

ATHLETE'S GUIDE

2021 ETU Triathlon Junior European Cup in Račice

Version 2.8

Updated: 23rd July 2021

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1. GENERAL INFORMATION

1.1. INTRODUCTION

Please accept our invitation to the new top location in the Junior European Cup calendar. Labe Aréna Račice is the Czech National Olympic Centre of Water Sports and offers the perfect environment and facilities for athletes and spectators. The cycling and running course is completely flat, so we can look forward to admirable performances. But most of all we are looking forward to spending a great weekend with all of you again. See you in the triathlon arena!

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. Czech Triathlon Association (LOC) ensures that the information contained in this Guide is correct and up-to-date as of the production date. Please, considering the current situation of temporary epidemic situation, athletes and coaches are invited to CONSTANTLY CHECK the available information.

Covid-19 conditions for entering Czechia: <https://koronavirus.mzcr.cz/en/list-of-countries-according-to-the-level-of-risk/>

More detailed information can be found here:

<https://www.mvcr.cz/mvcren/article/coronavirus-information-of-moi.aspx>



1.2. KEY DATES

Entrance fee payment: 9th July 2021 (see [page 7](#))

Accommodation booking deadline: 9th July 2021 (see [page 9](#))

Shuttle transport reservation: 9th July 2021 (see [page 11](#))

Race package pick-up: 24th July 2021, 17:00 - 20:00

Race start: 25th July 2021, 09:00 Junior Men, 11:40 Junior Women

1.3. KEY CONTACTS

Chief Race Officer

Šimon Kuncel, simon.kuncel@triatlon.cz, +420 728 556 530

Technical delegate

Noël Remy (BEL), noelremy4@gmail.com

Europe Triathlon office

etu_hq@etu.com, +32478825456.

1.4. CONTACT DETAILS

Czech Triathlon Association

Zátopkova 100/2, PS 40 100/2

16017 Praha 6 – Břevnov

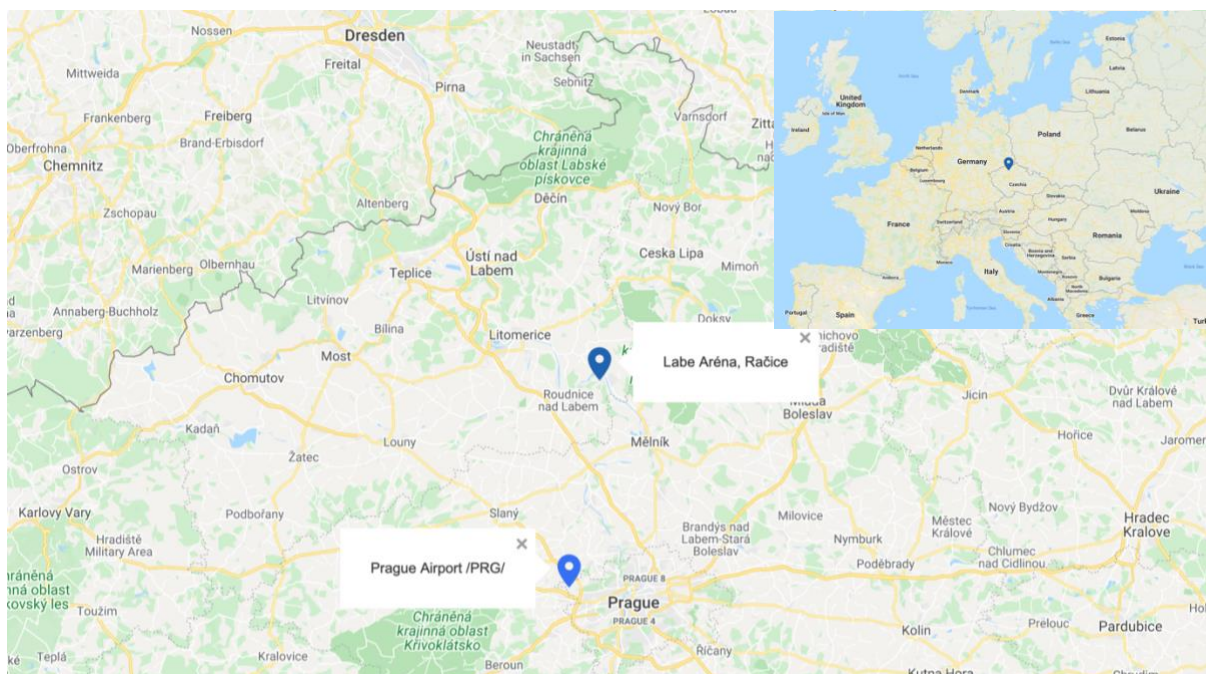
triatlonse@triatlon.cz

+ 420 242 429 259

2. VENUE

2.1. RACE VENUE

The Race Venue is in Labe Aréna, Račice. All services, including accommodation, are easily reachable on foot.

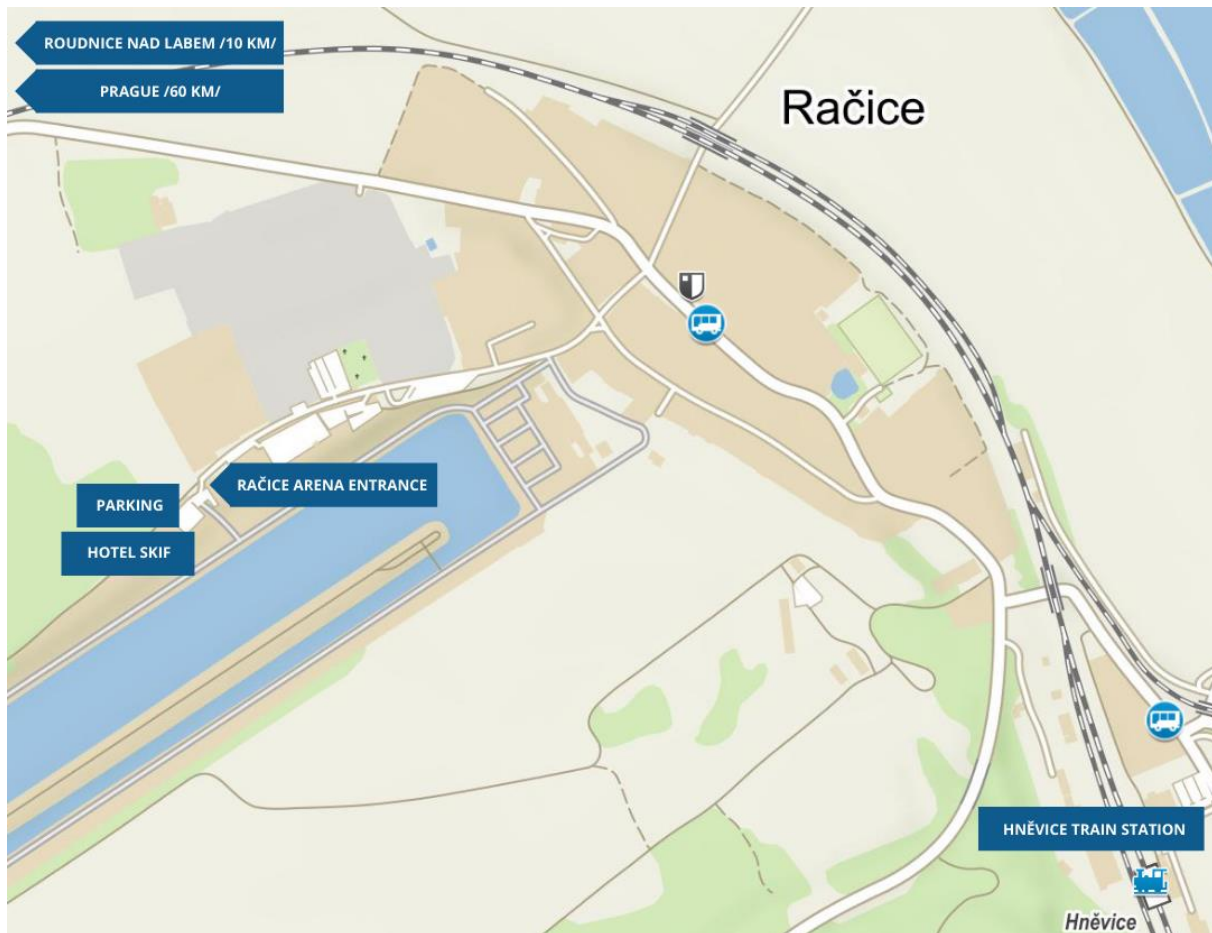


Labe Aréna

Račice 143

411 08 Račice, Czechia

<https://goo.gl/maps/dm2RUUpibcxGKED48>



2.2 COURSE FAMILIARIZATION

The race venue is fully closed from traffic, but other races within the Triathlon Fest Račice take place all weekend. No escorted familiarization.

Free time slots for bike familiarization:

Friday 23rd July 2021: 7:00 - 14:00, 19:30 - 21:00

Saturday 24th July 2021: 7:00 - 9:00, 13:20 - 14:20, 17:40 - 21:00

2.3. ATHLETE'S LOUNGE



Located next to the transition area, 200m from the Hotel Skif. Toilets, water, and bike mechanic provided during opening hours. A recovery zone will be placed close to the finish area.

<https://goo.gl/maps/3u1Wf7Z3kNZekdpN8>

2.4. ATHLETES' RACE PACKAGE



Race package is delivered on Saturday 24th July 2021, 17:00 - 20:00 in the registration tent. The Antigenic swab tests will be available just before the race packet is delivered.

The mandatory pre-event Antigenic swab test will be free of charge for athletes, coaches, medical and support team.

2.5. DOPING CONTROL

Location of the doping control is 20m from the transition area. Doping tests will be conducted according to World Triathlon /WADA rules. The athletes must carry their identification to the doping control facilities.

2.6. LOC OFFICE

Administration building

Opening hours: Sat 24th July 2021, 12:00 - 20:00

Contact: Šimon Kuncl, simon.kuncl@triatlon.cz, +420 728 556 530

3. ENTRY FEE

3.1. ENTRY FEE PRICE

Entry fee price **€ 80** (pre-race antigen test included).

3.2. HOW TO PAY ENTRY FEE?

a) Invoice request

Please request an invoice with payment details no later than **9 July 2021** by email:

triatlonse@triatlon.cz

Booking email template:

ETU Triathlon Junior Cup Račice entry fee payment

Your name / company name:

Address:

VAT ID (optional):

List of competitors registered for the race via triatlon.org:

b) Payment

In advance by bank transfer. Based on your booking email, we will send you back an invoice with payment details. Please pay it on time.

4. ACCOMMODATION

4.1. HOTELS



Hotel Skif

The hotel is located in the Labe Arena. Meals are served 100m from the hotel in a restaurant. The distance to the administrative building is also 100m, the distance to the race start is 400m. Hotel offers 17 twin rooms. All rooms are equipped with LCD TV-SAT, WI-FI Internet connection, small fridge, private bathroom.



Hotel Rowing

The hotel is located in the Labe Arena. Meals are served in a restaurant 400m from the hotel. The distance to the administrative building is also 400m, the distance to the race start is 100m. Hotel offers 15 twin rooms. All rooms are equipped with LCD TV-SAT, WI-FI Internet connection, small fridge, private bathroom and beautiful view for the entire race area.



4.2. PRICES

Price for accommodation in Hotel Skif / Hotel Rowing with **full board € 50 per person per night**.

Price for full board "Nadstandard" includes room, breakfast in buffet style, including a hot buffet.

Lunch is served with soup, main course (choice of two dishes), salad buffet, fruit, and dessert. Dinner is served with main course (choice of two dishes), salad buffet, fruit, and dessert.

Discounts

Accommodation only: – € 25 per person per night

Accommodation + breakfast: – € 20 per person per night

4.3. HOW TO BOOK ACCOMMODATION?

a) Booking

Please book the accommodation of your choice Hotel Skif / Hotel Rowing, both **by 9 July 2021** by email **petra.vitaskova@labearena.cz**

Booking email template:

ETU Triathlon Junior Cup Račice accommodation reservation for

Your name / company name:

Your phone number:

Hotel preferred: Hotel Skif / Hotel Rowing

Date and estimated time of arrival:

Date and estimated time of departure:

Number of full boarders:

Discounts (if any):

b) Payment

On arrival, preferably by credit card (Maestro, MasterCard, Visa) or cash in CZK.

5. TRANSFER AND TRANSPORT



BY TRAIN

The nearest train station is **Hněvice**. It is a 15-minute walk from the Labe Aréna. You can use <https://www.cd.cz/en/> or The "My Train" mobile application to find the connection and buy a ticket. *In the third step of the ticket purchase, don't forget to reserve a place for your bike.*



BY AIR

Nearest airport is Vaclav Havel Airport Prague /PRG/

5.1. PRAGUE AIRPORT <> LABE ARÉNA RAČICE SHUTTLE

Transport from the airport Prague to Račice (appx. 1 hour) is provided by minibus for 8 persons including bike boxes and luggage.

5.2. SHUTTLE PRICE

Price **€ 100 one-way trip** (1-8 people including bikes).

5.3. HOW TO BOOK AND PAY PRAGUE AIRPORT <> LABE ARÉNA RAČICE SHUTTLE?

a) Booking

Please book your shuttle transport by **9 July 2021** by emails: josef.rajtr@triatlon.cz and triatlonse@triatlon.cz in copy.

Booking email template:

ETU Triathlon Junior Cup Račice shuttle reservation for

Your name / company name:

Address:

VAT ID (optional):

Date and time of arrival at Prague Airport:

Flight number:

Number of passengers carried:

Number of bikes carried:

Date and time of departure from Prague airport:

Flight number:

Number of passengers carried:

Number of bikes carried:

b) Payment

In advance by bank transfer. Based on your booking email, we will send you back an invoice with payment details. Please pay it on time.

6. ATHELETE'S SERVICES

6.1. TRAINING FACILITIES



SWIM

Competition training on 2 km course of artificial water channel. Water rescue besides the race is not provided.

The nearest indoor swimming pool /10 km from Labe Aréna/:

Roudnická 300, Vědomice
+420 412 871 067
kpb.rms@roudnickesluzby.cz

Opening hours:
Mon-Fri 15-21h
Sat 10-21h
Sun 13-20h



Asphalt road 5 km around the channel. The race venue is fully closed from traffic, but other races within the Triathlon Fest Račice take place all weekend.

Free time slots for bike training:

Friday 23rd July 2021: 7:00 - 14:00, 19:30 - 21:00

Saturday 24th July 2021: 7:00 - 9:00, 13:20 - 14:20, 17:40 - 21:00



Asphalt road 5 km around the channel. The race venue is fully closed from traffic, but other races within the Triathlon Fest Račice take place all weekend.

Free time slots:

Friday 23rd July 2021: 7:00 - 14:00, 19:30 - 21:00

Saturday 24th July 2021: 7:00 - 9:00, 13:20 - 14:20, 17:40 - 21:00

6.2. MEDICAL SERVICES

Doctor of the race

Mudr. Karel Franěk

+420 605 789 134

First Aid and Emergency Medical Services will be available at the transition/finish area before and during the whole weekend. Medical and Paramedical personnel will be available throughout the race. Ambulance car will be available to provide emergency transfer to a nearby hospital. A medical area will be provided on site at the transition/finish area.

Medical services at the venue are free of charge. Treatment in hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

Closest hospital /10 km away/

NEMOCNICE ROUDNICE NAD LABEM S.R.O.

Alej 17. listopadu 1101

413 01 Roudnice nad Labem

Ambulance and Emergency

Opening hours 24h day

+420 416 858 157

<https://www.pentahospitals.cz/nemocnice-roudnice/>

Emergency telephone number

Czech Rescue Service: 155

Single European emergency number: 112

6.3. BIKE MECHANICAL SERVICE

Bike mechanics for basic repairs can be found throughout the weekend at the Athletes Lounge.

bike-point.eu /10 km away/

Bicycle shop and service

Havlíčková 287 (39,58 km)

41301 Roudnice nad Labem

Opening hours:

Mon-Fri 12-17

Sat 9-12

Sun closed

www.bike-point.eu

Jaroslava Bacova /3 km away/

Bicycle shop and service

Školní 496

41108 Štětí

Opening hours:

Mon-Fri 8-12, 14-17

Sat 8-11

Sun closed

7. COMPETITION SCHEDULE

7.1. JUNIOR WOMEN

DAY	START	END	ACTIVITY	LOCATION
Sat 24 th July			Online Athlete's briefing	briefings.triathlon.org/racice
Sat 24 th July	17:00	20:00	Athlete registration (ID required) (specific timeslot for each team)	Administration building
Sun 25 th July	10:30	10:50	N. 1-25: AL open + TA check-in	Athletes Lounge
Sun 25 th July	10:50	11:10	N. 26-50: AL open + TA check-in	Athletes Lounge
Sun 25 th July	10:30	11:30	Swim warm-up	Start Area
Sun 25 th July	11:30		Calling area	Start Area
Sun 25 th July	11:35		Athletes' introduction	Start Area
Sun 25 th July	11:40		START	
Sun 25 th July	12:40	13:10	TA and AL check-out	Athletes Lounge
Sun 25 th July	13:00	13:30	Award Ceremony	Transition Area

7.2. JUNIOR MEN

DAY	START	END	ACTIVITY	LOCATION
Sat 24 th July			Online Athlete's briefing	briefings.triathlon.org/racice
Sat 24 th July	17:00	20:00	Athlete registration (ID required) (specific timeslot for each team)	Administration building
Sun 25 th July	07:30	07:50	N. 1-25: AL open + TA check-in	Athletes Lounge
Sun 25 th July	07:50	08:10	N. 26-50: AL open + TA check-in	Athletes Lounge
Sun 25 th July	08:10	08:30	N. 51-75: AL open + TA check-in	Athletes Lounge
Sun 25 th July	07:30	08:50	Swim warm-up	Start Area
Sun 25 th July	08:50		Calling area	Start Area
Sun 25 th July	08:55		Athletes' introduction	Start Area
Sun 25 th July	09:00		START	
Sun 25 th July	10:00	10:30	TA and AL check-out	Athletes Lounge
Sun 25 th July	13:00	13:30	Award Ceremony	Transition Area

7.3. COMPETITION RULES

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

7.4. ATHLETE'S BRIEFING

Available online from on briefings.triathlon.org/racice

7.5. 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 TA check-in procedure. These timing chips have to be handed back at the end of the race.

7.6. RESULTS

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

Live coverage <https://www.sportsoft.cz/en>

7.7. PROTEST & APPEALS

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

8. 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.

Accreditations will be distributed at the entrance gate to the Labe Arena in exchange for proof of Covid 19 negative in the form of antigen or PCR (72-hours prior travel to the event), confirmation of vaccination or antibodies.

Only accredited people will be allowed to access Labe Aréna. 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 enter the venue.

9. OTHER USEFUL INFORMATION

9.1. LANGUAGE: Czech

9.2. POPULATION: 10 M

9.3. CURRENCY: Czech Crown (Kč)

9.4. TIME: Central European Time (CET)

9.5 ELECTRICITY: power plugs and sockets are of type E. This socket also works with plug C and with plug F if it has an additional pinhole. Standard voltage is 230 V and the frequency is 50 Hz

9.6 WATER: Tap water is safe to drink in whole country.

9.7 TELEPHONE CONNECTIONS:

General emergency: 112

Ambulance: 155

Police: 158

Fire brigade: 150

Municipal police: 156

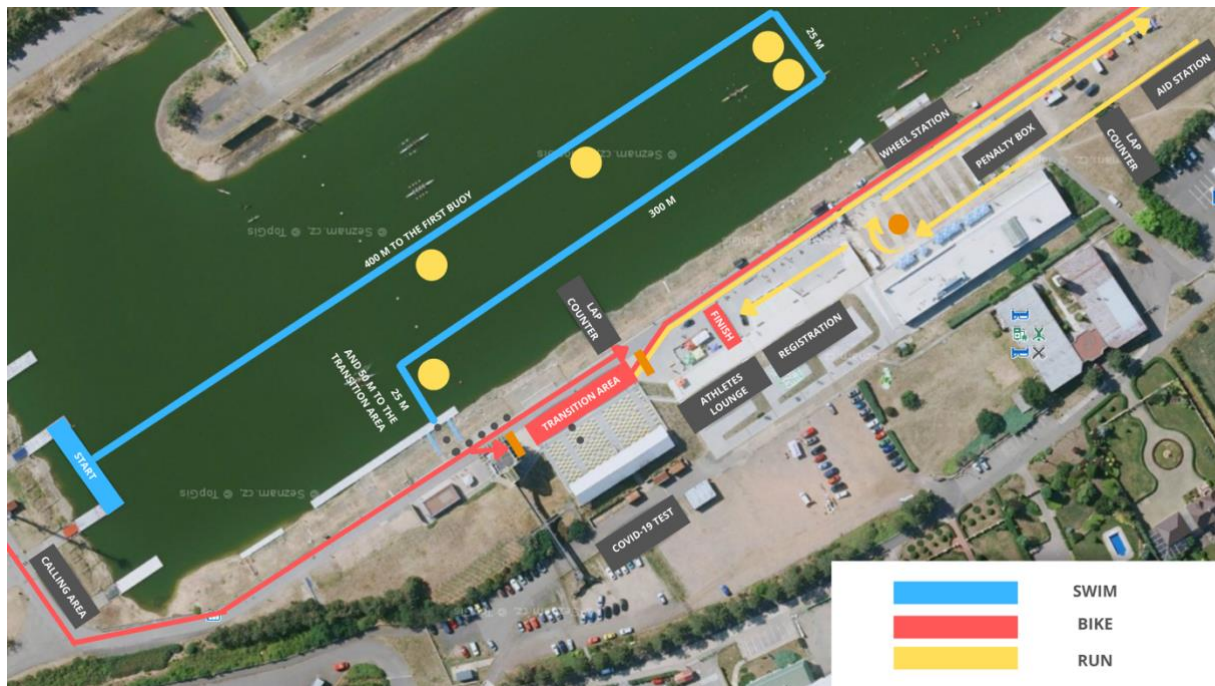
Emergency Road Service (ABA): 1240

Emergency Road Service (UAMK): 1230



10. COURSE MAPS





SWIM START & SWIM COURSE

Račice artificial water channel

Start procedure: deep-water start

Number of laps: 1 (750 m)

Average water temperature: 23,1°C

Run to the Transition Area follows

TRANSITION AREA

One transition area only.

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/or numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike by moving forward into the centre lane and towards the mount line



BIKE COURSE

Number of laps: 4 (5 km), 20 kilometres in total.

Completely flat asphalt road around the channel, fully closed. Sharp bends in the corners of the channel.

Wheel station is 20m from the transition area exit accessible from every bike lap. Lap counter 70m before the entrance to the transition area.

TRANSITION

From the dismount line, please describe the flow of the transition

Running shoes may be placed beside the rack or in the bin.



RUN COURSE

Number of laps: 2 (2,5 km), 5 kilometres in total.

Completely flat asphalt road around the channel, fully closed. Turn point after 1,25km. Finish is right next to the transition area.

AID STATION: At the beginning of run lap, with clean water.

FINISH AREA: Food and drink provided is individually wrapped. Water, fruit and biscuits.

11. COVID-19 MEASUREMENTS FOR ATHLETES AND COACHES

1. Travel

For arrival into Czechia please check the most up to date information here:

<https://koronavirus.mzcr.cz/en/list-of-countries-according-to-the-level-of-risk/>

More detailed information can be found here:

<https://www.mvcr.cz/mvcren/article/coronavirus-information-of-moi.aspx>

If you require additional help, please contact:

Šimon Kuncl, simon.kuncl@triatlon.cz, +420 728 556 530

2. Airport Transfer

Anyone using the shuttles provided by the LOC must be informed that the use of mask and face covering is mandatory. Everyone needs to disinfect their hands before entering the bus.

3. Training sites

Athletes are recommended to keep distance during running sessions and during their session in the swimming pool. Overall recommendation is to try to have those sessions in the morning to avoid peak times.

4. Testing protocol and health screening

- 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 World Triathlon website.
 - 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
- Additionally to this, all junior triathletes must submit a pre-travel medical certificate according to the requirements above
- Finally, all junior triathletes, coaches, team medical and support NF personnel will be tested for Covid-19 by performing a mandatory Antigenic swab test. For the junior athletes, a parent consensus form is required ([parent consensus](#), page 54).



- The Antigenic swab tests will be available just before the race packet is delivered (Saturday 24th July 2021, 17:00 - 20:00).
- The mandatory pre-event Antigenic swab test will be free of charge for athletes, coaches, medical and support team.
- In case of a positive result, a PCR swab test must follow.
- In order to submit all the above documents in a proper way please check the pre-event screening guide at https://triathlon.org/pre_event_covid_19_screening_guide?mc_cid=b14a437962&mc_eid=89d4e5d32f
- All the specific measures can be found in the table below:

	Pre-event questionnaire	COVID-19 test before traveling	Medical certificate	COVID-19 test at event	Daily health screening
Junior athletes	yes	yes	yes	follow public health request	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

5. Athlete's briefing

Athletes briefing will be pre-recorded and available at briefings.competitions.com/racice

The TD Noel Remy will be available for any clarifications: +32 476 715 478, noelremy4@gmail.com

6. Race package distribution

Race package is delivered on Saturday 24th July 2021, 17:00 - 20:00 in the Registration tent. The Antigenic swab tests will be available just before the race packet is delivered, at the Covid testing tent. The use of mask and social distancing is mandatory.

7. Health screening

Temperature and Oxygen saturation level checks will be performed every time the athletes and coaches are on site including at the times of the athletes' package distribution and familiarizations. Saturation levels lower than 95% and a temperature above 38°C will be reported to the RMD/MD.

8. Competition activities

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

c. 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.

d. 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](#).

9. Spectators' access

The event will be open to spectators. Spectators' accreditations will be distributed at the entrance gate to the Labe Arena in exchange for proof of Covid 19 negative (paper or display) in the form of antigen or PCR (72-hours prior travel to the event, or no later than 6 days before the event for local spectators), confirmation of vaccination or confirmation of antibodies.

10. Accreditation

Per team are only one accreditation for coach and one for medical allowed.

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

12. Protocols to be followed in case of a suspicious case Covid-19:

1. Please contact Covid-19 manager: Josef Rajtr +420 603 252 769, josef.rajtr@triatlon.cz in case of COVID-19 symptoms.
2. In the event of a positive test result, the person will remain in isolation in a quarantine room at the Skif Hotel until the PCR test is performed at the expense of the athlete/coach/physician/support.

13. A suspicious case definition and the following procedure

During the event if a Suspicious Case is identified:

- The person involved must stay at the hotel, in isolation, and must inform immediately the race Covid-19 manager Josef Rajtr +420 603 252 769,
- The race medical manager or a person in charge of the organization will contact the nearest health department to handle the case;
- If Suspicious Case is identified in the race venue, the person involved will be taken to the quarantine room at the Skif Hotel;
- A surgical mask will be provided immediately upon contacting the medical station;
- That person will be taken to the quarantine room by a staff member;

- The Doctor in charge of the quarantine room will call the National Health Service 1221 and follow the given procedure;
- The quarantine room will be provided with a separate toilet, sealed water and food, surgical masks, hand sanitizers and alcohol-based wipes.

All the LOC team behind this wonderful event wish you a good luck!