



ATHLETE'S GUIDE

2021 Dnipro Europe Triathlon 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. The creation date of this version of the document is stated at the first page.

Considering the current situation of the temporary epidemic situation, athletes and coaches are invited to <u>CONSTANTLY CHECK</u> the available information.

1.2. KEY DATES

Friday, June 4th:

- 9.00 Pre-recorded Elite athletes briefing is available at https://briefings.triathlon.org/dnipro-elite
- 10.00-14.00 Mandatory antigen testing
- 11:00-15:00 Athlete's race package pick-up (According to each NF's appointed time slot which will be communicated 10 days before the race).
- 15.00-16.00 Swim course familiarization.

Saturday, June 5th:

- 9.00 Start Elite Women "2021 Europe Triathlon Cup Dnipro"
- 11.00 Start Elite Men "2021 Europe Triathlon Cup Dnipro"
- 13.00 Europe Triathlon Cup Award Ceremony

1.3. KEY CONTACTS

- Sergey Lysov (<u>lysovsergii@gmail.com</u>); +380630724273 Race director.
- Maryia Charkouskaya-Tarasevich (<u>beltrigs@mail.ru</u>); +375296292231 Europe Triathlon Technical delegate.
- Ivan Mihajlovski (<u>ivanmihajlovskiswim@gmail.com</u>);+38970363958 Europe Triathlon assistant Technical delegate.
- Leonid Mogilevsky (leonidmog@gmail.com); +380681679379 Europe Triathlon assistant Technical delegate.





- Olha Leonchuk (<u>olya.leo1727@gmail.com</u>); +380634158424 Athlete services manager.
- Pavel Balabanov (startdniproevent@gmail.com); +380508015647 Event director
- Europe Triathlon office: etu_hq@etu.triathlon.org. Phone number: +32478825456.

1.4. CONTACT DETAILS

LOC: Dnipropetrovsk Region Triathlon Federation. Address: Sichevih Streltsiv Street, 13, of 7; 49000, Dnipro – Ukraine

www.dniprotriathlon.com startdniproevent@gmail.com

+380630724273

2. VENUE

2.1. RACE VENUE

Ukraine, Dnipro, Sicheslavska Naberezhna St., Festival Wharf.







2.2 COURSE FAMILIARIZATION

Attention! Due to Covid-19 restrictions, only swim course familiarization will be scheduled.

Friday, June 4th. Sicheslavska Naberezhna St., Festival Wharf.

- 15:00-16:00 - Swim course familiarization.

2.3. ATHLETE'S LOUNGE

Location: Sicheslavska Naberezhna St., Festival Wharf next to the Transition Area and will provide toilets, water, fruit and energy drinks. Also there will be a recovery zone close to the finish area. Both of these zones will work subject to Covid-19 restrictions.

2.4. ELITE ATHLETES' RACE PACKAGE

Elite race packages will be distributed before the swim race familiarization at Sicheslavska Naberezhna St., Festival Wharf. Each team will have a scheduled time slot to pick-up the race packages. The schedule will be communicated to the teams 10 days before the races.

2.5. DOPING CONTROL

Doping Control will be performed according to the ITU/WADA rules. The athletes must be carry their identification to the doping control facilities

2.6. SECURITY

Security will be provided by the government of the city. During the race, the athletes will be accompanied by the police and municipal troopers. The venue will be guarded by police forces. There will be ambulances at the venue and on the bike course. On the swim course there will be water police and rescuers. 80 volunteers will be involved. The police will guarantee the closure of the roads and safety of the athletes.

2.7. LOC OFFICE

Dnipropetrovsk Region Triathlon Federation.

Address: Sichevih Streltsiv Street, 13, of. 7; 49000,

Dnipro - Ukraine.

Operating time:

Monday - Friday 09:00-18:00

startdniproevent@gmail.com

Contact phone #: +380630724273





3. ACCOMMODATION

LOC provides accommodation at special prices in the following hotels: Hotel "Dnepropetrovsk" Ukraine, Dnipro, Sicheslavska Naberezhna St., 33 dnipro.hotel.dp@gmail.com

+38 (056)377-95-55

+38 (056)377-95-56

Important! Due to Covid -19 pandemic it is recommended that all the teams would book accommodation in the host hotel in order to limit transportation of the teams within the city and fast identification of the first level contacts in case of positive Covid-19 tests among the members of the teams.

4. TRANSFER AND TRANSPORT

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

Price: transfers from Dnepropetrovsk International Airport (one direction):

- 20€ per person. The transfer back to the airport is at the same price.

Additional waiting time for the transfer is possible due to the requirement to organize transportation according to the Covid 19 guidelines.

If you have any transfer requests please contact Sergey Lysov at:

Email: <u>lysovsergii@gmail.com</u> Phone: +380 63 072 42 73

Visa information:

For citizens of Belarus - entry into Ukraine is visa-free with a single passport.

For citizens of all countries of the former USSR, except Turkmenistan - visa-free, but only on foreign passports (applies to Estonia,Latvia, Lithuania, Moldova, Georgia, Armenia, Azerbaijan, Kazakhstan, Tajikistan, Uzbekistan, Kyrgyzstan). The only country citizens of which can arrive in Ukraine with an internal passport is Turkey. Citizens of the following countries can come to Ukraine without a visa:

- all countries of the European Union (the entry with the passports of "non-citizens" of Latvia and Estonia requires a visa);
- some other European countries: Andorra, Vatican, Iceland, Monaco, Norway, Switzerland,

Montenegro, Bosnia-Herzegovina, Serbia, Macedonia, Liechtenstein, San Marino, Albania;





- American countries: USA, Canada, Panama, Paraguay, Argentina, Brazil, Chile, Saint Kitts and Nevis, Antigua and Barbuda, Uruguay;
- Asian countries: South Korea, Japan, Israel, Brunei, Turkey, Hong Kong, United Arab Emirates, Mongolia.

5. ATHLETE'S SERVICES

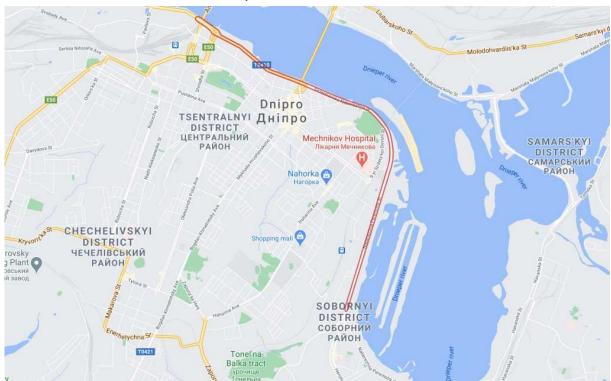
5.1. TRAINING FACILITIES



Due to the Covid-19 restriction there is no possibility of scheduled swimming facilities before the races. The LOC will inform all the teams should there be any change.



Sicheslavska Naberezhna St. bike path.

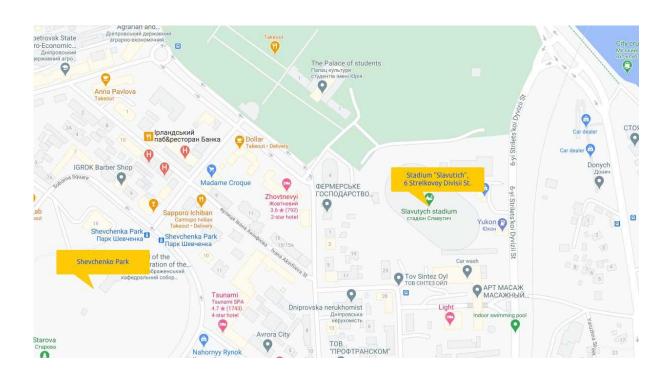




Sicheslavska Naberezhna St; Stadium "Slavutich", 6 Strelkovoy Divisii St.; Shevchenko Park.







5.2. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Registration area before and during the swim familiarization. There will be First Aid and Emergency Medical Services at the Race Village on the race 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 is on the athletes own cost. Athletes / teams should make sure that they have appropriate medical insurance.

The closest hospital: Hospital named after Mechnikov. Address: Soborna Square,14. Emergency telephone number: 103.

5.3. BIKE MECHANICAL SERVICE

Bike partner: "Black Bike".

Address: Oles` Gonchar street, 8; Dnipro – Ukraine.

+38 068 960 25 08

Monday - Sunday 10:00 - 19:00

6. COMPETITION SCHEDULE





6.1. ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
Friday, June 4th	9.00		Pre-recorded Elite athletes briefing available at	https://briefings.triathlon.o rg/dnipro-elite
Friday, June 4th	10.00	14.00	Antigen testing	4 Lomannaya street, Outpatient clinic #1-2
Friday, June 4th	11.00	15.00	Race package pick-up	Sicheslavska Naberezhna St, Festival Wh
Friday, June 4th	15.00	16.00	Swim familiarization	Sicheslavska Naberezhna St, Festival Wharf
Saturday, June 5th	7.30	8.30	Athletes Lounge check in	Sicheslavska Naberezhna St, Festival Wharf
Saturday, June 5th	8.00	8.45	Athletes transition check in	Sicheslavska Naberezhna St, Festival Wharf
Saturday, June 5th	8.15	8.45	Athletes swim warm up	Sicheslavska Naberezhna St, Festival Wharf
Saturday, June 5th	8.50		Athletes introduction	Sicheslavska Naberezhna St, Festival Wharf
Saturday, June 5th	9.00		Start	Sicheslavska Naberezhna St, Festival Wharf
Saturday, June 5th	13.00		Award Ceremony	Sicheslavska Naberezhna St, Festival Wharf

6.2. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
Friday, June 4th	9.00		Pre-recorded Elite athletes briefing available at	https://briefings.triathlon.o rg/dnipro-elite
Friday, June 4th	10.00	14.00	Antigen testing	4 Lomannaya street, Outpatient clinic #1-2





Friday, June 4th	11.00	15.00	Race package pick-up	Sicheslavska Naberezhna St, Festival Wharf	
Friday, June 4th	15.00	16.00	Swim familiarization	Sicheslavska Naberezhna St, Festival Wharf	
Saturday, June 5th	9.30	10.30	Athletes' Lounge check in	Sicheslavska Naberezhna St, Festival Wharf	
Saturday, June 5th	10.00	10.45	Athletes' Transition check in	Sicheslavska Naberezhna St, Festival Wharf	
Saturday, June 5th	10.15	10.45	Athletes' swim warm up	Sicheslavska Naberezhna St, Festival Wharf	
Saturday, June 5th	10.50		Athletes' introduction	Sicheslavska Naberezhna St, Festival Wharf	
Saturday, June 5th	11.00		Start	Sicheslavska Naberezhna St, Festival Wharf	
Saturday, June 5th	13.00		Award Ceremony	Sicheslavska Naberezhna St, Festival Wharf	

6.3. COMPETITION RULES

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

6.4. ATHLETE'S BRIEFING

On Friday, June 4 th at 9:00 – The prerecorded briefing presentation will be available at https://briefings.triathlon.org/dnipro-elite

6.5. 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 check-in procedure.

6.6. RESULTS

Results will be uploaded live at the WT official website www.triathlon.org. (The link to the live coverage will be specified at a later stage).

All the results information will be distributed to the Team Leaders at the Information Centre (Sicheslavska Naberezhna St).

6.7. PROTEST & APPEALS





Standard procedures will be followed according to the WT-Competition Rules

7. ACCREDITATION

The LOC will provide to all the Organizing Committee Members, ETU Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. (but not more than two officials from each team-one coach and one medical personnel per NF) with an official Accreditation Card.

Accreditation cards of Elite Athletes and Coaches will be distributed during the race package pick up on Friday June 4 th, at Sicheslavska Naberezhna St, Festival Wharf. . Only accredited people will be allowed to access the venue. 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.

8. OTHER USEFUL INFORMATION

8.1. LANGUAGE: English, Ukrainian, Russian.

8.2. POPULATION: Dnipro city, 1 million.

8.3. CURRENCY: Hryvna.

USD - 28,00.

EUR - 32,75.

8.4. TIME: Kiev time.

8.5 ELECTRICITY: 220V.

8.6 WATER: non-potable water.

8.7 TELEPHONE CONNECTIONS: +38(0..)

9. COURSE MAPS

SWIM START

Start procedures: pontoon.

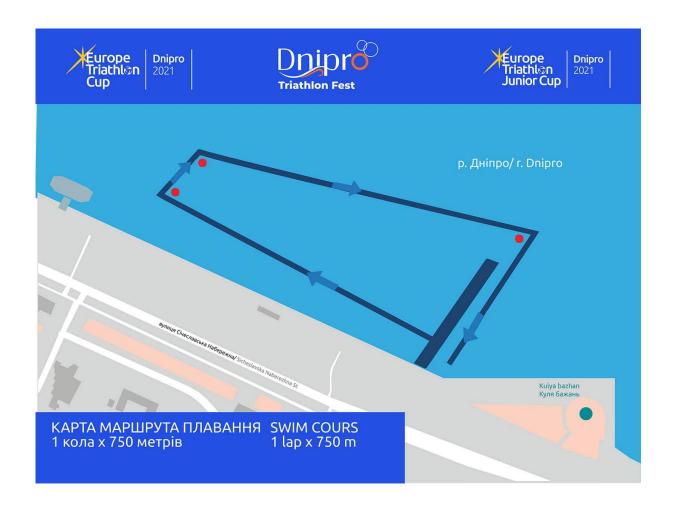
The Race Referee with assistance of Technical Officials, who are assigned to the start, will start each race.



Average water temperature - 19-21 degrees Celsius.







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 secures, athletes unrack the bike by moving forward into the centre lane and towards the mount line







S BIKE COURSE

Number of laps: 3.

There is a 200 m section with a gradient 7-8% and a 500 m section with a gradient 4-5% on each lap.

One (1) wheel station will be located on the bike course. The wheels have to be provided by the teams.







TRANSITION 2

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







*RUN COURSE Number of laps: 3.

Description: flat asphalt.







AID STATION

Two (2) aid stations will be located on the run course.

PENALTY BOX

A penalty box will be located on the run course, at the end of every lap.

10. COVID-19 MEASUREMENTS FOR ATHLETES AND COACHES

1. Travel

For arrival into the Ukraine please check the most up to date information here: https://visitukraine.today/?gclid=EAIaIQobChMI3LT8_J-y8AIVC9iyCh0QjwlQEAAYASAAEgKrKvD_BwE

If you require additional help please contact Sergey Lysov:

lysovsergii@gmail.com

+380630724273





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. Accommodation

Use of mask and face coverings is mandatory in the hotels, keep social distancing and disinfect hands in hotel's public places.

4. Training sites

Athletes are recommended to keep distance during running sessions.

5. 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 the Ukraine are valid as pre-travel tests
- Additionally to this, all elite athletes must submit a pre-travel medical certificate according to the requirements above
- Finally all elite athletes, 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.
- 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=b14a43796
 2&mc_eid=89d4e5d32f
- All the specific measures can be found in the table below:

	Pre-event questionnai re	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/ Competition Jury	Yes	yes	follow public health request	yes for the ones in close contact with the athletes; follow public health request	yes
IF /Continental Federation Delegations	Yes	yes	follow public health request	yes for the ones in close contact with the athletes; the others follow public health request	yes
LOC/ Contractors	follow public health request	follow public health request	follow public health request	follow public health request	yes

6. Athlete's briefing

Athletes briefing will be pre-recorded and available at the Dnipro Europe Triathlon Cup page at https://briefings.triathlon.org/dnipro-elite

7. Race package distribution

Race package to be collected between 11.00-14.00 local time on Friday, June 4 th, at Sicheslavska Naberezhna St, Festival Wharf by each athlete individually. The use of masks and social distancing is mandatory.

8. 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 the swim familiarization. Saturation levels lower than 95% and a temperature above 38°C will be reported to the RMD.

9. 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 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.
- Medal ceremonies will be performed according to the COVID-19 guidelines for medal ceremonies that can be found on the https://www.triathlon.org/uploads/docs/20210422_Covid19_Guidelines_5.1_v
 2.pdf

10. Spectators' access

The event will be open to spectators. Any non-accredited person can watch the event from the spectator's areas.

11. Accreditation

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

12. Facilities disinfection

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

13. COVID-19 medical protocols

a. COVID-19 emergency contact details:

Please contact Ashref Skiwi +380631321424 <u>AchrefSkioui@gmail.com</u> in case of COVID-19 symptoms.

b. Protocols to be followed in case of a positive case:

Please check the 2021 Dnipro Europe Triathlon Cup/Junior Cup Covid Guidelines Concept Paper





Good luck!