

ATHLETE'S GUIDE

EUROPE TRIATHLON JUNIOR CUP IZVORANI 2021

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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

August 12th

« Opening ceremony Europe Triathlon Junior Cup Izvorani 2021 » - Press release, Romanian Olympic Center Sydney 2000, Izvorani
Time interval: 11: 00 – 12:00

August 13th

«2021 Europe Triathlon Junior Cup Izvorani 2021» Athletes briefing - Online

Time interval: 18:00

August 14th

«2021 Europe Triathlon Junior Cup Izvorani 2021» - Individual Race
Nicolae Navasart Sport Complex, Izvorani
Medal ceremony: Nicolae Navasart Sport Complex, Izvorani

«2021 Europe Triathlon Junior Cup Izvorani 2021» Athletes briefing – Online

Time interval: 18:00

August 15th

«2021 Europe Triathlon Junior Cup Izvorani 2021» - Mixed Relay
Nicolae Navasart Sport Complex, Izvorani
Medal ceremony: Nicolae Navasart Sport Complex, Izvorani

1.3. KEY CONTACTS

Name and contact details of:

- Race director: Istvan Besenyei – istvan.besenyei@triatlonromania.ro; +40722339578
- Technical delegate: Yuval Raiz (ISR), - yuval.raiz@gmail.com; +972 524840896
- Athlete services manager: Ovidiu Burghilea, - office@triatlonromania.ro; +40763820423
- Airport Transfers, Accomodation Manager: Avram Izabella, - office@triatlonromania.ro; +40741746049
- Europe Triathlon office: etu_hq@etu.triathlon.org. Phone number : +32478825456.

1.4. CONTACT DETAILS

Romanian Triathlon Federation, 1 Hagi Moscu Maria Street, ap1, interfon 01, Sector 1, Bucharest
Ovidiu Burghilea, +40763820423, office@triatlonromania.ro

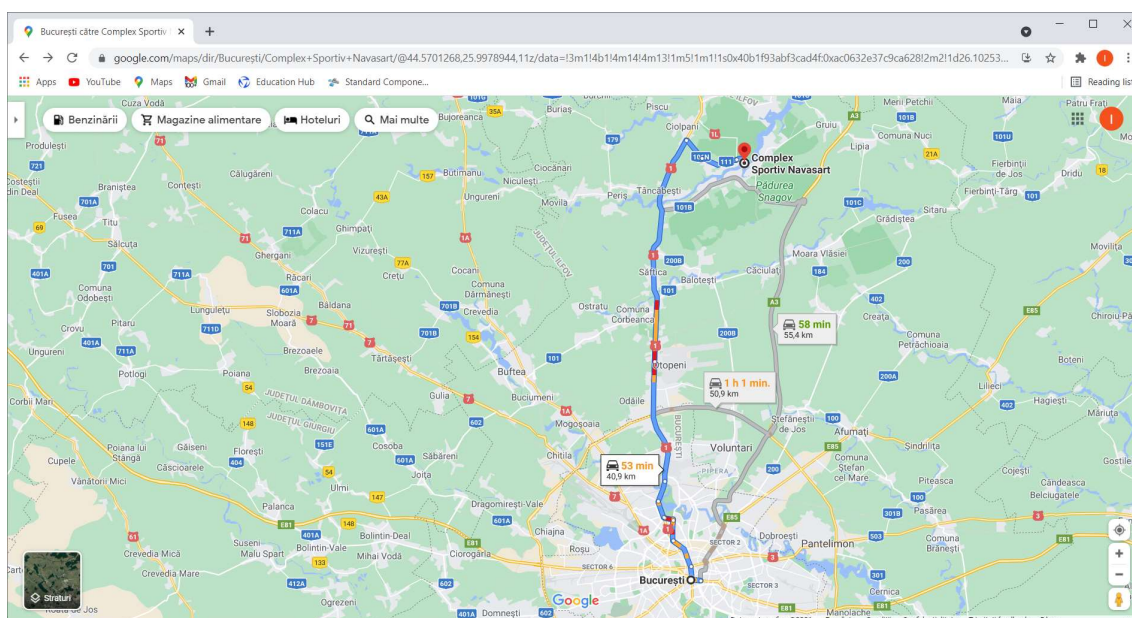
2. VENUE

2.1. RACE VENUE

Nicolae Navasart Sport Complex – Izvorani, Romania.

Location

The Nicolae Navasart Sport Complex – Izvorani is located 40km from the city center of Bucharest in the protected area of Snagov forest reservation.



2.2 COURSE FAMILIARIZATION

Due to the Covid-19 situation, the official course familiarization is cancelled.

However, the swim course, bike course and run course can be used starting with Thursday 12th, between 15:00 – 19:00.

The bike and run course are on open public street, so each individual can make its own familiarisation in compliance with the legal provisions.

2.3. ATHLETE'S LOUNGE

Location: Nicolae Navasart Sport Complex – Izvorani, Romania

Recovery zone close to the finish area. Due to Covid-19 situation, no physiotherapist for massage will be provided.

2.4. ATHLETES' RACE PACKAGE

Location: Nicolae Navasart Sport Complex – Izvorani, Romania

Friday 13th August 2021

Rapid Antigenic Test - Mandatory	12:00 - 18:00	Nicolae Navasart Sport Complex – Izvorani
Registration and Race Package pick-up	15:00 – 20:00	Nicolae Navasart Sport Complex – Izvorani

2.5. DOPING CONTROL

Location of the doping control site: Nicolae Navasart Sport Complex – Izvorani, Romania

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

2.6. SECURITY

Nicolae Navasart Sport Complex – Izvorani, Romania has its own security personnel. Due to Covid-19 situation, only athletes, coach, TO's and LOC staff passing the negative antigenic tests will have access to the Sport Complex facility.

2.7. LOC OFFICE

Location: Nicolae Navasart Sport Complex – Izvorani, Romania

Opening hours:

Thursday, 12th August 2021

LOC Office	10:00 - 20:00	Nicolae Navasart Sport Complex – Izvorani
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Friday, 13th August 2021

LOC Office	06:30 - 20:00	Nicolae Navasart Sport Complex – Izvorani

Saturday, 14th August 2021

LOC Office	06:30 - 20:00	Nicolae Navasart Sport Complex – Izvorani

Sunday, 15th August 2021

LOC Office	06:30 - 17:00	Nicolae Navasart Sport Complex – Izvorani

Contact Person: Ovidiu Burghilea, +40763820423, office@triatlonromania.ro

3. ACCOMMODATION

- Airport Transfers, Accomodation: Avram Izabella, - office@triatlonromania.ro; +40741746049

In the neighbourhood of the Nicolae Navasart Sport Complex – Izvorani, a Sport Hotel Facility exists. For details please contact our Transportation and Accomodation Service Manager Avram Izabella, - office@triatlonromania.ro; +40741746049

4. TRANSFER AND TRANSPORT

Closes Airport:

Bucharest Henri Coanda Otopeni International Airport – 23km distance

Closest Railway Station

Bucharest Nord Railway Station, 39km distance

Information on transfer.

Please contact our Transportation and Accomodation Service Manager, Avram Izabella, - office@triatlonromania.ro; +40741746049

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES



SWIM

Location: Nicolae Navasart Sport Complex – Izvorani, Romania



BIKE

Public road network around the Nicolae Navasart Sport Complex – Izvorani with very limited traffic.



RUN

Sydney 2000 Olympic Sport Complex, 1,8km distance from Nicolae Navasart Sport Complex – Izvorani.

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 venue on competition day.

Medical and Paramedical personnel will be available throughout the race. Two 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 public hospitals for emergency services 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.

Closest hospital:

Clinical Emergency Hospital Bucharest, 8 Calea Floreasca, Bucharest

Emergency telephone number: **112**

5.3. BIKE MECHANICAL SERVICE

Bike partner: Trisport Concept Store, Bucharest, www.trisport.ro

On site Bike service: Thursday – 12:00 – 22:00; Friday – 08:00 – 20:00; Saturday – Sunday – 06:30 – 20:00.

6. COMPETITION SCHEDULE

Thursday, 12th August 2021

Rapid Antigenic Test - Mandatory	12:00 - 18:00	Nicolae Navasart Sport Complex – Izvorani
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Friday 13th August 2021

Rapid Antigenic Test - Mandatory	12:00 - 18:00	Nicolae Navasart Sport Complex – Izvorani
Swim – Bike – Run Individual familiarization	15:00 – 17:00	Nicolae Navasart Sport Complex – Izvorani
Registration and Race Package pick-up	15:00 – 20:00	Nicolae Navasart Sport Complex – Izvorani
Athletes Briefing (online)	18:00	On-line
Q&A Athletes Briefing	19:00 – 19:30	Nicolae Navasart Sport Complex – Izvorani

Saturday 14th August 2021

Athlete Lounge Open Junior Woman	07:00 - 07:30	Nicolae Navasart Sport Complex – Izvorani
Transition Open Junior Woman	07:15 – 07:45	Nicolae Navasart Sport Complex – Izvorani
Start Junior Woman	08:00	Nicolae Navasart Sport Complex – Izvorani
Athlete Lounge Open Junior Male	09:00 – 09:30	Nicolae Navasart Sport Complex – Izvorani
Transition Open Junior Male	09:15 – 09:45	Nicolae Navasart Sport Complex – Izvorani
Start Junior Male	10:00	Nicolae Navasart Sport Complex – Izvorani
Medal Ceremony	11:30	Nicolae Navasart Sport Complex – Izvorani

Sunday 15th August 2021

Athlete Lounge Open Junior Woman	07:00 - 07:30	Nicolae Navasart Sport Complex – Izvorani
Transition Open	07:15 – 07:45	Nicolae Navasart Sport Complex – Izvorani
Start Mixed Relay	08:00	Nicolae Navasart Sport Complex – Izvorani
Medal Ceremony	11:30	Nicolae Navasart Sport Complex – Izvorani

6.3. COMPETITION RULES

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

6.4. ATHLETE'S BRIEFING

Friday 13th August 2021

Athletes Briefing, Individual Race (online)	18:00	On-line
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Saturday 14th August 2021

Athletes Briefing, Mixed Relay (online)	18:00	On-line
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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 ITU official website www.triathlon.org.

Please inform if there is any live coverage.

All the Results information will be distributed to the Team Leaders at the Information Centre: Nicolae Navasart Sport Complex – Izvorani, Romania

6.7. PROTEST & APPEALS

Standard procedures will be followed according to the ITU Competition Rules

7. ACCREDITATION

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

Distribution:

Thursday 12th August, Friday 13th August, Nicolae Navasart Sport Complex – Izvorani, Romania, 10:00 – 20:00.

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 enter the venue.

8. OTHER USEFUL INFORMATION

8.1. LANGUAGE: Romanian. Most of the citizens are familiar with English language

8.2. POPULATION: Romanian

8.3. CURRENCY: Romanian Lei, 1 euro = 4, 95 lei

8.4. TIME: CET+ 1

8.5. ELECTRICITY: 230 V, European plug in

8.6. WATER: the public water supply network is drinkable water quality

8.7. TELEPHONE CONNECTIONS: ROU prefix +40

9. COURSE MAPS

SWIM START



SWIM COURSE

Start procedures: from water.

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

Individual race:

Swim course: 400m

Number of laps: 1

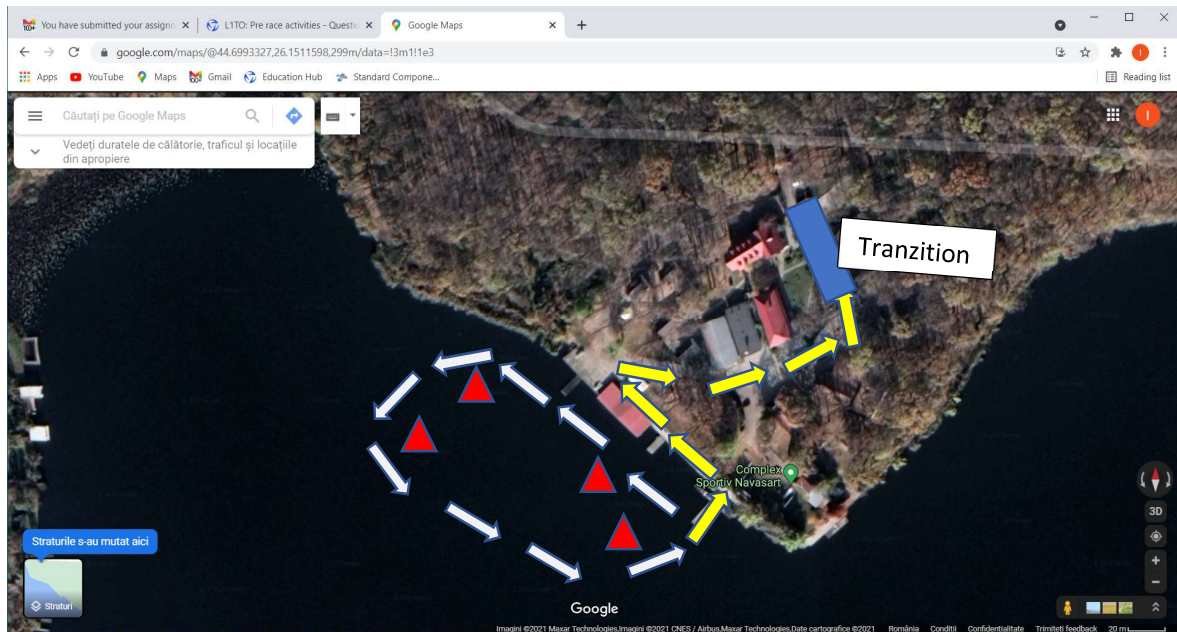
Team relay race:

Swim course: 250m

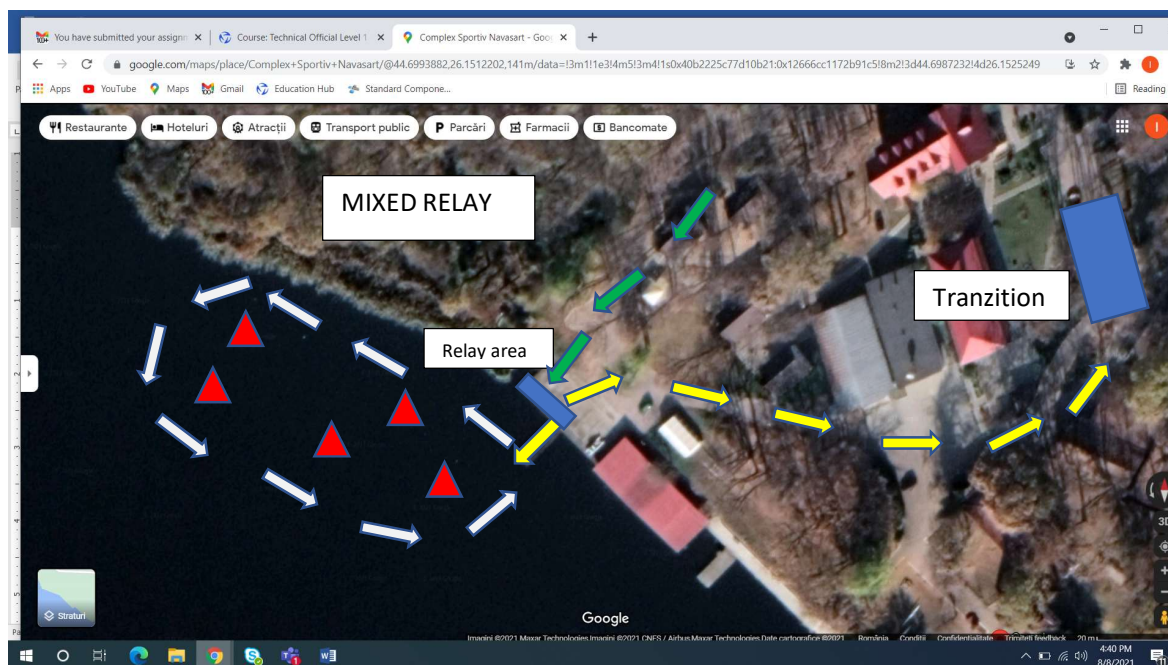
Number of laps: 1

Average water temperature: 27Celsius degree.

Map of the individual swim course:



Map of the team relay swim course:



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



BIKE COURSE

Individual race:

Bike course: 11km

Laps: 3

Location of the team wheel station: close to the beginning of the lap

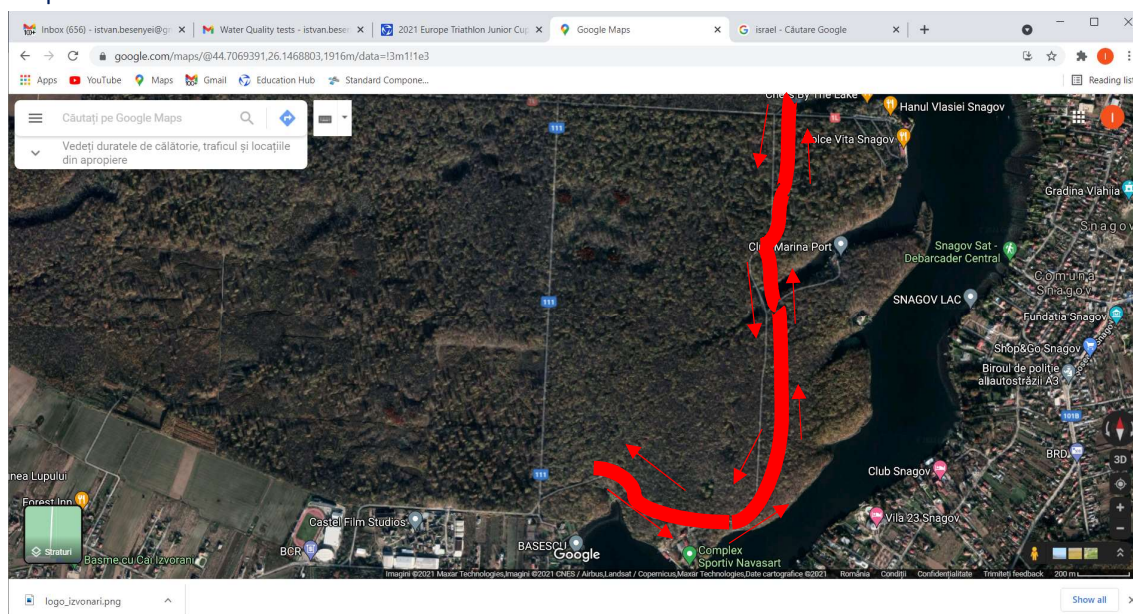
Team relay race:

Bike course: 5km

Laps: 2

Location of the team wheel station: close to the beginning of the lap

Map of the bike course



The bike course is mostly flat.

TRANSITION 2

From the dismount line, the flow of the transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit the bike in the designated area of the traditional rack and the helmet and other bike gear in a bin placed beside the bike racks. Athletes' names and/or numbers are displayed on the top of the bike rack. After the helmet is placed in the bin, athletes will equip with the running shoes and by moving forward into the centre lane and towards the exit from the transition area.

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



RUN COURSE

Individual race:

Run course: 2,5km

Laps: 2

Team relay race:

Run course: 1,5km

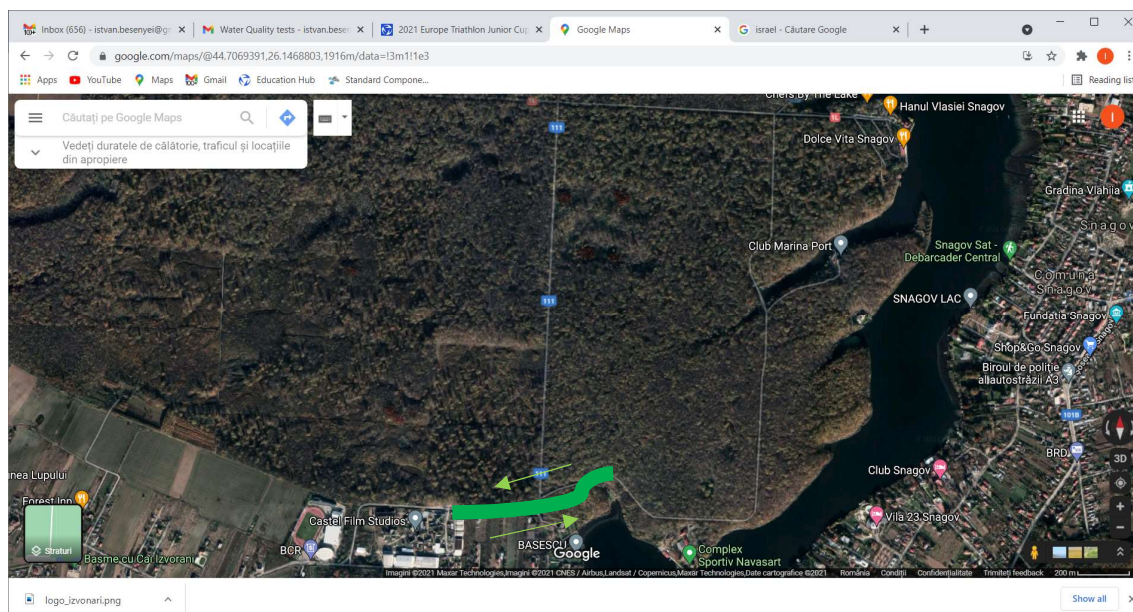
Laps: 1

Description: mostly on asphalt.

One aid station on the right side of the running course.

Penalty box location: on the running course, on each lap, 400m before the finish line.

Map of the run course.



10. COVID-19 MEASUREMENTS FOR ATHLETES AND COACHES

1. Travel

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

<https://reopen.europa.eu/en>

If you require additional help please contact Istvan Besenyi – Istvan.besenyi@triatlonromania.ro, +40722339578

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

General Covid-19 prevention measures need to be respected at the hotel. In all closed public areas, the proper wearing of the face is mandatory.

4. 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.

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 a country are valid as pre-travel tests
- Additionally to this, all Junior and Para triathletes must submit a pre-travel medical certificate according to the requirements above
- Finally all para triathletes, 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.
- 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
Para Triathlon Athletes	yes	yes	yes for athletes/guides	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
Para triathlon swim exit assistants	yes	follow public health request	follow public health request	yes	yes

6. Athlete's briefing

Athletes briefing will be pre-recorded and available at:

https://www.triathlon.org/events/event/2021_europe_triathlon_junior_cup_bucharest

7. Race package distribution

Race package to be collected between:

Friday 13th August 2021

Registration and Race Package pick-up

15:00 – 20:00

**Nicolae Navasart Sport Complex
– Izvorani**

The use of mask 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 familiarizations. Saturation levels lower than 95% and a temperature above 38°C will be reported to the RMD/MD.

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.
 - 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](#).

10. Spectators' access

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

11. Accreditation

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

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

13. COVID-19 medical protocols

- a. COVID-19 emergency contact details: Please contact ... in case of COVID-19 symptoms.
- b. Protocols to be followed in case of a positive case:

Procedures are defined for:

- 13.1 The collection of contact information from the person with the virus. • The management of the workplace to be sanitized, and possible information to be communicated to the competent authorities.
- 13.2 COVID-19 POSITIVE CASE MANAGEMENT
- 13.3 In case of symptoms or doubts, all persons involved in the organization or participation in the event must stay at home or at the hotel, do not go to the emergency room or doctor's office and immediately inform the race medical manager or a person in charge of the organization.
- 13.4 The race doctor and those responsible for the organization will contact the nearest health department to handle the case.
- 13.5 Healthcare facilities management COVID 19
The health authorities will be alerted before the event and all health activities will be coordinated with the local health authorities and with the help of the 112 service.
- 13.6 Contingency plan.

It will be implemented according to the provisions in force on the date of the event.

Good luck ! Succes !