



Barcelona  
2021

# ATHLETES GUIDE

Rev. 05-10

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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

DAY	START	END	ACTIVITY	LOCATION
9 <sup>th</sup>	9:00	11:00	Antigen Test	Front Maritim Hotel
9 <sup>th</sup>	12:00		Athlete's briefing	Virtual
9 <sup>th</sup>	17:00	19:00	Athlete's registration	Front Maritim Hotel
10 <sup>th</sup>	12:00		Elite Women Race	Venue
10 <sup>th</sup>	13:14		Medal Ceremonies Women Race	Venue
10 <sup>th</sup>	13:40		Elite Men Race	Venue
10 <sup>th</sup>	14:45		Medal Ceremonies Men Race	Venue

### 1.3 KEY CONTACTS

Event Director:	Jorge García <a href="mailto:jorge.garcia@triatlon.org">jorge.garcia@triatlon.org</a>
COVID Coordinator	Alicia García <a href="mailto:Alicia.garcia@triatlon.org">Alicia.garcia@triatlon.org</a>
Technical Delegate:	Jan Goble <a href="mailto:jangoble@live.co.uk">jangoble@live.co.uk</a>
Athlete's Services Manager:	Juan Carlos Díez <a href="mailto:juancarlos.diez@triatlon.org">juancarlos.diez@triatlon.org</a>

### 1.4 CONTACT DETAILS

Spanish Triathlon Federation  
 Ferraz 16 3<sup>o</sup>Dcha  
 28008 Madrid  
 Jorge García – [jorge.garcia@triatlon.org](mailto:jorge.garcia@triatlon.org)  
 +34 650 64 63 62

## 2. VENUE

### RACE VENUE (1)

The 2020 Barcelona ETU Sprint Triathlon European Cup has one venue, located at the Mar Bella area.

### COURSE FAMILIARIZATION

There won't be familiarizations

### ATHLETE'S LOUNGE

Will be allocated next to Agapito Fernández Football Field (venue) (2)

There will be drinks, fruit

### ELITE ATHLETES' RACE PACKAGE (3)

Athletes' race package, will be distributed at the Front Maritim Hotel

Race package will include; tattoos for both legs and both arms, stickers and accreditation

### DOPING CONTROL

Doping tests will be conducted according to World Triathlon /WADA rules. The athletes must carry their identification to the doping control facilities.

### SECURITY

Guardia Urbana from Barcelona, Mossos de Squadra and 112 emergencies service, will provide the security for the event.

### LOC OFFICE

LOC office will be allocated at Eurotel Diagonal Port and will be opened from Friday to Saturday.

### SPECTATOR INFORMATION

Public attendance is not possible due to the COVID-19 outbreak.



- 1) Swim start
- 2) Venue
- 3) Official Hotel

## ACCOMODATION



**Copa de Europa de Triatlón**  
BARCELONA 08-10 OCTUBRE

BOOKING MAIL

[lmartin@globalia.com](mailto:lmartin@globalia.com)

HOTEL	DISTANCE TO EVENT SITE	LOCATION	CAT.	AD		
				DBL	DUI	TRIPLE
Hotel Front Maritim		Barcelona	4*	114	99	
Hotel Catalona La Maquinista		Barcelona	3*	85 €	74 €	112

Precios por habitacion y noche

Tasa turística no incluida

Triples sujetas a disponibilidad en el momento de reservar

### 3. TRAVEL AND TRANSFERS

For Visa requests, you have to contact:

Lourdes López  
Spanish Triathlon Federation  
[lourdes.lopez@triatlon.org](mailto:lourdes.lopez@triatlon.org)  
+34 91 559 93 05 – ext. 2000

Barcelona is easy accessible by train and plane;

- The nearest airport is Josep Tarradellas Barcelona-El Prat.
- The nearest train station is Barcelona-Sants.

### 4. ATHLETES SERVICES

There are no pre-event training places due to the COVID-19 outbreak

#### MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Registration area before 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.

#### BIKE MECHANIC

There will be bike mechanical available at the venue on race day

## 5. COMPETITION SCHEDULE

### ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
9 <sup>th</sup>	12:00		Athlete's briefing	Virtual
9 <sup>th</sup>	17:00	19:00	Athlete's registration	Front Maritim Hotel
10 <sup>th</sup>	10:30	11:30	Women registration	Venue
10 <sup>th</sup>	11:00	11:45	Women transition check in	Venue
10 <sup>th</sup>	11:15	11:45	Women swim warm up	Venue
10 <sup>th</sup>	12:05		Women athlete's introduction	Venue
<b>10<sup>th</sup></b>	<b>12:00</b>		<b>Women start</b>	<b>Venue</b>
10 <sup>th</sup>	13:15		Medal Ceremonies	Venue

### ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
9 <sup>th</sup>	12:00		Athlete's briefing	Virtual
9 <sup>th</sup>	17:00	19:00	Athlete's registration	Front Maritim Hotel
10 <sup>th</sup>	12:10	13:10	Men registration	Venue
10 <sup>th</sup>	12:40	13:25	Men transition check in	Venue
10 <sup>th</sup>	12:55	13:25	Men swim warm up	Venue
10 <sup>th</sup>	13:30		Men athlete's introduction	Venue
<b>10<sup>th</sup></b>	<b>13:40</b>		<b>Men start</b>	<b>Venue</b>
15 <sup>th</sup>	14:45		Medal Ceremonies	Venue

### COMPETITION RULES

The event will follow the latest published [Competitions Rules](#) of World Triathlon.

### UNIFORM RULES

The event will follow the latest published [Uniform Rules](#) of World Triathlon.

1

### ATHLETE'S BRIEFING

The athlete's briefing, will take place virtual (more information to come)

### 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.

### RESULTS

Results will be uploaded live at the World Triathlon official website [www.triathlon.org](http://www.triathlon.org).

### PROTEST & APPEALS

Standard procedures will be followed according to the World Triathlon [Competition Rules](#)



## 6. ACCREDITATION

The LOC will provide to all the Organizing Committee Members, World Triathlon Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official Accreditation Card.

Athletes and Coaches will receive the accreditations at the athletes briefing.

Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition areas.

All accredited people are requested to carry their Accreditation Cards with them at all times, and to show them upon request. Accreditation Cards are mandatory to at the venue.

## 7. OTHER USEFUL INFORMATION

LANGUAGE: Catalán and Spanish

POPULATION: 5,57 million inhabitants

CURRENCY: Euro (€)

TIME: Standard time GMT+1 (summer time)

ELECTRICITY: 220 v

WATER: Drinking water, urban network

TELEPHONE CONNECTIONS: International prefix +34

## 8. COURSE MAPS

### VENUE



### Main Map



## SWIM COURSE

The start will be a beach start.

The start area is a 60m long and each athlete will stand in a starting position approximately every 1m. The Race Referee with assistance of Technical Officials, who are assigned to the start, will start each race.

The Swim Will take place at Barcelona Mar Bella beach. One lap in a anticlockwise course. The average water temperature at this time of the year is approximately 18 degrees.



**Swim**  
**1 lap x 750 m.**



## TRANSITION 1

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in a bin placed beside the bike racks. Athletes' names and numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike by moving forward into the center lane and towards the mount line.

## BIKE COURSE

The bike course will comprise 4 laps, with each lap passing by the main venue. On their way back they will head to the Transition Area. The total bike course includes 4 laps of 5 kms each one.



## WHEEL STATION

One (1) team wheel station will be located before entering at the transition area. Coaches are responsible to leave the wheels at the wheel station, and collect them after the event from the same point.

## TRANSITION 2

From the dismount line, athletes run in the center lane taking the bikes towards their bike rack. Running shoes may be placed beside the rack or in the bin. After putting on their shoes, athletes will run forward the outer run lane.

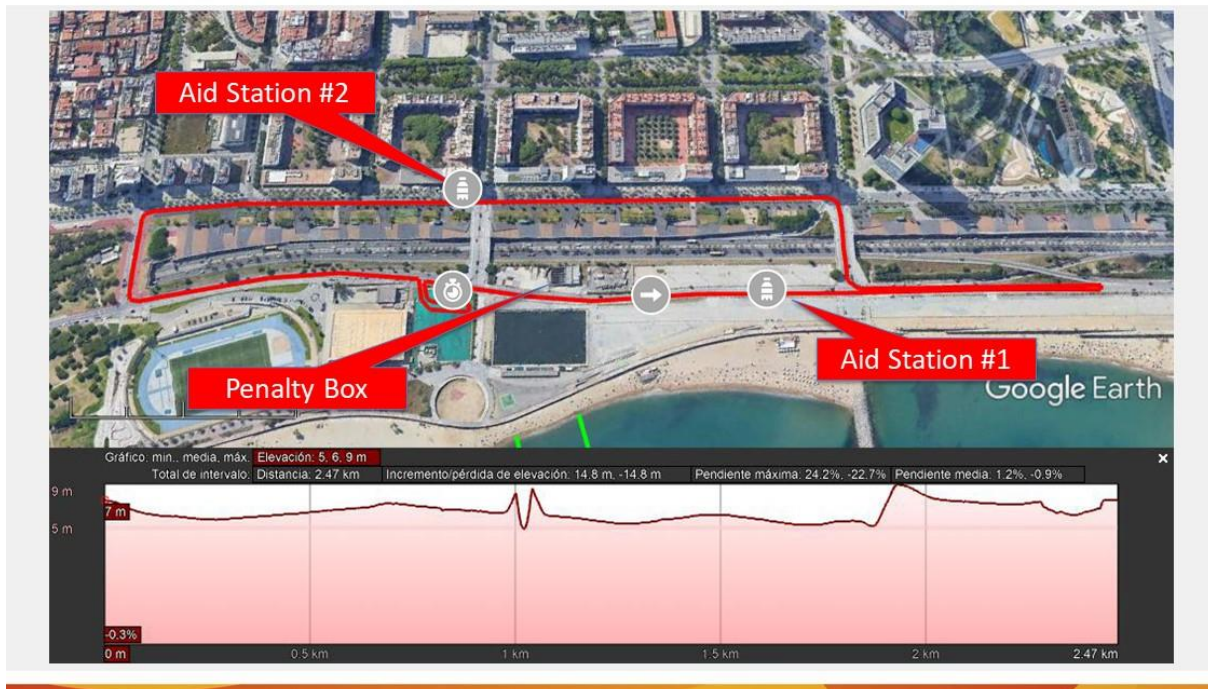
## RUN COURSE

The run course is 2 laps with a total of 5 km. The athletes will run on asphalt.

There will be 2 aid stations along the run course; that will allow the athletes to have the opportunity to take water 2 times per lap.

The Penalty Box will be allocated at the venue before the end of the lap.





## 9. COVID INFORMATION

### **INDIVIDUAL RESPONSIBILITY**

The event will follow the latest published [Prevention guidelines for Event Organizers](#) for COVID-19 of the World Triathlon.

Also, the event, is under the regulations of the Regional Government of Catalunya, that is the Authority with competences in terms of health  
<https://web.gencat.cat/en/activem/index.html>

Procedures to enter in Spain

1. For **ALL** travelers: The Government of Spain has implemented a series of measures to protect the general public's health, including health control of passengers upon arrival in Spain. From this website you can fill out the health control form and obtain your QR Code, to show it at the checking points in the airport before to flight to Spain, <https://www.spth.gob.es/>. By default, this page is in Spanish, but you can select French, English or German by clicking in the box "Elija Idioma".
2. Restrictions may change quickly, so you need to check the restrictions from your country to enter in Spain. The event it is not considered "High level event" for the Spanish Government, so, no certificates will be issued by Spanish Government to attend the race, but all people vaccinated will be able to enter in Spain, despite the restrictions in place in each moment.

COVID Coordinator: For any question related with COVID restrictions and travel details please contact Alicia Garcia [alicia.garcia@triatlon.org](mailto:alicia.garcia@triatlon.org)

### **RISK ASSESSMENT AND MITIGATION**

Barcelona "Local Organizing Committee (LOC)", use the WHO risk assessment and risk prevention checklist for "mass gatherings" in the framework of the covid-19 document to design the event.

The organization is implementing its activities to comply with local health authority protocols and minimize the risk of pandemic spread, keeping participants and the public safe and healthy.

A careful management of the schedule and access times of the participants will be implemented to access the competition areas with an adequate social distancing and an immediate exit once finished. The waiting areas will be restricted and controlled by volunteers or security personnel.

Data collection systems (addresses - Phone - Mail) will be used to manage the contacts of everyone involved in the event. This includes athletes, technical officials, coaches, volunteers, staff, authorities. This would ensure that we can trace back to the people potentially involved if a

suspicious case is identified. If is confirmed, the protocol established at the moment by the health authorities will be executed.

## **PARTICIPANTS' HEALTH SCREENING**

Athletes must continuously monitor their health status (including temperature detection and monitoring of any symptoms) from 14 days before and during the event.

For information about travelling to Spain, see the "TRAVEL" chapter of this guide.

Temperature check will be carried out every day at the entrance of the venue.

Temperature higher than 37.5°C will be reported to the Medical Director and Medical Staff of the event.

A health coordinator will be appointed within the medical team. He will be responsible for coordinating and monitoring compliance and enforcement of health safety regulations.

Registration procedure: Athletes, coaches, and technical officials, will follow World Triathlon procedures. volunteers, staff, media, and authorities, will be registered online through a specific application.

Due to the current situation of the COVID-19, the World Triathlon Medical Committee has made mandatory for all athletes (including Spanish athletes) to submit a pre-event medical certificate for participating in the 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:
  - Fill in the online pre-event questionnaire through the link that is provided by the LOC
  - Perform an Antigenic or PCR swab pre- travel test within 72 hours before the athletes' travel to the event or no later than 3 days before the event for local athletes/team support and NTOs. Tests that must currently be taken to gain entry to a country are valid as pre-travel tests
- Additionally, to this, all elite/u23, junior, youth, para triathletes and guides must submit a pre-travel medical certificate according to the requirements above
- Finally, all elite/u23, juniors, youth, para triathletes and guides, coaches, 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 youth and junior athletes, a parent consensus form is required.
- 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:



	<b>Pre-event questionnaire</b>	<b>COVID-19 test before travelling</b>	<b>Medical certificate</b>	<b>COVID-19 test at event</b>	<b>Daily health screening</b>
<b>Elite athletes</b>	Yes	Yes	Yes	Yes	Yes
<b>U23 athletes</b>	Yes	Yes	Yes	Yes	Yes
<b>Junior athletes</b>	Yes	Yes	Yes	Yes	Yes
<b>Youth athletes</b>	Yes	Yes	Yes	Yes	Yes
<b>Paratriathlon athletes / Personal handlers / guides</b>	Yes	Yes	Yes for athletes / guides	Yes	Yes
<b>AG athletes</b>	Yes	Yes	Follow public health request	Follow public health request	Yes
<b>Coaches/team medical/support NF personnel</b>	Yes	Yes	Follow public health request	Yes	Yes
<b>TDs / ITOs / NTOs / Competition Jury</b>	Yes	Yes	Follow public health request	yes for the ones in close contact with the athletes; the others follow public health request	Yes
<b>IF Staff / Continental Federation Delegation</b>	Yes	Yes	Follow public health request		Yes
<b>LOC / Contractors</b>	Follow public health request	Follow public health request	Follow public health request	Follow public health request	Yes
<b>ParaTriathlon Swim exit assistants</b>	Yes	Follow public health request	Follow public health request	Yes	Yes

### **CLOSE CONTACT DEFINITION AND PROCESS TO FOLLOW IN CASE OF POSITIVE CASE**

In general close contact will be considered any person that has been in the same place as a case, at a distance of less than 2 meters and for more than 15 minutes.

In case of symptoms, stay alone, and call 112

### **USE OF MASK/MOUTH-NOSE FACE COVERING AND RUBBER/DISPOSABLE GLOVES**

Spanish laws establish that the use of a mask is mandatory for everyone except, for the athletes during the competition. The use of rubber gloves is not mandatory.

### **ISOLATION TENT AND SUSPICIOUS CASE**

During the event, if a Suspicious Case is identified:

- A surgical mask will be provided;
- That person will be taken to the Isolation Tent at the venue, by a staff member;
- The Doctor in charge of the Isolation Tent will call the City Health Service TELEPHONE and follow the given procedure;
- The Isolation Tent will be provided with exclusive bathroom, sealed water and food, surgical masks, hand sanitizers and alcohol solution wipes.

The definition of suspicious case in Spain is anyone with a clinical picture of sudden-onset acute respiratory infection of any severity that includes, among others, fever, cough, or a sensation of shortness of breath.

### **VENUE AND EVENT STRUCTURE**

Information to be updated

### **CLEANING AND SANITATION**

In addition to the cleaning and sanitization measures already in place in common workplaces, further cleaning and sanitization of surfaces that most commonly come into direct contact with people are planned.

In specific entrance areas, products (disinfectant and paper) are supplied to perform self-sanitization of vehicles and workstations.

### **ATHLETES' SERVICES**

#### **AIRPORT TRANSFER**

LOC is not providing transfers due to the COVID-19 situation. NF's can contact the official travel agency to get a quotation

#### **TRAINING FACILITIES**

There are no training facilities such as swimming pools or gyms.

#### ATHLETES' AND COACHES' BRIEFING

At World Triathlon events, all coaches' presential briefings are cancelled. The briefing will be online

The athletes' briefing is not mandatory.

All information about the race will be provided through World Triathlon website.

Special rules for the race:

- The online briefing will be held on a date and time consistent with the World Triathlon Competition Rules and will take place online through the Zoom platform.
- Participants will attend the TD presentation and can contribute questions or feedback through the online Q&A function. If people cannot attend the session in real time, the presentation will be recorded and published on the World Triathlon website for later viewing.
- There are no penalties for those who arrive late or miss the online briefing.
- The event briefing will be available on the event's website.
- The TD will be available for any clarifications: Janice Goble (jangle@live.co.uk).

#### RACE PACKAGE DISTRIBUTION

The athlete must pick up the race pack in person at the venue. The schedule will be communicated in the week of the event.

#### COURSE FAMILIARISATIONS

- Bike course will be recorded on video and you can ride online with the Bkool platform.
- Swim course familiarization will take place on Saturday morning (time to be confirmed)
- Official trainings are not planned.

#### **EVENT FORMAT**

TRANSITION AREA: Bike racks will be horizontal, and the distance between them will be 2 meters

AID STATIONS: Only water will be provided at the aid stations. Volunteers will distribute the water to the athletes as usual

PENALTY BOX: It will be organised in such a way as to ensure social distancing.

FINISH AREA: The finish tape will be disinfected between races. Photographers, TV, and Media will stay 20 m from the finish line. After crossing the finish line, the athletes will be directed to a first recovery area, and after they will continue to the athletes' lounge. At the recovery area the athletes will take the water themselves. Next to the finish area the medical area will be located.

## **SPECIFIC RISK MITIGATION PLANNED**

### **Antigen Test:**

- All the athletes, coaches and Technical Officials, will be tested on Saturday (in the morning, time TBC)

### **Arrival at the venue:**

- All the accredited people will access to the venue, through the security gate, to warranty the control of the people that is inside the venue.
- All people will access to event with temperature log, access time, mask detection, and photo log.
- Everything is stored in a file so that the data is available to the health authorities.
- Venue and courses will be completely closed with fences and authorized personnel.
- In the case of any suspicious case, the medical services will be notified.

### **Capacity Control**

The venue size is around 10.000m<sup>2</sup>

### **Non-Essential Services**

There will be no massage service.

### **Technical officials**

The event will follow the latest published [Prevention guidelines for Event Organizers](#) for COVID-19 of the World Triathlon.

### **Seating Areas**

There will be no spectators during the competition.

### **Social Distancing**

The recommendations of the health authorities, World Triathlon and FETRI in their protocols will be followed.

### **Races & Sport Presentation**

The event will follow the latest published [Prevention guidelines for Event Organizers](#) for COVID-19 of the International Triathlon Union.

## **HOW TO PROCEED IN CASE AN ATHLETE NEEDS A TEST TO RETURN TO HIS/HER COUNTRY**

### **Antigen Test:**

- The test that will be done on Saturday from 9:00 to 11:00 at the Front Maritim Hotel.

Passeig de Garcia Fària, 69, 08019 Barcelona

<https://g.page/BestFrontMaritim?share>

### **PCR Test: In case an athlete needs a PCR test to return to the country:**

- Athletes, Coaches or NF's need to send an email to [juancarlos.diez@triathlon.org](mailto:juancarlos.diez@triathlon.org) and request the test, not latest than 5<sup>th</sup> of October. We will inform where will be the place to do the test. It is important to submit this request on time, as we need to plan accordingly to have results on time.
- The cost of the PCR test is on the athlete/coach.

