



World Triathlon
Junior Championships
QUARTEIRA
2021



ATHLETE'S GUIDE

2021 World Triathlon Junior Championships

&

Europe Triathlon Cup and Mediterranean Championships



Quarteira 2021
Europe Cup



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1. GENERAL INFORMATION

1.1. INTRODUCTION

The purpose of the Athlete's Guide is to ensure that all athletes, coaches and Team Leaders are well informed about all procedures concerning the Event. The LOC ensures that the information contained in this Guide is correct and up-to-date as of the production date. However, athletes, coaches and Team Leaders are advised to check with the event office regarding any changes in information included in this guide.

1.2. KEY DATES

Information about the registration, briefing, course familiarization and race start

| | |
|-----------------------------|--|
| Recorded Briefing for Elite | Friday, November 5 th – 9:00 |
| Online Briefing for Junior | Friday, November 5 th – 10:00 |
| Swim course familiarization | Friday, November 5 th – 11:00 |
| Junior Men Start | Saturday, November 6 th – 13:00 |
| Elite Men Start | Saturday, November 6 th – 15:00 |
| Award Ceremony | Saturday, November 6 th – 17:15 |
| Junior Women Start | Sunday, November 7 th – 8:45 |
| Elite Women Start | Sunday, November 7 th – 11:00 |
| Award Ceremony | Sunday, November 7 th – 13:30 |

1.3. KEY CONTACTS

Name and contact details of:

Portuguese Triathlon Federation: Bruno Salvador – bruno.salvador@federacao-triatlo.pt

ETU Technical Delegate – Carmen Gomez Galvez (ESP) - cgomez.galvez@gmail.com

Athlete services manager: Patricia Pestana – patricia.pestana@federacao-triatlo.pt

LOC – Municipality of Loulé and Parish Council of Quarteira: Luis Brito - luis.brito@cm-loule.pt

1.4. ENTRY FEE

Entry fee is 80€ for Elite and 80€ for the Junior Races.

Bank Details:

Federação de Triatlo de Portugal

Bank: Crédito Agrícola

IBAN: PT50 0045 5442 40331295834 84

SWIFT/BIC: CCCMPTPL

Receipts should be sent to tesouraria@federacao-triatlo.pt.

1.5 WORLD TRIATHLON PRE-EVENT COVID-19 SCREENING PROCESS

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.
 - Find the World Triathlon Pre-event Covid-19 Screening Guide **https://triathlon.org/pre_event_covid_19_screening_guide**
- 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 the World Triathlon COVID-19 Guidelines.
- We will continue to respect the decision/rules of the local public health of the host country

1.6 ENTERING PORTUGAL

Before flying to Portugal please be aware of the protocols and Visa requirements applicable to different countries.

You can find all the information in <https://www.vistos.mne.pt/en/>

If you are a citizen from the European Union, the Schengen Space associates countries or any of the following countries (Australia, China, New Zealand, Rwanda, Singapore, South Korea, Thailand, Hong Kong and Macau) you can enter Portugal with a normal Short Stay Visa.

If you are not from one of the above countries, please remind this:

- You need an invitation from the Portuguese Triathlon Federation for the event;
- You need a declaration from your national Federation stating you will be representing your country in the Lisbon event;
- You need one of the following 4: **EU valid Covid Certificate; a valid Vaccination or recovery certificate issued by a third country, under reciprocal**

conditions; a negative RT-PCR Test (or similar NAAT test) within 72 hours of your departure to Portugal; a negative Rapid Antigen Test within 48 hours of your departure to Portugal;

- You need to fill a Passenger Locator Card (individually) before departure to Portugal or on board at <https://portugalcleanandsafe.pt/en/passenger-locator-card>;
- You need to send an email to patricia.pestana@federacao-triatlo.pt with your full name, date of birth, passport number and expiry date, your flight details and the place where you got your Visa. This email needs to be sent before October 20th
- If you are coming from India, Nepal or South Africa, please contact patricia.pestana@federacao-triatlo.pt informing of your travel plan so that we can prevent you from Quarantine

1.7 COVID-19 TEST IN PORTUGAL

To enter the race, all athletes must perform an Antigenic test at the registration tent. This test will be done Friday morning, according to the following schedule:

| |
|---|
| Covid-19 Antigenic Test - for athletes/coaches/team medicals - paid by the LOC Friday, November 5th – 15h00-19h00 |
| Covid-19 Antigenic/PCR Test - optional, for those who need for travelling - paid by the individual: Saturday, November 6th – 16h00-19h00 |

If the Antigenic test is positive, the athletes must perform a PCR Covid-19 test and stay at their hotel room in quarantine until the result of the PCR test is issued.

The organization can provide PCR tests at the site and its cost must be paid by the athlete.

Concerning the Covid-19 actual situation and the different procedures to cross borders, the Event Organization will be able to guarantee Covid-19 tests to all those who need it to travel back to their countries after the race.

The results will be available within 48h (most probably 24h) and will have a cost of 100€/per test, paid directly to the clinical analysis laboratory (<https://www.germanodesousa.com/>)

Those interested in this service need to contact patricia.pestana@federacao-triatlo.pt

1.8. COVID-19 REQUIREMENTS TABLE

| Categories | Pre-event questionnaire | Process before traveling | Medical certificate before traveling | COVID-19 test at event | Daily health screening | |
|--|-----------------------------------|--|---|-----------------------------------|---|-----|
| Elite athletes | In case of stand alone event only | Respect the travel regulations set by the host country | follow public health or World Triathlon request | In case of stand alone event only | yes | |
| U23 athletes | | | | | yes | |
| Junior athletes | | | | | yes | |
| Para triathlon athletes/ personal handlers/ guides | | | | | yes | |
| Youth athletes | n/a | | | follow public health request | yes | |
| AG athletes | | | | | 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 in case of a stand alone event; 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 | | | | In case of stand alone event only | yes |
| Para triathlon swim exit assistants | In case of stand alone event only | | | yes | | |

ELITE ATHLETES' BRIEFING

The athletes' briefing will be recorded and it will be published at the event's website here:
https://triathlon.org/events/event/2021_europe_triathlon_cup_quarteira

Date: Friday 5th November 2021

Time: 9:00

JUNIOR ATHLETES' BRIEFING

The athletes' briefing will be held online due to COVID-19 restrictions. It is not mandatory to attend.

Date: Friday 5th November 2021

Time: 10:00

You can register here:

https://us02web.zoom.us/webinar/register/WN_yDdnyQhwS5u_Xi0UTfKCog

The briefing will be available here:

https://triathlon.org/about/downloads/category/race_briefings

2. VENUE

2.1. RACE VENUE

The Race Venue is located in Quarteira, Loulé, with the swimming taking place at Quarteira's beach, right in front of the Official Hotel.

2.2 COVID-19 registration

Every person involved in the event organization, including athletes, coaches and national representatives must sign daily at the COVID-19 registration Tent.

This tent will be mounted at the venue access near the Race Office.

Every delegation member must submit to a temperature and oxygen level check daily:

- If your temperature is higher than 37,5°C, you will have to measure it again in 5 minutes. If the temperature doesn't go below 37,5°C the procedure will be repeated one more time and, if it maintains the same you will be taken to the Isolation Tent

After checking the temperature you will have to fill and sign the Responsibility Term attesting you have no COVID-19 symptoms or background.

If everything is ok you will receive a daily bracelet that you must use during your stay at the venue.

Athletes are only allowed to remove that bracelet at the line-up and a new one will be given at the Recovery zone, after the finish.

From this point athletes will have to use surgical masks (organization will provide) everywhere in the Race Venue, except when competing.

2.3 ISOLATION TENT AND SUSPICIOUS CASE

During the event, if a Suspicious Case is identified:

- A surgical mask will be applied (provided by organization), preferably by the own Suspicious Case;
- That person will be taken to the Isolation Tent by a staff member.
- The Doctor in charge of the Isolation Tent will call the National Health Service (808 24 24 24) and follow the given procedure.

The definition of a Suspicious Case is defined by the Health National Head Direction as "someone who shows an acute respiratory situation with cough, temperature above 37,9°C or dyspnoea/breathing problems".

There will be a special doctor assigned to the Isolation Tent that will only interact with the Suspicious Case if the person doesn't feel well or needs special attention;

The Isolation Tent will be provided with an exclusive bathroom, sealed water and food, surgical masks, hand sanitizers and alcohol solution wipes.

a. Spectators' access

The event will not be open to spectators. Any non-accredited person can watch the event from the spectator's areas.

b. Cleaning protocols on site

All facilities used by the athletes will be cleaned and disinfected by the LOC through the day.

2.4 ACCREDITATIONS

Only two accredited coaches and one team medical per team will be accredited.

Every person involved in the event organization, including athletes, coaches and national representatives must sign daily at the COVID-19 registration Tent.

This tent will be mounted at the venue access near the Race Office.

Every delegation member must submit to temperature and oxygen level check daily:

- If your temperature is higher than 37,5°C, you will have to measure it again in 5 minutes. If the temperature doesn't go below 37,5°C the procedure will be repeated one more time and, if it maintains the same you will be taken to the Isolation Tent
- After checking temperature you will have to fill and sign the Responsibility Term attesting you have no COVID-19 symptoms or background.
-

If everything is ok you will receive a daily bracelet that you must use during your stay at the venue.

Athletes are only allowed to remove that bracelet at the line-up and a new one will be given at the Recovery zone, after the finish.

From this point athletes will have to use surgical masks (organization will provide) everywhere in the Race Venue, except when competing. Please send accreditation requests to patricia.pestana@federacao-triatlo.pt

2.5 CLEANING PROTOCOLS ON SITE

All facilities used by the athletes will be cleaned and disinfected by the LOC through the day

2.6 COURSE FAMILIARIZATION

Swim

You will be able to have a swimming course familiarization in the Race “arena” on Friday, November 5th from 11:00 to 12:00.

During the swimming course familiarization there will be no lifeguards or medical service available.

You are swimming at your own risk.

Please note: It is forbidden to swim outside the boys at any time – for safety reasons!

Bike

Because of the COVID situation there will be no official bike familiarization.

2.7. ATHLETE’S LOUNGE

At the Race Venue the athletes’ lounge provides toilets, sealed packaged food and drinks for the athletes before and after competition. The athletes’ lounge is located in a big tent right next to the finish line and transition.

The athlete’s lounge will be divided in smaller compartments for each teams/delegations and nobody is allowed to enter these compartments besides members of the team/delegation or authorized staff.

The flow in the athletes’ lounge will be marked on the floor.

Each compartment will have a personal storage furniture where all personal items must be stored.

Nobody is allowed to leave personal items unattended.

At the Athletes Lounge entrance will be bike racks also identified by team/delegation. You must

leave your bike on the respective bike rack.

There will be a COVID-19 table at the entrance and exit of the tent with alcohol-based solutions and wipes that you will have to use every time you enter or exit the lounge.

Food and water will be served by special volunteers and everything will be sealed and packaged.

Toilets will be available at the Athletes’ Lounge, and it will be cleaned and sanitized every hour.

2.8. ELITE and JUNIORS ATHLETES' RACE PACKAGE

The use of masks and social distancing is mandatory. All athletes will receive their race package/accreditation after submitting the medical certificate and filling in the pre-event questionnaire. Coaches and team medicals will receive their accreditations after confirming that they have filled in the pre-event questionnaire. Please respect the time slots that will be provided in the schedule. Every country will have his own time slot, and will be published at the website on the week of the event.

ELITE and JUNIOR - FRIDAY, 5TH November 15h00 – 19h00

2.9. DOPING CONTROL

Doping control will take place in the Official Hotel and according to Portugal's anti-doping rules and

special COVID-19 recommendations from World Triathlon and National Health Commission.

The athletes must carry their identification to the doping control facilities.

2.10. SECURITY

Will be done by local police.

2.11. LOC OFFICE

The Race Office is located at the official Hotel – Hotel Dom José – and is open from Friday, November

5th until Sunday, November 7th.

The Race Office will be open in different periods:

| DAY | STAR T | END | ACTIVITY | LOCATION |
|--------------------------|-----------|-------|-------------|----------------|
| 5 th November | 09:00 | 12:00 | Race Office | Hotel Dom José |
| 5 th November | 13:00 | 20:00 | Race Office | Hotel Dom José |
| 6 th November | 09:00 | 13:00 | Race Office | Hotel Dom José |
| 6 th November | 13:00 | 20:00 | Race Office | Hotel Dom José |
| 7 th November | 07:00 | 13:00 | Race Office | Hotel Dom José |

3. ACCOMMODATION

The Official Hotel is Hotel Dom José which is 100m from the venue.

Address: Hotel Dom José

Phone: +351 289 310 210

Av. Infante de Sagres 143

Fax: +351 289 302 755

8125-157 Quarteira

Email: susana.modesto@hoteldomjose.com

URL: www.hoteldomjose.com

Special Package – Contact Hotel

4. TRANSFER AND TRANSPORT

The LOC will provide transportation from Faro's Airport for the athletes and their Team Officials.

If you have any Transfer queries please contact:

Patricia Pestana - Email: patricia.pestana@federacao-triatlo.pt

Price

Transfers from Faro Airport (one direction):

- 25€ per person (if scheduled until October 21th)*

- 30€ per person (if scheduled after October 21th)

The transfer back to the airport is the same amount

Bank Details:

Federação de Triatlo de Portugal

Bank: Crédito Agrícola

IBAN: PT50 0045 5442 40331295834 84

SWIFT/BIC: CCCMPTPL

* Athlete's only accepted on the start list after November 1st, will only pay 25€ per person.

If you have any Transfer queries please contact:

Patricia Pestana - Email: patricia.pestana@federacao-triatlo.pt

Receipts should be sent to tesouraria@federacao-triatlo.pt

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES



SWIM

Local Swimming Pool



BIKE

Although the streets are open to traffic, they are quite large and there is not too much traffic during the week so it is possible to cycle in the race circuit. In this area you can find a lot of nice roads to cycle, with little traffic. The region is not too hilly, unless you head for the interior, where you will find less cars but hilly roads. The route is not closed to traffic and you are cycling at your own risk.



RUN

The foot walk near the sea is the most suitable place to train and it is where the event will take

place.

5.2. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Registration area before and during the training sessions and during the race. There will be First Aid and Emergency Medical Services at the Race Village on competition day. Medical and Paramedical personnel will be available throughout the race. Several ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area. Medical services at the venue are free of charge. Treatment in private hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

Add info on closest hospital, address

Emergency telephone number

5.3. BIKE MECHANICAL SERVICE

Bike partner. Schedules will be available soon.

6. COMPETITION SCHEDULE

6.1. JUNIOR MEN

| DAY | STAR T | END | ACTIVITY | LOCATION |
|--------------------------|-----------|-------|-------------------------|------------|
| 6 th November | 10:30 | 11:30 | Athlete Lounge check in | Race Venue |
| 6 th November | 11:45 | 12:45 | TA check in | Race Venue |
| 6 th November | 12:00 | 12:45 | Swim warm-up | Race Venue |
| 6 th November | 12:45 | 12:50 | Calling area | Race Venue |
| 6 th November | 12:50 | 12:55 | Athletes introduction | Race Venue |
| 6 th November | 13:00 | | Start | Race Venue |
| 6 th November | 14:20 | | Award Ceremony | Race Venue |

6.2. ELITE MEN

| DAY | STAR T | END | ACTIVITY | LOCATION |
|--------------------------|-----------|-------|-------------------------|------------|
| 6 th November | 12:30 | 13:40 | Athlete Lounge check in | Race Venue |
| 6 th November | 13:50 | 14:40 | TA check in | Race Venue |
| 6 th November | 14:00 | 14:40 | Swim warm-up | Race Venue |
| 6 th November | 14:40 | 14:50 | Calling area | Race Venue |
| 6 th November | 14:50 | 14:55 | Athletes introduction | Race Venue |
| 6 th November | 15:00 | | Start | Race Venue |
| 6 th November | 17:15 | | Award Ceremony | Race Venue |

6.3. JUNIOR WOMEN

| DAY | STAR T | END | ACTIVITY | LOCATION |
|--------------------------|-----------|-------|-------------------------|------------|
| 7 th November | 07:00 | 07:45 | Athlete Lounge check in | Race Venue |
| 7 th November | 07:30 | 08:15 | TA check in | Race Venue |
| 7 th November | 08:00 | 08:30 | Swim warm-up | Race Venue |
| 7 th November | 08:30 | 08:40 | Calling area | Race Venue |
| 7 th November | 08:40 | 08:45 | Athletes introduction | Race Venue |
| 7 th November | 08:45 | | Start | Race Venue |

6.4. ELITE WOMEN

| DAY | STAR T | END | ACTIVITY | LOCATION |
|--------------------------|-----------|-------|-------------------------|------------|
| 7 th November | 09:15 | 10:15 | Athlete Lounge check in | Race Venue |
| 7 th November | 10:00 | 10:45 | TA check in | Race Venue |
| 7 th November | 10:00 | 10:45 | Swim warm-up | Race Venue |
| 7 th November | 10:45 | 10:50 | Calling area | Race Venue |
| 7 th November | 10:50 | 10:55 | Athletes introduction | Race Venue |

| | | | |
|--------------------------|-------|----------------|------------|
| 7 th November | 11:00 | Start | Race Venue |
| 7 th November | 13:30 | Award Ceremony | Race Venue |

6.5. COMPETITION RULES

The event will follow the latest published Competitions Rules of the World Triathlon.

6.7. TIMING CHIPS

On race day athletes will be given a timing chip, to be worn on the athletes' ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure.

6.8. RESULTS

Results will be uploaded live at the World Triathlon official website www.triathlon.org.

Live coverage on the event website.

All the Results information will be distributed to the Team Leaders at the Race Office.

6.9. PROTEST & APPEALS

Standard procedures will be followed according to the World Triathlon Competition Rules.

7. COMPETITION – COVID 19 ADAPTATIONS

a. Competition activities

The mask should be worn until the last minute before athletes' introduction. Please make sure that you will wear your mask after the warm-up.

b. Start

Athletes must stand in a starting position approximately 150cm wide. The Head Referee with the assistance of World Triathlon Technical Officials, who are assigned to the start, will start each race.

The athletes are required to leave their last-minute gear at the Athletes' Lounge.

c. 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.

- The wheel that is left behind by the athlete will be disinfected by the TO before being deposited at the station.
- Technical officials will wear masks/mouth-nose face covering and rubber/disposable gloves.

d. Finish Area

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.

Medalist photo at the post-finish area is not allowed.

All recovery stations will be self-served.

Food provided will be individually wrapped.

Massage facilities will 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 will wear rubber/disposable gloves and masks/mouth-nose face covering.

Masks will be distributed to the athletes to wear at their earliest convenience.

e. Medal Ceremonies

Medal ceremonies will be performed according to the COVID-19 guidelines for medal ceremonies that can be found on the [World Triathlon COVID-19 Guidelines for Event Organizers](#)

8. COURSE MAPS

Course Maps will be available on World Triathlon website.