

SEPTEMBER 18-19, 2021

2021 ASIA TRIATHLON SPRINT CHAMPIONSHIPS CHOLPON-ATA



CONCEPT PAPER



GENERAL INFORMATION

THE MEASURES WILL BE HELD WITH THE EXISTING RULES OF HEALTHCARE OF THE KYRGYZ REPUBLIC PLEASE FOLLOW THE LINK FOR DETAILED INFORMATION. [LINK](#)

**CURRENTLY, THERE ARE NO TRAVEL BANS IN KYRGYZSTAN
DUE TO THE CORONAVIRUS.**

Public and interregional transport operates as usual in compliance with the relevant hygiene standards. Most businesses and public places, including hotels, restaurants, and shops, operate freely in accordance with social standards and sanitary norms.

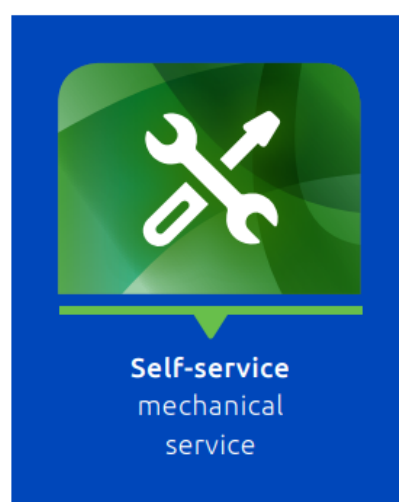
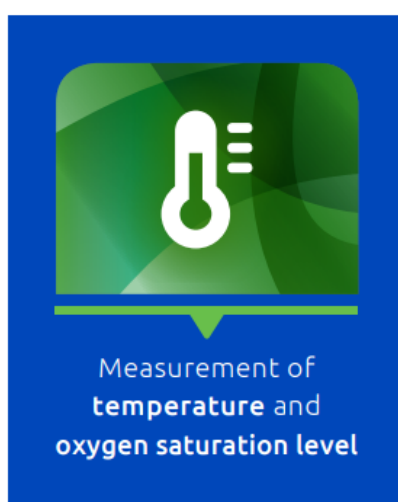
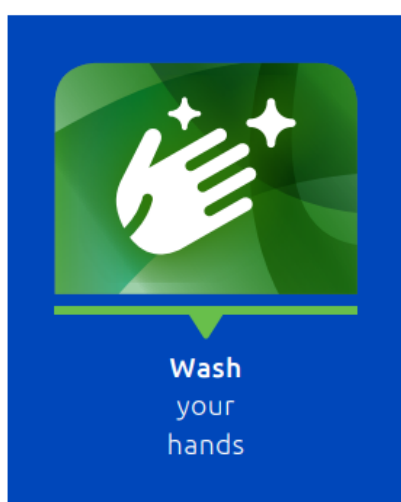
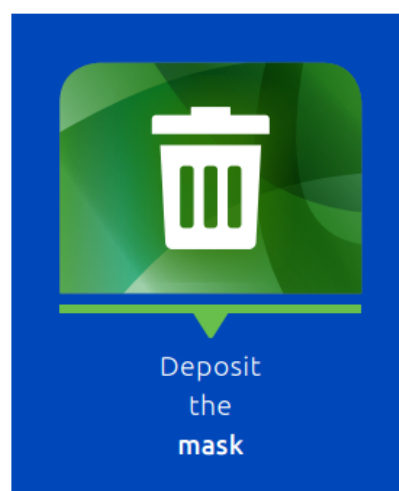
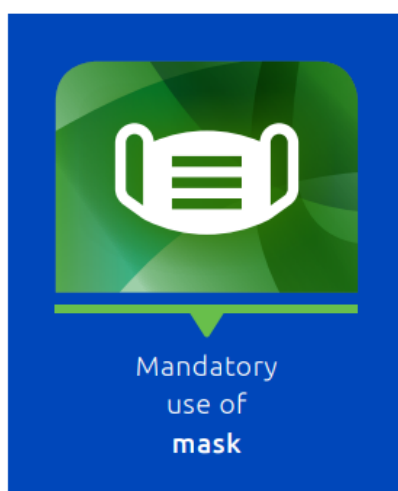
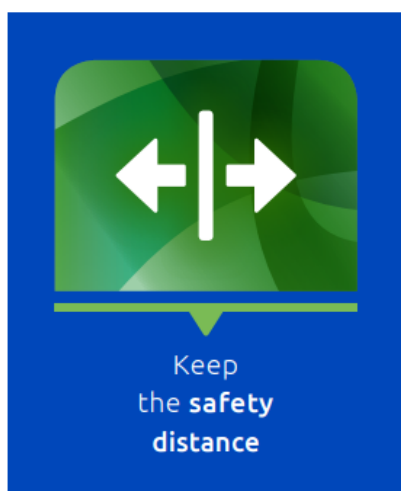
**WEARING A MASK IS MANDATORY IN EVERY
INSTITUTION AND IN PUBLIC PLACES.**

The Local Organizing Committee (LOC) used the structure of the safe action plan of the Government of the KYRGYZ REPUBLIC COVID-19 to develop the event.

The LOC is implementing its activities to comply with the local health authority protocols and minimize the risk of pandemic spread, keeping participants and the public safe and healthy.

Careful management of the schedule and access times of the athletes will be implemented to access the competition areas with adequate social distancing and an immediate exit once finished.

Data collection systems will be used to manage the contacts of everyone involved in the event. This includes athletes, technical officials, coaches, volunteers, staff, authorities, and spectators. This is to ensure that contact tracing can be facilitated by necessary parties.



- Participants should aim to keep at least two metres distance from other people, particularly those who feel unwell and have a cough or sneeze or may have a fever;
- Frequent hand washing by participants using soap and hot water or alcohol-based (at least 65–70%) hand rub for 20 seconds;
- People with symptoms of acute respiratory infection should practise cough etiquette (maintain a distance of at least one metre, cover coughs and sneezes with disposable tissues or clothing, and wash their hands);
- Avoid shaking hands or hugging;
- Avoid steam rooms or sauna;
- Avoid touching their own mouth, nose or eyes.
- Anyone who feels unwell (i.e. fever, cough) should, stay at home and keep away from work, school, or crowds until symptoms resolve. Stay away from the event when ill!



PCR TEST

Participants must take the PCR test **3 TIMES**. First time 72 hours before departure, on arrival, and after the end of the competition (if needed).

On arrival it is necessary to take a PCR test at the airport. Cost of a PCR test (test certificate included) - USD 35,00. It is forbidden to leave the room after arriving at the hotel until the time of a negative PCR test result is known. The waiting time for a PCR test result is approximately 24 hours.

***WHILE WAITING FOR A TEST RESULT, THE TESTED PERSON MUST REMAIN IN ISOLATION.**

In case of confirmation of a positive result with the PCR test, according to Kyrgyz Government guidelines, the sick person has to spend 14 days in isolation or until a negative PCR test result.

RETURN TRAVEL PCR TEST (IF IT NECESSARY)

Elite and U15 athletes, coaches, NFs medical or support team members who need to make a PCR or antigen test and obtain a medical certificate for their return journey from the Kyrgyz Republic can reserve the service through the Local Organizing Committee following the rules below.

Cost of the test (test certificate included) - USD 35,00. Results of the test and medical certificate will be available online after 24 hours.

***TEMPERATURE AND OXYGEN SATURATION LEVEL CHECKS WILL BE PERFORMED EVERY TIME THE ATHLETES AND COACHES ARE ON-SITE INCLUDING AT THE TIMES OF THE ATHLETE'S RACE PACKAGE DISTRIBUTION AND SWIM FAMILIARIZATION. SATURATION LEVELS LOWER THAN 95% AND A TEMPERATURE ABOVE 38C WILL BE REPORTED TO MD.**

	MEDICAL COVID-19 QUESTIONNAIRE	COVID-19 TEST BEFORE TRAVELING	MEDICAL CERTIFICATE	COVID-19 TEST BEFORE EVENT	COVID-19 TEST AFTER EVENT
ELITE ATHLETES	YES	YES	YES	YES	Advised but not mandatory
COACHES/ TEAM MEDICAL/ SUPPORT NF PERSONNEL	YES	YES	NO - WT exemption in place	YES	Advised but not mandatory
TDS /NTOS	YES	YES	NO - WT exemption in place	YES	Advised but not mandatory
LOC/ CONTRACTORS	YES	NO - WT exemption in place	NO - WT exemption in place	YES	Advised but not mandatory
SPECTATORS	Advised but not mandatory	NO - WT exemption in place	NO - WT exemption in place	NO - WT exemption in place	Advised but not mandatory

- MEDICAL CERTIFICATE**

[LINK](#)

- MEDICAL COVID-19 QUESTIONNAIRE**

[LINK](#)

The Medical COVID-19 questionnaire is to assist participants of 2021 Asia Triathlon Sprint Championships Cholpon-Ata in self-screening for possible symptoms of or significant exposure to COVID-19. Before considering competing in a mass participation event, we strongly advise you to seek formal medical evaluation and possible COVID testing before traveling to this event. As some individuals may have no symptoms for a short period after COVID exposure, the questionnaire will be re-circulated and participants' temperatures will be screened before the event on-site prior to being admitted to the venue.

**THIS QUESTIONNAIRE SHOULD BE COMPLETED TWICE IN THE
TWO WEEKS PRIOR TO THE EVENT.**

14 DAYS PRE-EVENT AND 24-48 HOURS BEFORE ARRIVAL.



EVENT FORMAT

TRANSITION AREA:

Bike positioning (on transition racks) will be spaced out as much as feasible within the confines of the transition area.

AID STATIONS:

Only water (bottled) will be provided at the aid stations. There will be an aid stations on the run course and at the finish line.

PENALTY BOX:

It will be organized in such a way as to ensure social distancing.

FINISH AREA:

After crossing the finish line, the athletes will be directed to a first recovery area, and after they will continue to the athletes' lounge. At the recovery area, the athletes will take the water themselves. The First Aid Tent will be located next to the finish area.



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