



Balikesir
2021



2021 Balikesir Europe Triathlon Cup

2021 Balikesir Europe Triathlon Junior Cup

30th July- 1th August

COVID GUIDELINES: Concept Paper

2021 Balikesir Europe Triathlon Cup

Concept Paper

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 Balikesir Metropolitan Municipality that is the authority with competences in terms of health <https://www.balikesir.bel.tr/>.

Procedures to enter Turkey

Travelling to Turkey within the scope of the measures taken against the Covid-19 pandemic. The following decisions are effective on July 1st, 2021, regarding the entry to Turkey from the Turkish authorities:

1. Arrival of passengers coming to Turkey from Bangladesh, Brazil, South Africa, India, Nepal or Sri Lanka are suspended until further notice. Passengers traveling from these countries may transit to other countries without entering Turkey.
2. Passengers who are arriving to Turkey and who have been in Bangladesh, Brazil, South Africa, India, Nepal or Sri Lanka in the last 14 days, must submit a negative PCR test taken no more than 72 hours before arrival and must be quarantined for 14 days in locations to be determined by the Governorships. If the PCR test result to be made at the end of the 14th day of the quarantine is negative, the quarantine measure will be terminated. Passengers whose PCR test result is positive will be taken into isolation as soon as the positive test result is received and the measure will be terminated with a negative PCR test result which will be made at the end of the 14th day.
3. Passengers arriving from Afghanistan and Pakistan and passengers who have been to these countries in the last 14 days are required to stay under quarantine for 10 days. If the PCR test result to be made at the end of the 7th day of the quarantine is negative, the quarantine measure will be terminated. If the test results are positive, they will be treated in accordance with the Covid-19 guidelines of the Ministry of Health.
4. The quarantine for passengers who are arriving to Turkey and who have been in Bangladesh, Brazil, South Africa, India, Nepal or Sri Lanka in the last 14 days, or arriving to Turkey from Afghanistan or Pakistan or who have been to these countries in the last 14 days will be at dormitories determined by the Governorships or at accommodation facilities serving as

quarantine facilities. The terms and conditions regarding the quarantine hotels, accommodation fees, transportation of the passengers from the borders, etc. will be set and announced by the Governorships.

5. Passengers arriving to Turkey from the United Kingdom, Iran, Egypt and Singapore must present a negative PCR test result taken in the last 72 hours prior to arrival to Turkey.

6. Passengers from countries other than the ones mentioned in articles 1, 2 and 4 and who submitted a document issued by the relevant country's official authorities showing that they had been vaccinated at least 14 days before their arrival in Turkey and/or that they had recovered from the disease in the last six months starting on the 28th day of the first positive PCR test are not requested to submit a PCR/rapid antigen test and they will not go under a quarantine. In case a certificate of vaccination or documents indicating that they have had/recovered from the virus is not presented, the result of a negative PCR test or rapid antigen test (performed within the last 48 hours) in the last 72 hours prior to arrival to Turkey from these countries must be submitted.

7. Passengers are subject to PCR testing on the basis of sampling at arrival. These passengers will be allowed to proceed to their final destination after the test samples are taken. If the test results are positive, they will be treated in accordance with the Covid-19 guidelines of the Ministry of Health. Passengers and the persons with close contact with passengers with positive test results will be quarantined for 14 days at the addresses they have determined, and quarantine conditions will be terminated if the PCR test results to be performed at the end of the 10th day are negative. The quarantine conditions of those who are found to be carrying the Delta variant will be terminated with a negative PCR test result at the end of the 14th day.

In addition to this information;

- Passengers who will enter Turkey with international flights as of March 15, 2021 (excluding transfer passengers and passengers under the age of 6 must fill in the Turkey Entry Form which they can access on this page within the last 72 hours before their flight. The paper printout of the filled form or the mobile screenshot of the filled form will be checked at the stations before the flight.
- All passengers are required to wear masks at airports and flights.
- Our passengers will fill in a "passenger information form" on their flights to Turkey.
- Temperature measurement at our airports have been removed for all destinations apart from Flights to and from Canada, Singapore and Guangzhou and for passengers using hot connection points (points used by transfer passengers with a 90-minute or less connection) due to short connection times.

It is obligatory to obtain the HES code for the flights to be made within Turkey. There is no HES Code requirement for non-Turkish citizens.

For details, please check the Hayat Eve Siğar page. Participants may check the restrictions, visa and travel situations via these websites which were created by the International Air Transport Association (IATA) and Turkey Directorate General of Civil Aviation:

<https://www.iatatravelcentre.com/world.php>
[health-travel-document-requirements.htm](https://www.iatatravelcentre.com/passport-visa-health-travel-document-requirements.htm)

[https://www.iatatravelcentre.com/passport-visa-](https://www.iatatravelcentre.com/passport-visa-health-travel-document-requirements.htm)
[http://web.shgm.gov.tr/tr/genel-duyurular/6533-](http://web.shgm.gov.tr/tr/genel-duyurular/6533-covid-19-tedbirleri-kapsaminda-ulkelere-giris-tablosuyayimlandi)

[covid-19-tedbirleri-kapsaminda-ulkelere-giris-tablosuyayimlandi](http://web.shgm.gov.tr/tr/genel-duyurular/6533-covid-19-tedbirleri-kapsaminda-ulkelere-giris-tablosuyayimlandi)

For the purpose to limit the risk produced by Covid-19, the LOC has formed a Covid-19 Committee composed by:

Race Director	Onur Şentürk	senturk.onur@gmail.com +90 533 521 30 99
Covid-19 Officer	Kubilay Tolga Ergün	k.tolgaergun@gmail.com +90 545 434 91 89
Representatives from the IF/NF	Büşra Sarioğlu	busrasarioglu@triathlon.org.tr +90 533 304 63 53
Medical Race Manager	Begüm Özüekren Kasapoğlu	drbozuekren@yahoo.com +90 532 710 89 14

RISK ASSESSMENT AND MITIGATION

The Local Organizing Committee used the WHO risk assessment and risk prevention checklist for "mass gatherings" in the framework of the covid-19 document to design the event.

The LOC is implementing its activities to comply with the 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 athletes 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 will be used to manage the contacts of everyone involved in the event. This includes athletes, technical officials, coaches, volunteers, staff, and authorities. This would ensure that we can trace back to the people potentially involved if a suspicious case is

identified. If it is confirmed, the protocol established now by the health authorities will be executed.

PARTICIPANTS' HEALTH SCREENING

- Each team delegation will be given a certain date and time (appointment) in order to have the mandatory PCR Test. The appointments will be communicated the week before the event.
- Each team delegation will be given a certain date and time (appointment) in order to have the PCR Test. *No appointment needed for registration and race-pack distribution.* The appointments for PCR test will be communicated when the team arrived to the hotel.
- Athletes, coaches and medical personnel should have their passports.

Thursday, 29 July 2021	Time		Location
Race-pack Distribution	15:00	19:00	Avlu Congress Center
Friday, 30 July 2021			
Race-pack Distribution	09:00	13:00	Avlu Congress Center

- The use of masks and social distancing is mandatory.
- 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 Turkey, 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 the WORLD TRIATHLON procedures. Volunteers, staff, media, and authorities will be registered online through a specific application.

Pre-Event Covid-19 Screening Process

All athletes along with the support staff applying for accreditation this event must respect the following pre-event Covid-19 screening conditions:

- Fill in the online pre-event questionnaire through World Triathlon's registration system. World Triathlon has developed an online tool for the World Triathlon pre-event Covid-19 screening process. More instructions can be found here: https://triathlon.org/pre_event_covid_19_screening_guide
- Perform an Antigenic or PCR swap pre-travel test 72 hours before the athletes' travel to the event or no later than 6 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. The test must be submitted through the World Triathlon registration system.
- All Elite and Junior athletes must submit a pre-travel medical certificate through the World Triathlon registration system according to the specifications listed in the World Triathlon COVID-19 guidelines.
- All Junior athletes must submit parental consent through the World Triathlon registration system as specified in the World triathlon COVID-19 guidelines and instructed in the pre-event Covid-19 Screening guide.

World Triathlon has developed an online tool for the World Triathlon pre-event Covid-19 screening process. Please follow the instructions below based on your role at the event to learn how to submit the questionnaire and upload the necessary documents https://triathlon.org/pre_event_covid_19_screening_guide

Pre-travel Medical Certificate for athletes registered to participate:

- The medical certificate must be issued in English by the National Federations' medical staff or a personal doctor and submitted to the race office;
- The certificate must declare that the athlete has been examined and he/she has not been tested positive to PCR nasopharyngeal swab test and/or is not in quarantine and has been without any COVID- 19 symptoms for the previous 14 days;
- In case of a previous positive PCR nasopharyngeal test the athlete, after the resolution of

fever and improvement in illness and symptoms, must provide 2 consecutive negative PCR tests at least 24 hours apart, 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;
- In cases where this certificate is not provided, the athlete will not be allowed to compete;
- On the race week all athletes, coaches and team medical staff should fill in the pre- event questionnaire, a link to which will be sent by the World Triathlon Sport Department one week before the event.

Event COVID-19 screening process

- A PCR test for all athletes, and support NF personnel is required at the event location. In case of a positive test result, the person will be quarantined.
- Each team delegation will be given a certain date and time (appointment) in order to have the PCR Test. *No appointment needed for registration and race-pack distribution.* The appointments for PCR test will be communicated when the team arrived to the hotel.

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Race-pack Distribution	15:00	19:00	Avlu Congress Center
Friday, 30 July 2021			
Race-pack Distribution	09:00	13:00	Avlu Congress Center

- Athletes, coaches and medical personnel should have their passports.
- Daily health screening is also required in all events.
- The above process is a standard process in all the events this season. Additional conditions may be imposed on events from the local health authorities. These additional measures will be communicated to all via the events' athletes guides.

A summary of the pre-event and event COVID-19 screening process can be found at the table below:

	Pre-event questionnaire	COVID-19 test before traveling	Medical certificate	COVID-19 test at event	Daily health screening
Elite athletes	yes	yes	yes	yes	yes
Junior athletes	yes	yes	yes	yes	yes
Coaches/team medical/ support NF personnel	yes	yes	follow public health request	yes	yes
TDs /ITOs/NTOs	yes	yes	follow public health request	follow public health request	yes
IF Staff	yes	yes	follow public health request	follow public health request	yes
LOC/ Contractors	follow public health request	follow public health request	follow public health request	follow public health request	yes

- Athletes who have recovered from COVID-19 prior to the competition

It is recognised that those who recovered from COVID-19 may still be at risk of returning a positive test, despite no contagion risk or symptoms.

To be permitted to take part in subsequent competition any athlete who has recovered from COVID-19 must submit a medical document to the Medical Delegate, which confirms full recovery from COVID-19. This information will be reviewed by the Medical Committee and be decided if the athlete can participate or not.

The documentation must include:

- The date of initial diagnosis (the date of first symptoms should be at least 7 days before the competition with at least one day without any symptom)
- Relevant medical history in English
- The result of at least 1 negative COVID-19 test (PCR or antigen) in accordance with the health care regulations of the respective country within 14 days of the commencement of the intended competition.

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

In case of a positive PCR test, the athlete will be quarantined. Depending on the symptoms, the quarantine will be in the hotel or in the hospital for further care.

Event's Covid-19 Officer:

Kubilay Tolga ERGUN

E-mail: k.tolgaergun@gmail.com

Phone: +905454349189

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

- According to World Triathlon the use of a mask is mandatory for all athletes, technical officials and team support (except, for the athletes during the competition).
- Masks/mouth- nose face covering must be used 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 must 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 should wear a disposable mask until the last minute. A garbage bin will be placed near the start line so athletes can throw away their masks.
- The LOC is 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 accredited clients can bring masks/mouth- nose face during race package pick up.
- The use of rubber gloves is not mandatory.

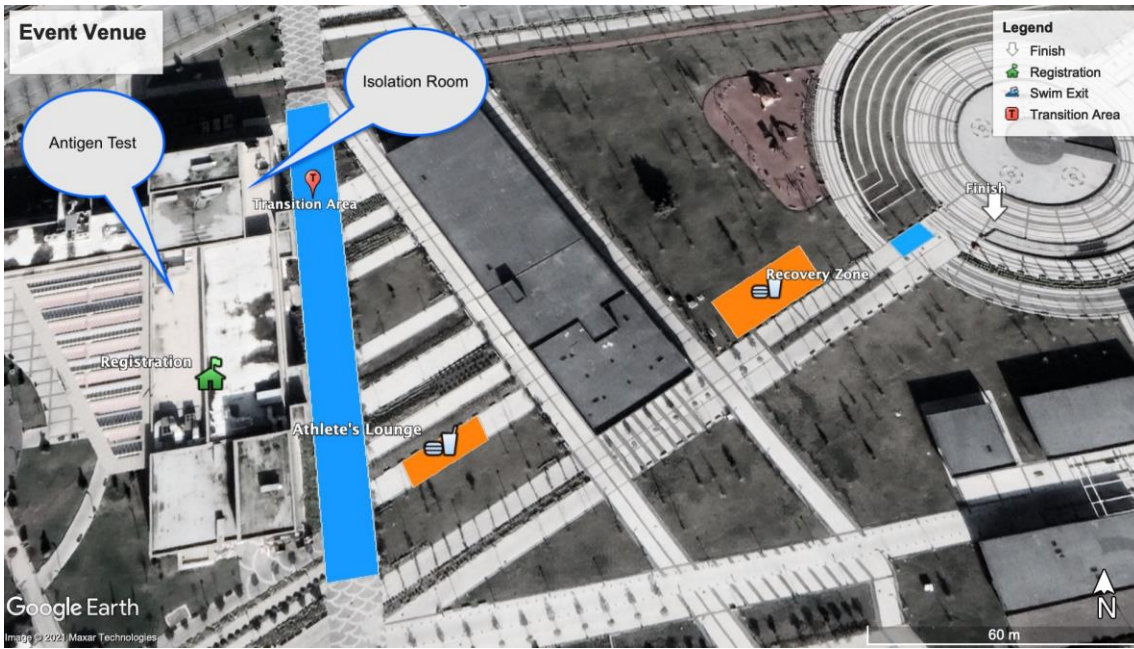
ISOLATION ROOM AND SUSPICIOUS CASE

Contact numbers of athletes and team officials will be gathered by the LOC to be used in case of any suspicious case.

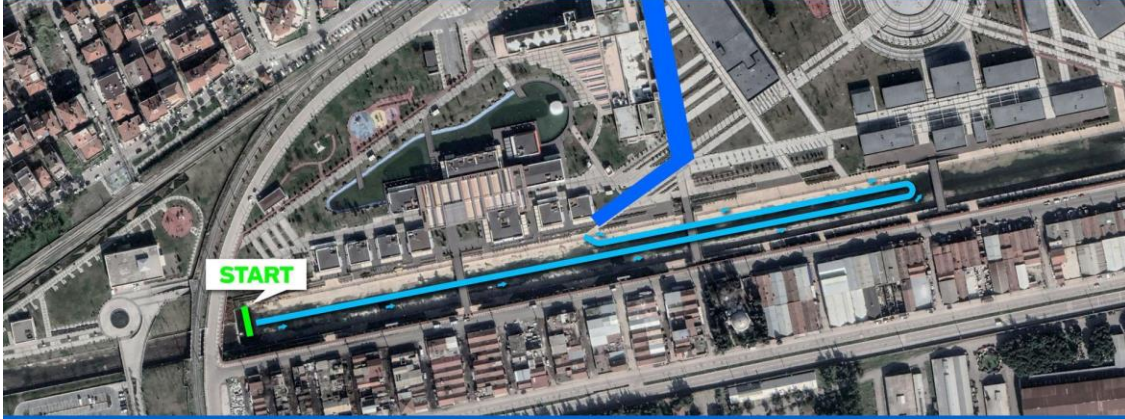
During the event, if a Suspicious Case is identified:

- A surgical mask will be provided preferably by the LOC;
- That person will be taken to the Isolation Room by a staff member;
- The Doctor in charge of the Isolation Room will call the Medical Race Manager, Begüm Özüekren Kasapoğlu(+905327108914) and follow the given procedure;
- The Isolation Room will be provided with a private bathroom, sealed water and food, surgical masks, hand sanitizers and alcohol solution wipes.

VENUE AND EVENT STRUCTURE



BALIKESİR TRIATLONU PARKURLARI
TRIATHLON BALIKESİR COURSES



YÜZME/SWIM
1 LAP x 750 M



BALIKESİR TRIATLONU PARKURLARI
TRIATHLON BALIKESİR COURSES



BİSİKLET/BIKE
4 LAPS x 5000 M = 20 KM





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

Balikesir Uludağ Turizm is the official body for transportation and accomodation and the contact names are Orhan Karaduman and Didem Karaağaç.

Name: Orhan Karaduman

E-mail: orhankaraduman@uludagturizm.com.tr

Phone: (+90) 553 411 1401



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Name: Didem Karaağaç

E-mail: didemkaraagac@uludagturizm.com.tr

Phone: (+90) 507 709 03 41

Address: Balıkesir Uludağ Turizm Seyahat Acentası

Atatürk Mah.Bandırma Cd. Dağlı Apt. No:36/A Karesi/BALIKESİR

TRAINING FACILITIES

- Detailed information is available in the Athletes' Guide;
- Access to training facilities will strictly follow the local health regulations and the World Triathlon COVID Guidelines rules.

ATHLETES' AND COACHES' BRIEFING

At World Triathlon events, all coaches' briefings are cancelled. The athletes' briefing is not mandatory.

All information about the race will be provided through WORLD TRIATHLON website.

Special rules for the Balıkesir Europe Triathlon Cup 2021 race:

- The online briefings will be pre-recorded and uploaded on Friday July 30th, at 10:00am consistent with the World Triathlon Competition Rules. The links are below:

Elite briefing: <https://briefings.triathlon.org/balikesir-elite>

Junior briefing: <https://briefings.triathlon.org/balikesir-junior>

- There are no penalties for those who arrive late or miss the online briefing.
- The race briefing will be available on the events' website.
- The TD will be available for any clarifications:
Angeliki Thoma
+306978292920
aggelo007@gmail.com

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

- **Swim**

You will be able to have a swimming course familiarization in the Avlu Canal. During the swimming course familiarization there will be lifeguards and medical service available. Access to the venue and swim familiarization must respect Covid-19 protocol and only accredited persons can be present.

AVLU CONGRESS AND CULTURE CENTER: Gümüşçeşme Mah. Avlu Cad no:4 Altıeylül / BALIKESİR

Friday, 30 July 2021	Time		Location
Junior Swim Course Familiarisation	13:00	13:45	Avlu
Elite Swim Course Familiarisation	13:45	14:30	Avlu

- **Bike**

There won't be a bike familiarization schedule. Instead, the organization will provide a video of the bike course on Google Earth. The part of the bike course that goes out of Avlu (the Race Venue) usually has heavy traffic. During the races, only one part of the road will be used. The athletes that want to train on the bike course will be at their own risk.

EVENT FORMAT

START OF THE RACE: There will be enough time in between races to guarantee a proper time difference to minimize the time that men and women are together at the venue.

TRANSITION AREA: Bike racks will be traditional, and enough distance between the bikes

AID STATIONS: Only water will be provided at the aid stations.

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

Arrival at the venue:

- All the accredited people will access the venue through the security gate, to guarantee the control of the people that are inside the venue.
- All people will access the 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

Avlu Balıkesir where the event takes place is in 2 stages:

Administrative Building (1st Stage) - 262 m²

Showroom Building (1st Stage) - 1,460 m²

A total of 29 Commercial Buildings (1st and 2nd Stages), 12 of which were built in the 1st Stage - 12,136 m²

517 Car Parking Lot

Running Park - 1.832m (1st Stage: 1600m, 2nd Stage:232m)

1 Pond-4,800 m² (1st Stage)

Green Area-78,000 m² (1st and 2nd Stage in total)

2 Observation Pools-2.100 m² (1st Stage: 300m² - 2nd Stage: 1800m²)



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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 spectators during the competition.

Social Distancing: The recommendations of the health authorities, World Triathlon and NATIONAL FEDERATION 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 World Triathlon.