

ATHLETE'S GUIDE

2022 Europe Triathlon Cup

Elite & Juniors






Quarteira
2022



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2022



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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

Press Conference	Friday, March 25 th – 12:00
Bike course familiarization	Friday, March 25 th – 14:30
Swim course familiarization	Friday, March 25 th – 15:00
Publish Web Briefing Elite	Friday, March 25 th – 15:00
Publish Web Briefing Junior	Friday, March 25 th – 15:00
Elite Women Start	Saturday, March 26 th – 13:45
Elite Men Start	Saturday, March 26 th – 16:30
Prize Giving Ceremony	Saturday, March 26 th – 18:40
Junior Women Start	Sunday, March 27 th – 8:45
Junior Men Start	Saturday, March 27 th – 10:00
Prize Giving Ceremony	Saturday, March 27 th – 11:30

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

1.4. ENTRY FEE

Entry fee is 100€ for Elite and 80€ for the Junior Races.

Bank Details:

Federação de Triatlo de Portugal

Bank: Crédito Agrícola

IBAN: PT50 0045 5442 40331295834 84

SWIFT/BIC: CCCMPTPL

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

1.5 WORLD TRIATHLON PRE-EVENT COVID-19 SCREENING PROCESS

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:

- Respect the travel regulations set by the host country
- Fill in the online pre-event questionnaire through the link that is provided by the LOC.
- Find the World Triathlon Pre-event Covid-19 Screening Guide

https://triathlon.org/pre_event_covid_19_screening_guide

All Elite/U23, juniors, para triathletes and guides, coaches, TOs in close contact with the athletes, 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. For the junior athletes, a parent consensus form is required. A sample can be found at the World Triathlon COVID-19 Guidelines.

We will continue to respect the decision/rules of the local public health of the host country

1.6 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, China, New Zealand, Rwanda, Singapore, South Korea, Thailand, Hong Kong and Macau) 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 Quarteira event;
- You need to fill a Passenger Locator Card (individually) before departure to Portugal or on board at <https://portugalcleanandsafe.pt/en/passenger-locator-card>;
- You need to send an email to quarteira@federacao-triatlo.pt with the subject name: "VISA INFORMATIONS – COUNTRY" 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 March 4th

1.7 COVID-19 TEST IN PORTUGAL

To enter the race all athletes must perform an Antigenic test at the registration tent. This test will be done Friday afternoon, according to the following schedule:

Covid-19 Antigenic Test - for athletes/coaches/team medicals - paid by the LOC
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Friday, March 25th – 16h00-19h00
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Covid-19 Antigenic/PCR Test - optional, for those who need for travelling - paid by the individual:

Saturday, March 26th – 10h00-13h00
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Every athletes/coaches/team medicals must complete a form on the event website in order to give necessary information's to the laboratory.

If the Antigenic test is positive, the athletes must perform a PCR Covid-19 test and stay at their hotel room in quarantine until the result of the PCR test is issued. The organization can provide PCR tests at the site and its cost must be paid by the athlete. Concerning the Covid-19 actual situation and the different procedures to cross borders, the Event Organization will be able to guarantee Covid-19 tests to all those who need it to travel back to their countries after the race. The results will be available within 48h (most probably 24h) and will have a cost of 100€/per test. Those interested in this service need to contact quarteira@federacao-triatlo.pt

1.8 COVID-19 REQUIREMENTS TABLE

Categories	Pre-event questionnaire	Process before traveling	Medical certificate before traveling	COVID-19 test at event	Daily health screening						
Elite athletes	In case of stand alone event only	Respect the travel regulations set by the host country	follow public health or World Triathlon request	In case of stand alone event only	yes						
U23 athletes					yes						
Junior athletes					yes						
Para triathlon athletes/ personal handlers/ guides					yes						
Youth athletes	n/a					follow public health request	yes				
AG athletes							yes				
Coaches/team medical/ support NF personnel	In case of stand alone event only							In case of stand alone event only	yes		
TDs /ITOs/NTOs/ Competition Jury	In case of stand alone event only								yes for the ones in close contact with the athletes in case of a stand alone event; the others follow public health request	yes	
IF/Continental Federation Delegations	In case of stand alone event only									follow public health request	yes
LOC/ Contractors	follow public health request										yes
Para triathlon swim exit assistants	In case of stand alone event only									In case of stand alone event only	yes

ELITE AND JUNIOR ATHLETES' BRIEFING

The athletes' briefing will be recorded and it will be published at the event's website here: https://triathlon.org/events/event/2022_europe_triathlon_cup_quarteira

Date: Friday 25th March 2022

Time: 15:00 (elite) – 15:00 (juniors)

briefing will be available here:

https://triathlon.org/about/downloads/category/race_briefings

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

For the elite race there will be 2, 3 or 4 accredited coaches, depending on the number of athletes on the start list.

Also for the Elite race every team can have 1 medical.

For the Junior event, 2 or 3 coaches, depending on the number of athletes.

All the info about this question can be found on the World Triathlon Competition Rules.

Every person 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 the 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
- After checking temperature 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 the Recovery zone, after the finish.

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

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, March 25th from 15:00 to 16:00.

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

You will be able to have a bike course familiarization in the Race “arena” on Friday, March 25th at 14:30h, with the help of the police, we will do 2 laps on the course. The traffic will be controlled and you should stay inside the “the safe zone” created by the police. 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 inside the hotel, next to the transition area.

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 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. Every country will have his own time slot, and will be published at the website on the week of the event.

ELITE and JUNIOR-FRIDAY, 25TH March 16h00 – 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 World Triathlon 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, March

25th until Sunday, March 27th.

The Race Office will be open in different periods:

DAY	START	END	ACTIVITY	LOCATION
25 th March	09:00	12:00	Race Office	Hotel Dom José
25 th March	13:00	20:00	Race Office	Hotel Dom José
26 th March	09:00	13:00	Race Office	Hotel Dom José
26 th March	13:00	20:00	Race Office	Hotel Dom José
27 th March	07:00	13:00	Race Office	Hotel Dom José

3. ACCOMMODATION

The Official Hotel is Hotel Dom José which is 100m from the venue.

ADDRESS

Hotel Dom José

Av. Infante de Sagres 143

URL: www.hoteldomjose.com

Special Package – Contact Hotel

8125-157 Quarteira Phone: +351 289 310
210

Fax: +351 289 302 755

Email:

susana.modesto@hoteldomjose.com

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:

Bruno Salvador - Email: bruno.salvador@federacao-triatlo.pt

Price

Transfers from Faro Airport (one direction):

- 25€ per person (if scheduled until march 12th)*
- 30€ per person (if scheduled after march 12th)

- The transfer back to the airport is the same amount

Bank Details:

Federação de Triatlo de Portugal
Bank: Crédito Agrícola
IBAN: PT50 0045 5442 40331295834 84
SWIFT/BIC: CCCMPTPL

* Athletes only accepted on the start list after March 21st, will only pay 25€ per person.

If you have any Transfer queries please contact:

Bruno Salvador - Email: bruno.salvador@federacao-triatlo.pt

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

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES

SWIM

Local Swimming Pool.

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.

5.3. BIKE MECHANICAL SERVICE

Bike partner. Schedules will be available soon.

6. COMPETITION SCHEDULE

6.1. ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
26 th March	12:15	13:15	Athlete Lounge check in	Race Venue
26 th March	12:45	13:30	TA check in	Race Venue
26 th March	12:45	13:30	Swim warm-up	Race Venue
26 th March	13:30	13:40	Calling area	Race Venue
26 th March	13:40	13:45	Athletes' introduction	Race Venue
26 th March	13:45		Start	Race Venue
26 th March	18:40		Award Ceremony	Race Venue

6.2. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
26 th March	15:00	16:00	Athlete Lounge check in	Race Venue
26 th March	15:30	16:15	TA check in	Race Venue
26 th March	15:30	16:15	Swim warm-up	Race Venue
26 th March	16:15	16:25	Calling area	Race Venue
26 th March	16:25	16:30	Athletes' introduction	Race Venue
26 th March	16:30		Start	Race Venue
26 th March	18:40		Award Ceremony	Race Venue

6.1. JUNIOR WOMEN

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

6.2. JUNIOR MEN

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

6.5. COMPETITION RULES

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

6.6. 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.

6.7. RESULTS

Results will be uploaded live at the World Triathlon 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.

6.8. PROTEST & APPEALS

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

Medallist 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](#)

9. COURSE MAPS

Course Maps will be available on World Triathlon website.