose face covering during the check-in process.
- » Only self body marking is allowed or tattoo race numbers provided by the LOC.
- » Any minor bike maintenance (pump air, etc) should be performed by the athletes at self-servicing areas. The tools used by the athletes must be disinfected after each use. The bike mechanics should perform only major maintenance.

FOR ELITE RACES

- » The distance of 2m between athletes must be respected at the waiting area outside the transition zone.
- » Athletes are advised to wear masks/mouth-nose face covering during the check-in process.
- » The athletes should spend the least possible time at the venue.
- » In cases that the athletes' equipment is checked over by officials or volunteers, sanitary wipes will be available to athletes for wiping down equipment after officials have checked the equipment.

29. Athlete Classification (Para triathlon)

GENERAL

- » Timing of the appointments will need to be flexible enough to offer the opportunity to air out the classification room which must have windows, and to clean and disinfect the test bench.
- » General requirements for classification will have already been shared with the LOC and contain the main provisions around hand sanitiser and disinfectant wipes to clean down the examination bench or VI Equipment.
- » Waiting areas will need to be clearly marked and allow for the 2m social distancing.
- » Number of people apart from classifiers, athletes and NF representatives will be minimised as much as possible, one accompanying person only. No observers allowed in this period unless the room is big enough.
- » The Chief Classifier will make the final decisions on the required provisions to ensure safety of the environment.
- » Disposable masks/mouth-nose face covering and rubber/disposable gloves should be available to classifiers for each athlete session.
- » Athletes are advised to wear masks/mouth-nose face covering during the classification process.
- » NFs and athletes must adhere to the classification schedule according to the World Triathlon Classification Rules.

PHYSICAL IMPAIRMENTS

- » A 1m width paper towel roll, to be disposed of after each athlete using the test bench, should be provided as well as sanitizer and paper towels to disinfect all surfaces between sessions.
- » Accessible toilets near the classification room that are sanitized every 2-3 hours
- » Functional testing will need to be done at the swimming pool or swim location with dedicated lanes, and cycling and running tests will likely be done outdoors in a flat area. The ideal place should have 100m in a straight line and minimum 10m wide.
- » Body contact by the classifiers will be kept to the minimum.

VI CLASSIFICATION

- » A document which relates to classification for athletes with a visual impairment has been developed by IBSA to support the safe return to IBSA classification activities, in response to the COVID-19 pandemic. These guidelines are also intended to support event organisers and classification stakeholders with the delivery of classification. However, all IBSA sanctioned classification opportunities will be operated according to these guidelines.
- » World Triathlon will also implement these procedures for VI athletes. The document can be accessed at the IBSA website: <https://ibsasport.org/wp-content/uploads/files/documents/195-1-IBSA-Classification-hygiene-and-infection-control-guidelines-September-2020.pdf>

IPC CLASSIFICATION HYGIENE AND INFECTION CONTROL GUIDELINES

- » To support the safe return to classification, the IPC has developed IPC Classification Hygiene and Infection Control Guidelines.
- » The aim of this document is to support classification organisers and their stakeholders (e.g. IFs, NPCs, local organising committees, classifiers etc.) when organising classification activities.
- » These guidelines are specific to the current COVID-19 pandemic; however, they are not intended to replace local laws, regulations or

guidance. All local health and safety legislation and regulations should be complied with; and local government and public health authorities' laws and regulations should be followed and should take precedence over these guidelines.

- » The guidelines can be found at the IPC website https://www.paralympic.org/sites/default/files/2020-07/2020_06_25_IPC%20classification%20hygiene%20infection%20control%20guidelines_final.pdf



30. Competition

EVENT FORMAT

- General
 - » All formats and events are safe to be conducted

START

- Age-Group athletes
 - » All type of starts are allowed. Social distancing should be respected.
 - » The LOC should provide bins at the line up area for giving the possibility for the athletes to dispose of their face covering at the last moment.
- Elite/U23/Junior/Para athletes
 - » These athletes should be lined up a distance of two metres apart at the line up area.
 - » The athletes' introduction must be quick.
- Mixed Relay
 - » During the team introduction, all athletes can be introduced by wearing the mask/ face covering.

TRANSITION ZONE

- AG athletes
 - » It is recommended that the organiser provides each athlete a minimum of 2m space in the transition and the distance between two rows of racks to be 5m or more apart.
 - » Alternating racking may be used.
 - » The use of bike catchers is no longer recommended in the middle/long distance events.

- Elite/U23/Junior/Para athletes
 - » The current recommendations of the Event Organizers' Manual on the transition zone design for these athletes are in line with the social distancing recommendations.

CHANGING TENTS/GEAR RACKS

- Changing tents/ gear racks are allowed considering that all sanitation measures are respected

BIKE

- The LOC will provide the best possible athletes' distribution on the bike course.
- Technical officials on motorbikes must wear an open-face helmet with a mask.

WHEEL STATIONS

- At the neutral wheel stations, all wheels will be disinfected before being delivered to the specific locations. An athlete in need of a spare wheel will be directed by the TO to the proper wheel which can be picked up by the athlete.
- At the team wheel station, the volunteers and TOs present at that location must not have any contact with the team wheels. The team representatives are responsible for disinfecting the wheels prior to depositing them at the wheel station. An athlete in need of a spare wheel will be directed by the TO to the proper wheel which can be picked up by the athlete.
- In both cases, the wheel that is left behind by the athlete will be disinfected by the TO before being deposited at the station.
- Technical officials must wear masks/mouth-nose face covering and rubber/disposable gloves.

RUN

- It is recommended to create courses that are loops by avoiding out and back sections and with as few laps as possible.

AID STATIONS

- The aid stations on the bike course should be operated according to the existing plans with the provision of additional volunteers.
- All aid stations on the run course must operate on a self-servicing base (except in the case of the Elite/U23/Junior and Para World Triathlon events).
- A different team of volunteers must be allocated serving the athletes and a different team for collecting the used bottles/equipment.
- All volunteers are strongly recommended to wear masks/mouth-nose face covering.
- The length of the aid station must be increased from what was originally recommended.
- For standard-distance events and shorter, only water should be provided.
- For any other distance, only food in packaging should be provided. The food management should follow the hygiene provisions set by the local health authorities.
- An athlete should not be in position to touch anything else on the aid station serving table than that he/she has selected.
- An LOC may consider providing additional coaches' areas on the bike and run course from where the coaches can serve their athletes their own nutrition.
- Proper food hygiene practices for catering purposes for athletes must be followed, including *The Five Keys for Food Safety* (available at: <https://www.who.int/foodsafety/publications/5keysmanual/en/>).

PENALTY BOX AREA

- The penalty boxes and the procedures around them as described in the World Triathlon Competition Rules remain the same.
- These areas must be designed in a way to respect social distancing between the penalised athlete and the technical officials managing the area, as well as between other athletes present in the penalty box. Social distancing should not be a reason for delaying the applied penalties.

MIXED RELAY EXCHANGE ZONE

- A line must be drawn within the exchanging area. When the finishing athlete passes this line, the next athlete from the same team starts without any physical contact.
- Adjacent corridors must be provided for incoming and outgoing athletes.

FINISH AREA

- The finish tape should not be used in Para triathlon or AG events. In the Elite/U23 and Junior races, the tape must be disinfected between the races.
- Timing chip removal must be done by the athlete, who must deposit the timing chip to a specific bin close to the exit of the post-finish area.
- Only the top three teams will be allowed to congregate in a Mixed Relay finish.
- Medalist photo at the post-finish area is allowed with the mask/face covering on.
- If there is a need, cold water tubs can be used, if they are equipped with a filtration system, water treatment and disinfection system. If not possible, cold water showers can be provided as alternative.

- Following the finish, all athletes must be directed to an open space where they can have access to recovery drinks and food. Multiple stations should be provided within this space for distribution of these supplies.
- Cold water tubs should be replaced with cold water showers where required.
- All recovery stations must be self-served. If not, a plexiglass panel must isolate the athlete from the volunteer.
- Food provided must be individually wrapped.
- Proper food hygiene practices for catering purposes for athletes must be followed, including *The Five Keys for Food Safety* (available at: <https://www.who.int/foodsafety/publications/5keysmanual/en/>).
- The medical tent must be attached to that location.
- Massage facilities should not be provided.
- Athletes must avoid lying or sitting down on the blue carpet (without any medical need/problems). A minimum number of volunteers will be available to support the athletes and make sure that the athletes are not congregating at the post finish area. These volunteers must wear rubber/disposable gloves and masks/mouth-nose face covering.
- The use of face shields is strongly advised in areas with high risk such as the finish area.

MANAGING DNF ATHLETES IN ALL LEVEL OF EVENTS

- Broom cars and broom vans must add to their equipment list face masks according to the number of seats available for distribution to the DNF athletes.
- TOs on the Motorbikes must carry with them spare face masks for any DNF athlete.
- Spare face masks must be available at the penalty boxes, wheel stations and aid stations on the bike and run course for distribution to any DNF athlete.

COMPETITION JURY HEARING

- The hearing of the Competition Jury, if required, should take place in a location where social distancing is respected.
- All members of the Competition Jury must keep 2m distance from each other and the persons attending the hearing.

31. Medal Ceremonies

- The medal ceremonies should be planned with the following considerations:
 - » The podium should provide 2m distance between the medalists.
 - » No flowers and champagne are allowed
 - » Medals presenters:
 - Option 1: VIP(s) is (are) introduced by the announcer and stand next to the podium during the whole duration of the ceremony. Wearing a mask is mandatory.
 - Option 2: VIP(s) will be carrying the medal tray, to present the medal to each athlete. Wearing a mask is mandatory.
 - » Medals presentations:
 - Option 1: Athlete will get on the podium and collect the medal from the tray by himself/herself. The athletes are advised to wear masks/mouth-nose face covering during this process.
 - Option 2: Athletes will get on the podium and receive their medal from a fellow medalist who will collect the medal from the medal carrier by himself/herself. 1st athlete will give the medal to the 3rd athlete, the 3rd to the 2nd athlete and the 2nd athlete to the 1st. The athletes are advised to wear masks/mouth-nose face covering during this process.
- » For the Mixed Relay events, each team is announced one after the other. After receiving medals, each team must leave the podium before the next one comes in to collect their own. A specific area next to the stage must be identified for placing the 3rd and 2nd-position teams after collecting their medals. The podium is big enough to accommodate the 4 athletes with some distance.
- » For the AG races, combined ceremonies with medalists from different gender on the stage at the same time are allowed by considering social distancing.
- » The VIP(s) and athletes can remove the mask during the photo at the end of the ceremony, by staying on their position/podium and not grouping together.
- » Hand shaking or hugs between the athletes and/or VIP(s) must be avoided at all times.
- » A volunteer must disinfect the trays between podiums.

Stage / Podium

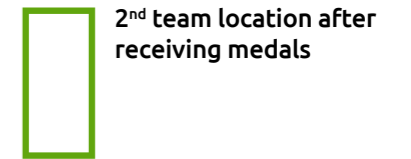


Flag poles

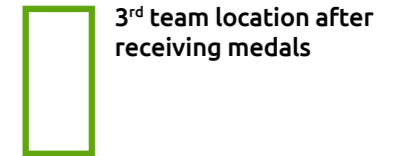


Mixed relay ceremony layout

must ensure social distancing between teams and with media



2nd team location after receiving medals



3rd team location after receiving medals

32. World Triathlon Education hub

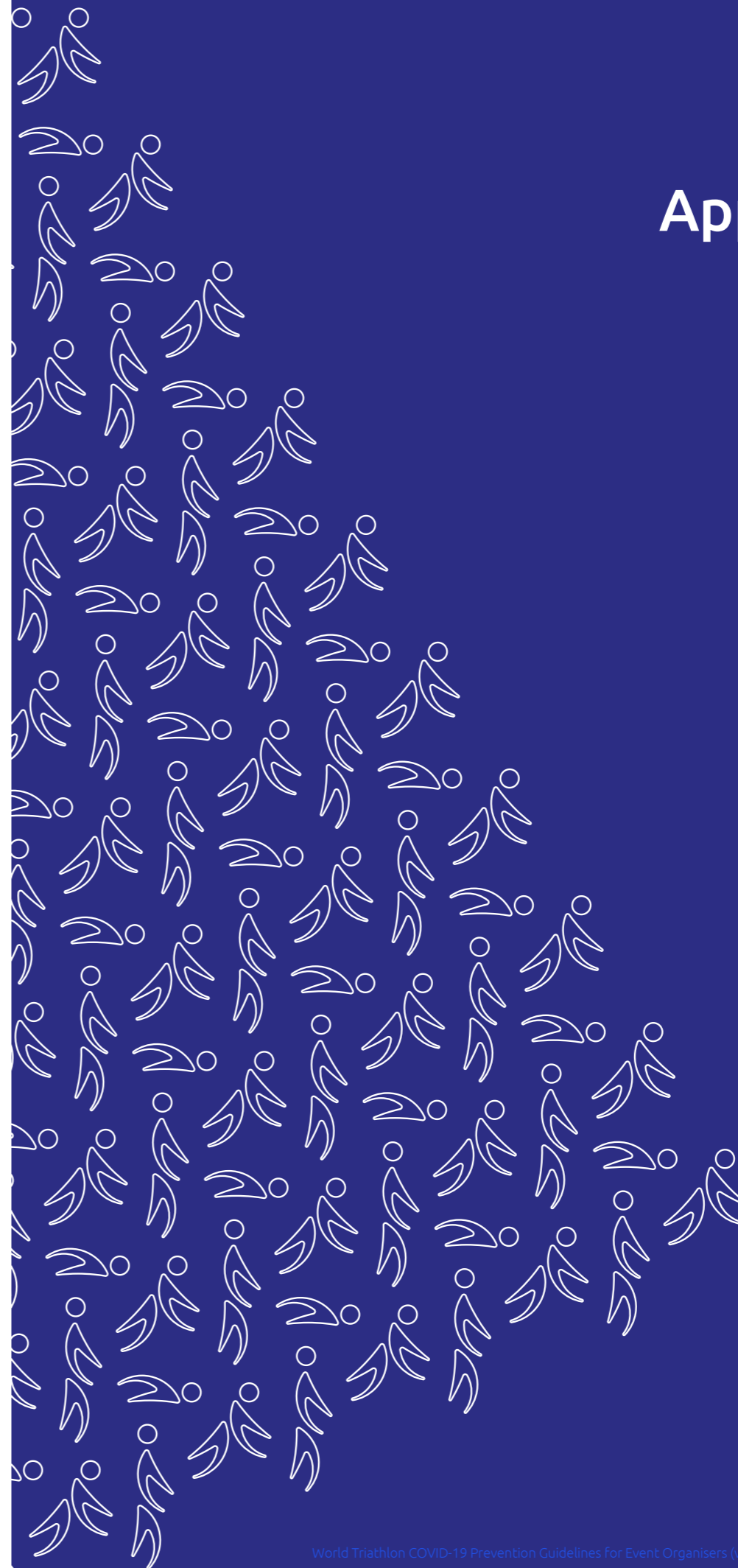
All the documents and webinars produced by World Triathlon addressing the return to events and training during the COVID-19 outbreak, can be found at the World Triathlon Education hub <https://education.triathlon.org/mod/page/view.php?id=6145>



33. References

- » FAQs on Mass Gatherings and COVID-19 including Sporting Events FAQs
- » Key planning recommendations for Mass Gatherings during COVID-19
- » Generic Risk Assessment and Mitigation Checklist
- » WHO interim guidance on how to use risk assessment and mitigation checklist
- » Decision tree flowchart for mass gatherings in context of COVID-19
- » Sports addendum risk assessment and mitigation checklist
- » Religious addendum risk assessment and mitigation checklist
- » Ramadan guidelines
- » International Traveling Health Guidelines
- » Advice on Use of Masks
- » WHO interim guidance - "Considerations in adjusting public health and social measures in the context of COVID-19"
- » WHO : Water, sanitation, hygiene and waste management for the COVID-19 virus
- » World Triathlon - "Medical Guidelines for International Athletes, Team Coaches, TOs and Staff"
- » Lisa Casanova, William A. Rutalab, David J. Weber, Mark D. Sobseya - "Survival of surrogate coronaviruses in water"
- » Avelino Núñez-Delgado - "What Do We Know About the SARS-CoV-2 Coronavirus in the Environment"
- » BBC, TV Production Guidance: Managing the risk of Coronavirus (COVID-19) in production making
- » WADA: COVID-19: ADO Guidance for resuming testing
- » World Athletics: COVID-19 Guidelines
- » IPC Classification hygiene and Infection Control Guidelines
- » The return of mass participation events, athlete sentiment study, May 2020 - Gult Multisport/Inphota
- » International Endurance Sport Athletes Motivations During COVID-19 Lockdown, Multisport Research June 2020
- » Rajpal S, Tong MS, Borchers J, et al. Cardiovascular Magnetic Resonance Findings in Competitive Athletes Recovering From COVID-19 Infection. JAMA Cardiol. Published online September 11, 2020. doi:10.1001/jamacardio.2020.4916
- » Puntmann VO, Carerj ML, Wieters I, et al. Outcomes of Cardiovascular Magnetic Resonance Imaging in Patients Recently Recovered From Coronavirus Disease 2019 (COVID-19). JAMA Cardiol. Published online July 27, 2020. doi:10.1001/jamacardio.2020.3557
- » Cramer Giovanni Andrea Gerardo , Bielecki Michel , Züst Roland , Buehrer Thomas Werner , Stanga Zeno , Deuel Jeremy Werner ORCID icon. Reduced maximal aerobic capacity after COVID-19 in young adult recruits, Switzerland, May 2020. Euro Surveill. 2020;25(36):pii=2001542. <https://doi.org/10.2807/1560-7917.ES.2020.25.36.2001542>
- » UCI Road Racing Guidelines <https://www.uci.org/docs/default-source/medical/>
- » Nieß AM, Bloch W, Friedmann-Bette B, Grim C, Halle M, Hirschmüller A, Kopp C, Meyer T, Niebauer J, Reinsberger C, Röcker K, Scharhag J, Scherr J, Schneider C, Steinacker JM, Urhausen A, Wolfarth B, Mayer F. Position Stand: Return to Sport in the Current Coronavirus Pandemic (SARS-CoV-2 / COVID-19)

Appendices



PRE-TRAVEL MEDICAL CERTIFICATE COVID 19 OUTBREAK

To be provided within 72 hours before the athletes' travel to the event or no later than 6 days before the event for local athletes. **To fill in only if requested by World Triathlon/ National Federation or by Local Public health Authority for a specific race**

Name of the Person examined	
Born (date/city/country)	
Passport No	
Address/city/country	
National Triathlon Federation	

ATHLETE

I hereby declare that:

» I was not / I was tested positive to antigenic or PCR nasopharyngeal test on (date):
.....

» I was tested negative to antigenic or PCR nasopharyngeal test on (date):
.....

» I am not in quarantine and I was without any COVID-19 symptoms from the previous 14 days

» I did not / I did a COVID-19 vaccination on (date):
.....

Date:

Athlete Signature _____

DOCTOR

I hereby certify that I have examined the above named person on (date):

From the information to health being declared by the person and my clinical examination I certify that:

» s/he his in good health .

Name, address, official office stamp and signature of the Doctor

In case of a previous positive PCR nasopharyngeal test the athlete must provide a new negative PCR test that must be attached to this certificate.

The vaccination certificate must be attached to this certificate if it was performed

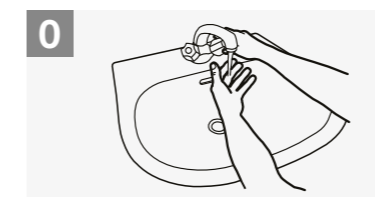
Delete where inapplicable

PROPER HAND WASHING PROPER USE OF GLOVES PROPER USE OF MASK

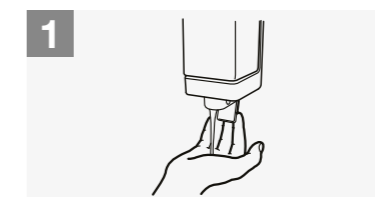
How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

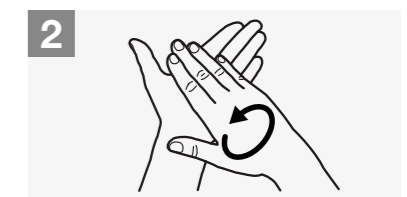
Duration of the entire procedure: 40-60 seconds



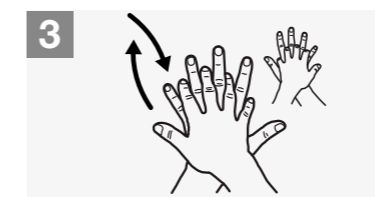
Wet hands with water;



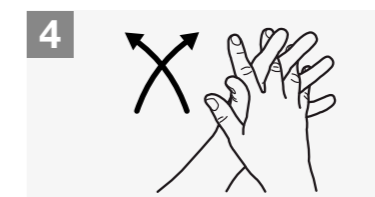
Apply enough soap to cover all hand surfaces;



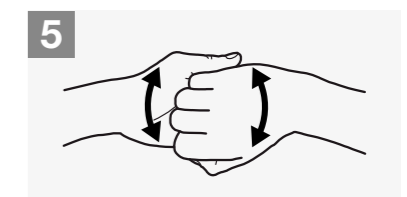
Rub hands palm to palm;



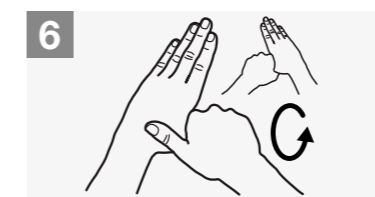
Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



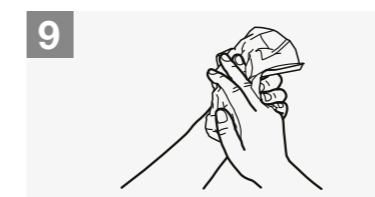
Rotational rubbing of left thumb clasped in right palm and vice versa;



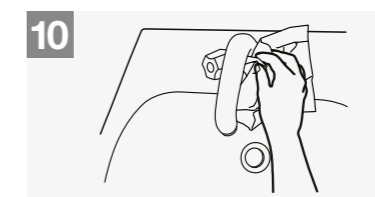
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



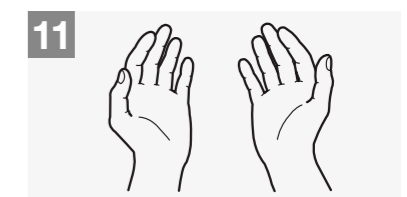
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.



Patient Safety
A World Alliance for Safer Health Care

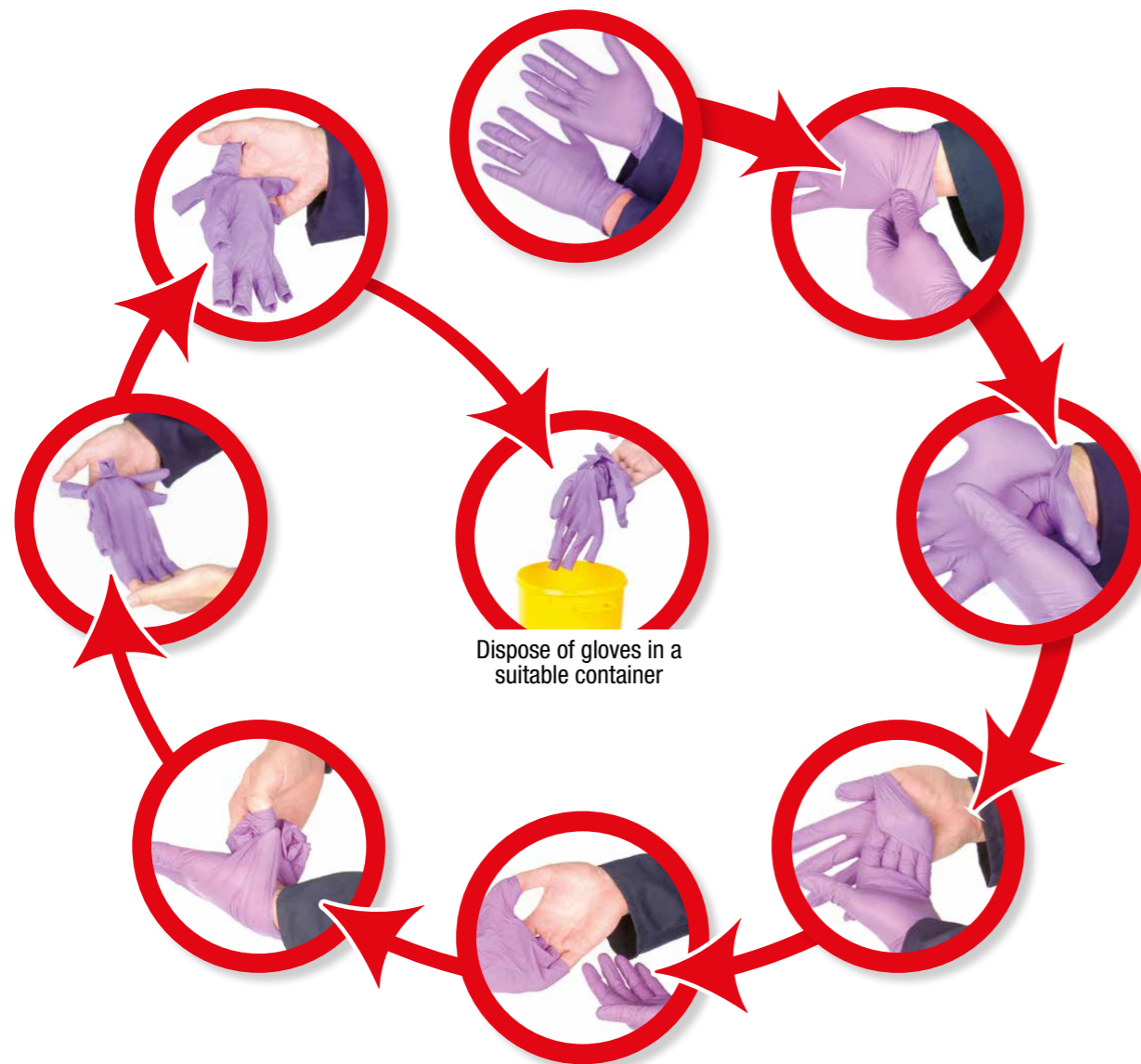
SAVE LIVES
Clean Your Hands

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May 2009

Single use, splash-resistant gloves

Follow the simple steps below to remove gloves correctly:



Dispose of gloves in a suitable container

Remove carefully to protect your skin from contamination.



Your safety/union representatives are:

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HOW TO WEAR A MEDICAL MASK SAFELY

[who.int/epi-win](https://www.who.int/epi-win)

Do's →

- Wash your hands before touching the mask
- Inspect the mask for tears or holes
- Find the top side, where the metal piece or stiff edge is
- Ensure the colored-side faces outwards
- Place the metal piece or stiff edge over your nose
- Cover your mouth, nose, and chin
- Adjust the mask to your face without leaving gaps on the sides
- Avoid touching the mask
- Remove the mask from behind the ears or head
- Keep the mask away from you and surfaces while removing it
- Discard the mask immediately after use preferably into a closed bin
- Wash your hands after discarding the mask

Don'ts →

- Do not use a ripped or damp mask
- Do not wear the mask only over mouth or nose
- Do not wear a loose mask
- Do not touch the front of the mask
- Do not remove the mask to talk to someone or do other things that would require touching the mask
- Do not leave your used mask within the reach of others
- Do not re-use the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.



Name as shown in the passport or other ID		
Your permanent address (street/apartment/city/postal number/country)		
Your address during the event		
Your telephone number		
Your e-mail address		
Countries that you visited or stayed in last 14 days		
QUESTION - Within the past 14 days, have you...	YES	NO
Had close contact with anyone diagnosed as having Coronavirus disease COVID-19?		
Provided direct care for COVID-19 patients?		
Visited or stayed in a closed environment with any patient having Coronavirus disease COVID-19?		
Worked together in close proximity, or sharing the same classroom environment with COVID-19 patient?		
Traveled together with COVID-19 patient in any kind of conveyance?		
Lived in the same household as a COVID-19 patient?		
Been in quarantine?		
Tested positive to the swab PCR test?		
Experienced any of the following symptoms now and in the previous 14 days:		
• Fever		
• Cough		
• Fatigue		
• Dyspnea		
• Myalgia		
• Sore Throat		
• Conjunctivitis		
• Chest Pain		
• Congestion/Coryza		
• Headache		
• Chills		
• Nausea/Vomiting		
• Diarrhea		
• Anosmia/Dysgeusia		
• Chilblains/Pernio		
Are you vaccinated with a COVID-19 vaccine?		
If yes, please indicate	Date of 2nd injection	Manufacture of the vaccine





1 Race pack pick-up
Respect social distance.
The use of a mask is mandatory.

2 Athlete's Kit
A reusable mask.
A disposable mask.
A bottle of hydroalcoholic gel.
A bag for the wardrobe.

3 Athletes' Briefing
Live on social networks.

4 Communication channel
Subscribe to receive event updates.

5 Check-in to transition area
Planned schedules.
Measurement of temperature and oxygen saturation level.

6 Transition Area
2 meter separation between bikes

7 Mechanical services
Self-service in the transition area.

8 Bag drop
Use the bag provided.

9 Start
Use of disposable face mask mandatory.
Dispose the mask in the ad-hoc container.

10 Competition
The start will be as usual.
The water stations will be self-service.

11 Finish
Keep going after the finish line
Go to the recovery area.

12 Medal ceremony
Be there at announced time.
Designated area.

Responsible return to competition

World Triathlon @worldtriathlon www.triathlon.org

This is a parental consent form that shall be filled in in all its sections and signed by the parent/legal guardian of the Junior/Youth Athlete¹ and shall be taken to the Event. Without this signed form, the Junior/Youth Athlete will not be able to participate to the Event.

I, _____, confirm that I am the parent/legal guardian of _____, and that I hereby give the consent for him/her to be tested for Coronavirus/Covid-19 at the Event _____

Junior/Youth Athlete's details			
First Name		Last Name	
Home address		Post Code	
Date of birth		Age	
Nationality			

By ticking this box, you agree to the treatment of the Personal Data by World Triathlon, the Continental Confederation and the Local Organising Committee ("LOC") according to the main and relevant Data Protection Regulations and you accept that World Triathlon shall not be considered responsible, at any time and in any way, of the use of such data by the Continental Confederation, the LOC and/or any third parties.

Location and date _____ Signature _____

¹ Junior and Youth Athletes are defined in World Triathlon Competition Rules



Be your extraordinary

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