

ATHLETE'S GUIDE

TRIATHLON 
EUROPEAN CUP
QUARTEIRA 2020

ETU

TRIATHLON 
JUNIOR EUROPEAN CUP
QUARTEIRA 2020

ETU

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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

Information about the registration, briefing, course familiarization and race start

Bike course familiarization	Cancelled due to Covid-19
Swim course familiarization	Friday, November 20 th – 11h00
Web Briefing Elite	Friday, November 20 th – 14h00
Web Briefing Junior	Friday, November 20 th – 15h00
Elite Women Start	Saturday, November 21 st – 10:00
Elite Men Start	Saturday, November 21 st – 13:30
Prize Giving Ceremony	Saturday, November 21 st – 15:40
Junior Women Start	Sunday, November 22 nd – 8:45
Junior Men Start	Sunday, November 22 nd – 10:00
Prize Giving Ceremony	Sunday, November 22 nd – 11:15

1.3. KEY CONTACTS

Name and contact details of:

Portuguese Triathlon Federation: Bruno Salvador – bruno.salvador@federacao-triatlo.pt

ETU Technical Delegate – Carmen Gomez Galvez (ESP) - cgomez.galvez@gmail.com

Athlete services manager: Patricia Pestana – patricia.pestana@federacao-triatlo.pt

LOC – Municipality of Loulé and Parish Council of Quarteira: Luis Brito - luis.brito@cm-loule.pt

1.4. ENTRY FEE

Entry fee is 80€ for Elite and 60€ for the Junior Races.

Bank Details:

Federação de Triatlo de Portugal

Bank: Caixa Geral de Depósitos

IBAN: PT50 0035 0653 0000 2383 330 08

SWIFT/BIC: CGDIPTPL

Receipts should be sent to tesouraria@federacao-triatlo.pt.

1.5 Covid19 – Procedures

Pre-event questionnaire

On the race week all athletes, coaches and team medical should fill in the pre-event questionnaire at: https://docs.google.com/forms/d/1gkxqQZi_82DJ2VNey4xh9beALjRlXUJblxqfquBVF8/viewform?edit_requested=true

The pre-event questionnaire must be filled in in order for the athletes to receive their race packages and the coaches to receive their accreditations.

Entering Portugal

Before flying to Portugal please be aware of the protocols and Visa requirements applicable to different countries. You can find all the information in <https://www.vistos.mne.pt/en/>

If you are a citizen from the European Union, the Schengen Space associates countries or any of the following countries (Australia, Canada, China, South Korea, Georgia, Japan, New Zealand, Rwanda, Thailand, Tunisia, Uruguay) you can enter Portugal with a normal Short Stay Visa.

If you are not from one of the above countries, please remind this:

- You need an invitation from the Portuguese Triathlon Federation for the event;
- You need a declaration from your national Federation stating you will be representing your country in the Alhandra event;
- **You need a negative SARS-CoV-2 test within 72 hours of your departure to Portugal;**
- You need a short stay Visa;
- You need to send an email to joao.costa@federacao-triatlo.pt with your full name, date of birth, passport number and expiry date, your flight details and the place where you got your Visa. This email needs to be sent before November 6th.

COVID-19 Test in Portugal

Those interested in this service need to contact joao.costa@federacao-triatlo.pt

2. VENUE

2.1. RACE VENUE

The Race Venue is located in Quarteira, Loulé, with the swimming taking place at Quarteira's beach, right in front of the Official Hotel.

2.2 COVID-19 registration

Every people involved in the event organization, including athletes, coaches and national representatives must sign daily at the COVID-19 registration Tent.

This tent will be mounted at the venue access near Race Office.

Every delegation member must submit to temperature and oxygen level check daily:

- If your temperature is higher than 37,5°C, you will have to measure it again in 5 minutes. If the temperature doesn't go below 37,5°C the procedure will be repeated one more time and, if it maintains the same you will be taken to the Isolation Tent
- If your oxygen level is lower than 95%, you will face same procedure and, if the level does not change after 3 attempts, you will be taken to Isolation Tent

After checking temperature and oxygen level you will have to fill and sign the Responsibility Term attesting you have no COVID-19 symptoms or background.

If everything is ok you will receive a daily bracelet that you must use during your stay at the venue.

Athletes are only allowed to remove that bracelet at the line-up and a new one will be given at Recovery zone, after the finish.

From this point athletes will have to use surgical mask (organization will provide) everywhere in the Race Venue, except when competing.

2.3 ISOLATION TENT AND SUSPICIOUS CASE

During the event, if a Suspicious Case is identified:

- A surgical mask will be applied (provided by organization), preferably by the own Suspicious Case;
- That person will be taken to the Isolation Tent by a staff member;
- The Doctor in charge of the Isolation Tent will call the National Health Service (808 24 24 24) and follow the given procedure.

The definition of a Suspicious Case is defined by the Health National Head Direction as “someone who shows an acute respiratory situation with cough, temperature above 37,9°C or dyspnoea/breathing problems”.

There will be a special doctor assigned to the Isolation Tent that will only interact with the Suspicious Case if the person doesn't feel well or needs special attention;

The Isolation Tent will be provided with exclusive bathroom, sealed water and food, surgical masks, hand sanitizers and alcohol solution wipes.

a. Spectators' access

The event will not be open to spectators. Any non-accredited persons can watch the event from the spectator's areas.

2.4 ACCREDITATIONS

Only two accreditations coaches and one team medical per team will be accredited.

c. Cleaning protocols on site

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

2.5 CLEANING PROTOCOLS ON SITE

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

2.6 COURSE FAMILIARIZATION

Swim

You will be able to have a swimming course familiarization in the Race “arena” on Friday, November 20th from 10:00 to 12:00.

During the swimming course familiarization there will be no lifeguards or medical service available.

You are swimming at your own risk.

Please note: It is forbidden to swim outside the boys at any time – for safety reasons!

Bike

There won't be a bike familiarization schedule. Instead the organization will provide a video of the bike course and the course will be signed from Thursday. The road has a lot of traffic during rush hours (7h-10h and 16h-19h) but it is possible to bike on the road.

The athletes that want to train on the bike course will be at their own risk.

2.7. ATHLETE'S LOUNGE

At the Race Venue the athletes' lounge provides toilets, sealed packaged food and drinks for the athletes before and after competition. The athletes' lounge is located in a big tent right next to the finish line and transition.

The athlete's lounge will be divided in smaller compartments for each teams/delegations and nobody is allowed to enter this compartments besides members of the team/delegation or authorized staff. The flow in the athletes' lounge will marked on the floor.

Each compartment will have a personal storage furniture where all personal items must be stored. Nobody is allowed to leave personal items unattended.

At the Athletes Lounge entrance will be bike racks also identified by team/delegation. You must leave your bike on the respective bike rack.

There will be a COVID-19 table at the entrance and exit of the tent with alcohol-based solutions and wipes that you will have to use every time you enter or exit the lounge.

Food and water will be served by special volunteers And everything will be sealed and packaged. Toilets will be available at the Athletes Lounge and it will be cleaned and sanitized every hour.

2.8. ELITE and JUNIORS ATHLETES' RACE PACKAGE

The use of masks and social distancing is mandatory. All athletes will receive their race package/accreditation after submitting the medical certificate and and filling in the pre-event questionnaire. Coaches and team medicals will receive their accreditations after confirming that they have filled in the pre-event questionnaire. Please respect the time slots that will be provided in the schedule.

ELITE - FRIDAY, 20TH November 16h00 – 19h00

JUNIOR - SATURDAY, 21TH November 17h00 – 19h00

2.9. DOPING CONTROL

Doping control will take place in the Official Hotel and according to Portugal's anti-doping rules and special COVID-19 recommendations from ITU and National Health Commission.

The athletes must carry their identification to the doping control facilities.

2.10. SECURITY

Will be done by local police.

2.11. LOC OFFICE

The Race Office is located at the official Hotel – Hotel Dom José – and is open from Friday, November 20th until Sunday, November 22th.

The Race Office will be open in different periods:

DAY	START	END	ACTIVITY	LOCATION
20 th November	09:00	12:00	Race Office	Hotel Dom José
20 th November	13:00	20:00	Race Office	Hotel Dom José
21 st November	09:00	13:00	Race Office	Hotel Dom José
21 st November	13:00	20:00	Race Office	Hotel Dom José
22 st November	07:00	13:00	Race Office	Hotel Dom José

Briefing and Race Office



3. ACCOMMODATION

The Official Hotel of the “2020 Quarteira ITU Triathlon European Cup” is Hotel Dom José which is 100m from the venue.

Adress: Hotel Dom José
 Av. Infante de Sagres 143
 8125-157 Quarteira
 Phone: +351 289 310 210

Fax: +351 289 302 755
 Email: susana.modesto@hoteldomjose.com
 URL: www.hoteldomjose.com
 Special Package – Contact Hotel

4. TRANSFER AND TRANSPORT

The LOC will provide transportation from Faro’s Airport for the athletes and their Team Officials.

If you have any Transfer queries please contact:

Patricia Pestana - Email: patricia.pestana@federacao-triatlo.pt

Price

Transfers from Faro Airport (one direction):

- 25€ per person (if scheduled until November 13th)*

- 30€ per person (if scheduled after November 13th)

The transfer back to the airport is the same amount

Bank Details:

Federação de Triatlo de Portugal

Bank: Caixa Geral de Depósitos

IBAN: PT50 0035 0653 0000 2383 330 08

SWIFT/BIC: CGDIPTPL

* Athlete’s only accepted on the start list after November 16th, will only pay 25€ per person.

Receipts should be sent to patricia.pestana@federacao-triatlo.pt.

5. ATHELETE’S SERVICES

5.1. TRAINING FACILITIES



SWIM

Pre-competition swimming and running training and sauna is not possible this year due to COVID-19 measures.



BIKE

Although the streets are open to traffic, they are quite large and there is not too much traffic during the week so it is possible to cycle in the race circuit. In this area you can find a lot of nice roads to cycle, with little traffic. The region is not too hilly, unless you head for the interior, where you will find less cars but hilly roads. The route is not closed to traffic and you are cycling at your own risk.



RUN

The foot walk near the sea is the most suitable place to train and it is where the event will take place.

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 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.

Add info on closest hospital, address

Emergency telephone number

5.3. BIKE MECHANICAL SERVICE

Bike partner. Schedules will be available soon.

6. COMPETITION SCHEDULE

6.1. ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
21 st November	08:15	09:15	Athlete Lounge check in	Race Venue
21 st November	09:00	09:45	TA check in	Race Venue
21 st November	09:00	09:45	Swim warm-up	Race Venue
21 st November	09:45	09:55	Calling area	Race Venue
21 st November	09:55	10:00	Athletes introduction	Race Venue
21 st November	10:00		Start	Race Venue
21 st November	15:40		Award Ceremony	Race Venue

6.2. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
21 st November	12:00	13:00	Athlete Lounge check in	Race Venue
21 st November	12:30	13:15	TA check in	Race Venue
21 st November	12:30	13:15	Swim warm-up	Race Venue
21 st November	13:15	13:25	Calling area	Race Venue
21 st November	13:25	13:30	Athletes introduction	Race Venue
21 st November	13:30		Start	Race Venue
21 st November	15:40		Award Ceremony	Race Venue

6.3. JUNIOR WOMEN

DAY	START	END	ACTIVITY	LOCATION
22 nd November	07:00	07:45	Athlete Lounge check in	Race Venue
22 nd November	07:30	08:15	TA check in	Race Venue
22 nd November	08:00	08:30	Swim warm-up	Race Venue
22 nd November	08:30	08:40	Calling area	Race Venue
22 nd November	08:40	08:45	Athletes introduction	Race Venue
22 nd November	08:45		Start	Race Venue
22 nd November	11:45		Award Ceremony	Race Venue

6.4. JUNIOR MEN

DAY	START	END	ACTIVITY	LOCATION
22 nd November	07:15	08:00	Athlete Lounge check in	Race Venue
22 nd November	07:45	08:30	TA check in	Race Venue
22 nd November	09:15	09:45	Swim warm-up	Race Venue
22 nd November	09:45	09:55	Calling area	Race Venue
22 nd November	09:55	10:00	Athletes introduction	Race Venue
22 nd November	10:00		Start	Race Venue
22 nd November	11:45		Award Ceremony	Race Venue

6.5. COMPETITION RULES

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

6.6. ATHLETE'S BRIEFING

Athletes briefing will be pre-recorded and available from Friday 19th at 12pm under https://www.triathlon.org/about/downloads/category/race_briefings
TD will be available for questions via email.

6.7. 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.

6.8. RESULTS

Results will be uploaded live at the ITU official website www.triathlon.org.
Live coverage on event website.
All the Results information will be distributed to the Team Leaders at the Race Office.

6.9. PROTEST & APPEALS

Standard procedures will be followed according to the ITU Competition Rules

7. COMPETITION – COVID 19 ADAPTATIONS

a. Competition activities

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. Start

Athletes must stand in a starting position approximately 150cm wide. The Head Referee with the assistance of ITU Technical Officials, who are assigned to the start, will start each race.
The athletes are required to leave their last-minute gear at Athletes' Lounge.

c. 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.
- 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

d. 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.

e. 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](#)

8. ACCREDITATION

Every people involved in the event organization, including athletes, coaches and national representatives must sign daily at the COVID-19 registration Tent.

This tent will be mounted at the venue access near Race Office.

Every delegation member must submit to temperature and oxygen level check daily:

- If your temperature is higher than 37,5°C, you will have to measure it again in 5 minutes. If the temperature doesn't go below 37,5°C the procedure will be repeated one more time and, if it maintains the same you will be taken to the Isolation Tent
- If your oxygen level is lower than 95%, you will face same procedure and, if the level does not change after 3 attempts, you will be taken to Isolation Tent

After checking temperature and oxygen level you will have to fill and sign the Responsibility Term attesting you have no COVID-19 symptoms or background.

If everything is ok you will receive a daily bracelet that you must use during your stay at the venue. Athletes are only allowed to remove that bracelet at the line-up and a new one will be given at Recovery zone, after the finish.

From this point athletes will have to use surgical mask (organization will provide) everywhere in the Race Venue, except when competing. Please send accreditation requests to patricia.pestana@federacao-triatlo.pt

9. COURSE MAPS

Course Maps will be available on ITU website.