

# **2021 EUROPE TRIATHLON CUP DNIPRO**

## **2021 EUROPE TRIATHLON JUNIOR CUP DNIPRO**

*4<sup>th</sup>-6<sup>th</sup> June 2021*

**COVID GUIDELINES: Concept Paper**

COVID-19 remains a threat to the world's population. But while humanity is struggling and looking for solutions, we must maintain hope and try to lead a normal life. For this opportunity, we follow certain rules. Their strict adherence will minimize the impact of the pandemic. The organizers, for their part, will take all measures to

- respecting the social distancing and hygiene requirements
- follow up the required relationships with the local and national authorities to host a safe sport event and prevent the spread of COVID-19

The Local Organizing Committee of the 2021 Europe Triathlon Cup Dnipro and 2021 Europe Triathlon Junior Cup Dnipro will follow the recommendations:

- from World Health Organization
- the latest published Prevention guidelines for Event Organizers for COVID-19 of the World Triathlon [https://www.triathlon.org/uploads/docs/20210422\\_Covid19\\_Guidelines\\_5.1\\_v2.pdf](https://www.triathlon.org/uploads/docs/20210422_Covid19_Guidelines_5.1_v2.pdf)

the Ministry of Health of Ukraine, that is the authority with competences in terms of health link: <https://moz.gov.ua/koronavirus-2019-ncov>

For the purpose to limit the risk produced by Covid19 the LOC named a Covid 19 committee composed by:

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## 1. INFORMATION FOR TRAVELERS/PROCEDURES TO ENTER UKRAINE

- Entry rules are the same for all travelers, regardless of the purpose and length of stay in Ukraine.
- Resolution of the Cabinet of Ministers of Ukraine of March 22, 2021 № 230 amended the resolution of the Cabinet of Ministers of Ukraine of December 9, 2020 № 1236.
- Travel restrictions and measurements are changing constantly, please check back before traveling, for all information visit the Ukrainian government website: <https://visitukraine.today/>
- From March 24, 2021, all foreign citizens, without exception, regardless of the country of arrival to enter Ukraine must have a policy (certificate) of insurance issued by an insurance company registered in Ukraine, and covers the costs related to the treatment of COVID-19, observation, and is valid for the entire period of stay in Ukraine. As well as a negative result of testing for COVID-19 by polymerase chain reaction that was done no more than 72 hours before crossing the state border. Test results from any other method, including antigen tests, will not be accepted.
- Test certificates can be in electronic form and can be in Ukrainian, English or Russian languages.
- The insurance policy must be presented at the border control.
- If you need direct support with the Consular Authorities please send the information to [startdniproevent@gmail.com](mailto:startdniproevent@gmail.com) by specifying the references of the Embassy in order to process the consular protocol through the Ukraine National Triathlon Federation.

## 2. SWAB/PCR TEST TRAVEL REQUIREMENTS/RETURN TRIP

- All travelers who need to make a test for departure (swab or pcr) will have to book it with the LOC. It is necessary to send an request to the LOC indicating the type of test and their quantity
- The reservation is **mandatory** and must be sent to the email [startdniproevent@gmail.com](mailto:startdniproevent@gmail.com) before Friday 28, May 2021.

## 3. INDIVIDUAL RESPONSIBILITY

According to Prevention Guidelines for Event Organisers and the WHO recommendations to reduce the general risk of transmission of acute respiratory infections all the event participants should follow the rules listed below:

- 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 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!
- In case of symptoms suggestive of acute respiratory illness before, during or after travel, the athletes are encouraged to seek medical attention and share travel history with their healthcare provider. (Standard Infection Protection and Control precautions emphasise the

vital importance of hand hygiene and respiratory etiquette for every person. Water, sanitation, hygiene and waste management for COVID-19, available at: [https://apps.who.int/iris/bitstream/handle/10665/331499/WHO-2019-nCoV-IPC\\_WASH-2020.2-eng.pdf?sequence=1&isAllowed=y](https://apps.who.int/iris/bitstream/handle/10665/331499/WHO-2019-nCoV-IPC_WASH-2020.2-eng.pdf?sequence=1&isAllowed=y)

- As a general reminder, it is also important that every athlete, coach and team official is aware of the indications found in our “Medical Guidelines for International Athletes, Team Coaches, TOs and Staff”: [https://www.triathlon.org/uploads/docs/World\\_Triathlon\\_Medical\\_Guidelines\\_for\\_Team\\_Coaches.pdf](https://www.triathlon.org/uploads/docs/World_Triathlon_Medical_Guidelines_for_Team_Coaches.pdf) about the procedures to reduce potential infections. Please remember these procedures, all explained in the document referred to above:
  - Consulting with your team physicians;
  - The procedure of epidemic control;
  - Don't over-train your athletes;
  - Washing hands and social distancing are the most important measures to avoid the transmission of harmful germs and to prevent illness

#### **4. RISK ASSESSMENT AND MITIGATION**

- 2021 Dnipro Europe Triathlon Cup/2021 Dnipro Europe Triathlon Junior Cup "Local Organizing Committee (LOC)" is implementing its activities to comply with local health authorities guidelines to minimize the risk of pandemic spread, keeping participants and public safe and healthy.
- A careful management of the schedule and access times of participants will be implemented to access the competition areas with an adequate social distancing and an immediate exit once finished.
- Waiting areas will be restricted and controlled by volunteers.
- Data collection systems (addresses - Phone - Mail) will be used to manage the contacts of everyone involved in the event. This includes athletes, technical officials, coaches,

volunteers, staff, authorities. This would ensure that we can trace back to the people potentially involved if a suspicious case is identified.

## 5. PARTICIPANTS HEALTH SCREENING

- Athletes racing in a triathlon event must monitor their health status continuously (including taking their temperature and monitoring for any symptoms) from 14 days before and during the event.
- Team medical staff present at a 2021 Europe Triathlon Cup Dnipro/2021 Europe Triathlon Junior Cup Dnipro event must monitor the health status of their athletes daily
- Pre-Travel and Pre-Event Health Checks for all incoming athletes and LOC staff are highly encouraged to ensure exclusion of those with potential additional risks (comorbidities, medications).
- According to the requirements of the Ukrainian National Triathlon Federation, all technical officials will undergo antigen tests (SWAB test) within six days of the event.

### PRE-EVENT COVID-19 SCREENING

All elite and junior athletes along with the medical and support staff applying for an accreditation must respect the following pre-event covid 19 screening conditions:

- Fill in the online pre-event questionnaire through World Triathlon's registration system  
World Triathlon has developed an online tool for the World Triathlon pre-event Covid-19 screening process. More instructions can be found here: [https://triathlon.org/pre\\_event\\_covid\\_19\\_screening\\_guide](https://triathlon.org/pre_event_covid_19_screening_guide)
- 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. The test must be submitted through the World Triathlon registration system.

- All elite and junior athletes must submit a pre-travel medical certificate through the World Triathlon registration system according to the specifications listed in the World Triathlon COVID-19 guidelines.
- All junior athletes must submit parental consent through the World Triathlon registration system as specified in the World triathlon COVID-19 guidelines and instructed in the pre-event Covid-19 Screening guide.

#### **PRE-TRAVEL MEDICAL CERTIFICATE** for athletes registered to participate:

- The medical certificate must be issued in English by the National Federations' medical staff or a personal doctor and submitted to the race office;
- The certificate must declare that the athlete has been examined and he/she has not tested positive to PCR nasopharyngeal swab test and/ or is not in quarantine and has been without any COVID-19 symptoms for the previous 14 days;
- In case of a previous positive PCR nasopharyngeal test the athlete, after the resolution of fever and improvement in illness and symptoms, must provide 2 consecutive negative PCR tests at least 24 hours apart, that must be attached to this certificate;
- Results from serological tests to detect the antibodies must not be used as the sole basis to diagnose or to exclude COVID-19 infection, but waiting for their validation can be added to the medical certificate and the above requests;
- In cases where this certificate is not provided, the athlete will not be allowed to compete;
- On the race week all athletes, coaches and team medical staff should fill in the pre-event questionnaire, a link to which will be sent by the World Triathlon Sport Department one week before the event.

#### **PRE-EVENT ANTIGENIC SWAB TEST**

- Before the distribution of the race packages, all ELITE AND JUNIOR ATHLETES, COACHES, MEDICAL AND SUPPORT TEAM will be tested for Covid 19 by performing a mandatory Antigenic swab test. For the junior athletes, a parent consensus form is required.

**Address:** 4 Lomannaya street, Outpatient Clinic 1-2:

<https://goo.gl/maps/HsdtUqR7SdSjBxKu9>

°Parental consent form

[https://www.triathlon.org/uploads/docs/20210422\\_Covid19\\_Guidelines\\_5.1\\_v2.pdf](https://www.triathlon.org/uploads/docs/20210422_Covid19_Guidelines_5.1_v2.pdf)

- The Antigenic swab tests will be available at the Outpatient clinic#1-2 at 4 Lomannaya str, Dnipro on Friday, June 4th from 10.00 to 14.00 There will be a specific time slot for each team to arrive for the testing. It will be communicated to the teams 10 days prior to the event.
- The mandatory pre-event Antigenic swab test will be free of charge for athletes, coaches, medical and support team.
- In case of a positive test result the person will remain in isolation till a PCR test has been performed at the athlete/coach/medical/support expenses.

	<b>Pre-event questionnaire</b>	<b>COVID-19 test before traveling</b>	<b>Medical certificate</b>	<b>COVID-19 test at event</b>	<b>Daily health screening</b>
<b>Elite athletes</b>	yes	yes	yes	yes	yes
<b>Junior athletes</b>	yes	yes	yes	yes	yes
<b>Coaches/team medical/ support NF personnel</b>	yes	yes	follow public health request	yes	yes
<b>TDs /ITOs/NTOs Competition Jury</b>	yes	yes	follow public health request	yes for the ones in close contact	yes



					with the athletes
<b>IF/Continental Federation Delegations</b>	yes	yes	follow public health request	yes for the ones in close contact with the athletes	yes
<b>LOC/ Contractors</b>	follow public health request	follow public health request	follow public health request	follow public health request	yes

### COMPETITION DAYS:

- Temperature and saturation check will be carried out every day at the entrance of the venue;
- Temperature higher than 38°C and/or saturation lower than 95% will be reported to the Race Medical Director and Medical Staff of the event;
- A health coordinator will be appointed within the medical team. He will be responsible for coordinating and monitoring compliance and enforcement of health safety regulations;
- Registration procedure: athletes, coaches and technical officials must follow World Triathlon procedures. Volunteers, staff, media and authorities will be registered online through a specific application;
- The LOC medical team will be responsible for establishing this process.

### 6. USE OF MASK/MOUTH-NOSE FACE COVERING AND RUBBER/DISPOSABLE GLOVES

- Masks/mouth-nose face covering must be used by volunteers, officials and other accredited clients that are in contact with athletes (e.g. registration, transition zone, start

area, post finish area). The use of face shields is strongly advised in areas with high risk, such as the finish line.

- Athletes must wear masks/mouth-nose face covering during any non-competition activity (e.g.registration, race package distribution/race package pick up). On race day, athletes should wear a disposable mask until the last minute. A garbage bin will be placed near the starting line so athletes can throw away their masks.
- The LOC is responsible for providing masks/ mouth-nose face covering and rubber/disposable gloves to its volunteers and staff along with a contingency amount for medical needs. All accredited clients can bring masks/mouth-nose face during race package pick up.
- The use of rubber gloves is not mandatory.

## 7. VENUE FACILITIES

The venue is located in Festifal Wharf, Dnipro, (Ukraine)

GPS: 48.466688200148816, 35.06544122223488

The Race Office is also located in Festifal Wharf, Dnipro, (Ukraine): st. Sicheslavskaya Naberezhnaya, Dnipro.

Working hours of the race office:

Thursday, June 3rd from 14:00 to 19:00

Friday, June 4th from 10:00 to 19:00

Saturday, June 5th from 07:00 to 19:00

Sunday, June 6th from 07:00 to 12:00

For Venue Maps and Event Structure please refer to the event page

[https://triathlon.org/events/event/2021\\_europe\\_triathlon\\_junior\\_cup\\_dnipro](https://triathlon.org/events/event/2021_europe_triathlon_junior_cup_dnipro)

[https://triathlon.org/events/event/2021\\_europe\\_triathlon\\_cup\\_dnipro](https://triathlon.org/events/event/2021_europe_triathlon_cup_dnipro)

- All working spaces and provided facilities are organized in a way that social distancing is respected.
- At the entrance of each tent/room, alcohol-based hand sanitizers are available.
- Disinfectant wipes are provided to the volunteers in charge for the venue cleaning and to disinfect door handles, toilet handles, bathroom faucet handles, etc. in all areas several times per day.
- Closed bins for safe disposal of hygienic materials (e.g. tissues, towels, sanitary products) in all rooms will be provided.
- Participants will be advised to not to be bare feet when moving around the venue facility.
- In the case of portable toilets the LOC will provide plenty of sanitation options like hand wipes, sinks, or hand sanitizer immediately outside each portable toilet cluster. The toilets will be cleaned throughout the day at appropriate regular intervals according to the estimated number of users

## **8. A SUSPICIOUS CASE DEFINITION AND PROCESS TO FOLLOW IN CASE OF POSITIVE CASE**

During the event, if a Suspicious Case is identified:

- The person involved must stay at the hotel, in isolation, and must to inform immediately the race medical manager or a person in charge of the organization;
- The race medical manager or a person in charge of the organization will contact the nearest health department to handle the case;

- If Suspicious Case is identified in the race venue, the person involved will be taken to the Isolation Tent;
- A surgical mask will be provided immediately upon contacting the medical station;
- 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 103 and follow the given procedure;
- The isolation tent will be provided with a separate toilet, sealed water and food, surgical masks, hand sanitizers and alcohol-based wipes.
- All necessary measures are described on <https://covid19.gov.ua/en>

## 9. ATHLETES' SERVICES

### AIRPORT TRANSFER

- Airport transfers will be organised for elite and junior athletes, coaches and NFs representative accredited through the World Triathlon online system, before and after the race (more detailed information available on the Athletes Guide);
- To organise your transfer please contact [lysovsergii@gmail.com](mailto:lysovsergii@gmail.com): the cost for transfer is 20€ one way per person - 40€ round trip, baggage and sport equipment included;
- Requests for transfer must be submitted no later than Tuesday May 25th. After the deadline the LOC can not guarantee the service;
- The use of masks/mouth-nose face covering is mandatory. Each person has to disinfect his/her hands before entering the vehicle;
- All drivers will wear face protection and disposable gloves throughout the journey;
- To all the passengers transferring the temperature will be tested pre-boarding transfer;
- All used vehicles will be disinfected before being used as part of a shuttle service;
- Bike transfer bags will be disinfected before being received by the service provider.

## TRAINING FACILITIES

- Detailed information is available in the Athletes' Guide;
- Access to training facilities will strictly follow the local health regulations and the World Triathlon COVID Guidelines rules.

## ATHLETES' AND COACHES' BRIEFING

- All race information will be provided to the athletes online.
- Athletes briefings will be recorded and available at the following date and time:  
June 4th at 9:00 Elite athletes briefing: <https://briefings.com/dnipro-elite>  
June 4th at 9:00 Junior athletes briefing: <https://briefings.com/dnipro-junior>
- The TD Maryia Charkouskaya-Tarasevich will be available for any clarifications: +375 29 6292231 [beltrigs@mail.ru](mailto:beltrigs@mail.ru)

## 10. ACCREDITATION

- During the Race Package distribution time window, athletes, coaches and team medical accreditations will be distributed.
- The access inside an accredited area will be limited to a minimum number of people to respect the safety distance.
- Only one coach and one medical personnel per NF will be accredited to all World Triathlon events.
- The re-validation of the accreditation card must take place on a daily basis following the health screening process.
- For any case that accredited persons are not following the established prevention procedures around the COVID-19, their accreditation card will be removed and will be asked to leave the venue.

- Any participant that doesn't comply with the established prevention procedures around the COVID-19 will not be allowed to participate in the event and will be asked to leave the venue.

### **COACHES' AND TEAM MEDICAL ACCREDITATIONS**

- The following number of accreditations will be approved per National Federation for the support personnel at any World or Continental Triathlon events according to the World Triathlon Covid-19 Guidelines:
  - 1 Coach for Elite events
  - 1 Coach for Junior events
  - 1 Team Medical for Elite events

### **RACE PACKAGE DISTRIBUTION**

- Race packages will be distributed on Friday June 4th from 11:00 till 14:00 at the race venue Sicheslavskya Naberezhna St, Festival Wharf.
- The athletes must pick up the race package in person at the venue. The athletes/coaches must arrive according to a time slot which will be communicated to the teams 10 days before the event.
- If an athlete is not present and a waiting list exists, the athlete will be replaced according to the standard procedures. The incident will be reported to World Triathlon Entries [entries@triathlon.org](mailto:entries@triathlon.org)
- A distance of 2 m between athletes has to be respected inside the registration tent and at the waiting area outside the tent.
- All volunteers managing the registration will wear masks/mouth-nose face coverings.
- Athletes must wear masks/mouth-nose face coverings during the registration process.

### **COURSE FAMILIARISATIONS**

- There will be no bike familiarization scheduled. The bike course will be recorded on video and will be available at the event page at triathlon.org.
- Swim course familiarization for both elites and juniors will take place on Friday, June 4th from 15.00 to 16.00.
- Only accredited athletes will be allowed to enter the swim course for the familiarisation.

## 11. COMPETITION

### VENUE

- The venue size is around 12640m<sup>2</sup>
- All accredited people must access the venue through the available checkpoints
- Every checkpoint will provide temperature measurement
- Event venues (Athlete's Lounge, Transition, Medical and Finish areas) will be completely closed with fences and access will be granted only to authorized personnel
- The entrances to the public areas will be one-way
- All areas are accessed wearing surgical masks
- A special signage will be put up at all access points

### SANITATION

- To reduce the risk of infection during the race where there is likely to be accidental contact between people, hand sanitizer bottles will be placed in the athletes lounge, transition, start and finish areas.

### ATHLETES' LOUNGE CHECK-IN

All processes will be simplified and kept to the minimum with the goal that the athletes spend as little time as possible at the venue.

- A distance of 2 m between athletes will be respected inside the athletes' lounge and at the waiting area outside the lounge.
- All the equipment checks will be carried out as visual checks.

- The athletes can leave his/her non-competition essential equipment in the area inside the lounge which is self-managed.
- Temperature check will be done before entering the lounge.
- Athletes are advised to wear masks/mouth-nose coverings during the check-in process.
- The athletes have to spend the least possible time in the athletes' lounge.

### **TRANSITION ZONE CHECK-IN/OUT**

- The transition zone design will be in line with the social distancing recommendations
- Technical officials and volunteers involved in the process must wear masks/mouth-nose face coverings.
- All processes will be simplified and kept to the minimum with the goal that the athletes spend as little time as possible at the venue.
- A distance of 2 m between athletes will be respected inside the transition zone and at the waiting area outside the transition zone.
- Elite and Junior bike racks will be traditional ones with 1,5 m distance between each bike.
- Athletes are advised to wear masks/mouth-nose coverings during the check-in process.
- The athletes have to spend the least possible time in the transition zone.
- In case that athletes' equipment is checked over by the technical officials or volunteers, sanitary wipes will be available to the athletes for wiping their equipment after the technical officials have checked the equipment.

### **START AREA**

- Before the start the athletes will be invited to line-up at the pre-start area keeping a 2 m distance. On the pre-start area the athletes are obliged to use masks/mouth-nose face coverings. Masks can be removed and moved into a bin immediately prior to the athlete's introduction.
- On the pontoon start position there will be 1 m apart from each other.
- The athletes introduction and the start procedure will be quick.



## AID STATIONS

- All aid stations on the run course will operate on a self-servicing base.
- A different team of volunteers will be allocated serving the athletes and a different team for collecting the used bottles/equipment.
- All volunteers must wear masks/mouth-nose face covering.
- Only water (closed bottles) will be provided.

## RUN PENALTY BOX AREA

- The penalty boxes and the procedures around them as described in the World Triathlon Competition. Rules remain the same.
- These areas will be designed in a way to respect social distancing between the penalised athlete and the technical officials managing the area, as well as between other athletes present in the penalty box.
- Social distancing will not be a reason for delaying the applied penalties.

## FINISH AREA

- The finish chute will be split into 1.5m wide finishing lanes to prevent the athletes from coming closer than this distance.
- The finish tape will be disinfected between the races.
- After crossing the finish line, athletes will be directed to a first recovery area, and after they will continue moving to the athlete's lounge
- At the recovery area athletes will take water by themselves.
- Timing chip removal will be done by the athlete, who must deposit the timing chip to a specific bin close to the exit of the post-finish area.
- Photographers, TV and Media will be placed 20m far from the finish line
- Medical area will be located next to the finish area

- Massage facilities are not allowed

## 12. SPECIFIC RISK MITIGATION PLANNED

### ARRIVAL AT THE VENUE:

- All the accredited people will access the venue, through the security gate to guarantee the control of the people that are inside the venue.
- All people will access the event with a temperature test and mask detection.
- Venue and courses will be completely closed with fences and authorized personnel.
- In the case of any suspicious case, the medical services will be notified.

**GRAND STAND:** There will be no spectators during the competition.

## 13. COVID-19 POSITIVE CASE MANAGEMENT

### POSITIVE PRE-EVENT ANTIGENIC SWAB TEST CASE

In case of a positive result of an antigenic test the LOC will provide the possibility of a PCR test which will be performed immediately after getting a positive antigen test result. Waiting time for the PCR test result is approximately 24 hours. While waiting for the result the tested person should stay in isolation. In case of confirmation of a positive result with the PCR test according to Ukrainian Health Authorities protocol the person will have to spend 10 days in isolation or a negative PCR test result. For more information please contact COVID Manager

Ashref Skiwi      +380631321424

In case of any COVID symptoms - stay alone and alert the Covid Manager Ashref Skiwi at +380631321424

### PROTECT YOURSELF AND OTHERS

Here are the main public health recommendations and measures for those entering Ukraine:

### WASH YOUR HANDS OFTEN

Remember to wash your hands often using soap. If it is impossible, disinfect them with alcohol-based (at least 60%) liquids/gels. The virus can be transferred from infected surfaces on the hands, so you lower the risk of infection by washing your hands often. Avoid touching eyes, nose and mouth.

### **KEEP SAFE DISTANCE**

Keep at least 1.5 meter distance from other people.

### **PROTECT OTHERS IF YOU COUGH OR SNEEZE**

If you cough or sneeze, cover your mouth and nose with a bent arm or a tissue and immediately dispose of it into a closed bin. Wash your hands with water and soap or disinfect them with alcohol-based (at least 60%) liquids/gels. Covering your mouth and nose as you cough and sneeze prevents germs including viruses from spreading.

### **REGULARLY WASH AND DISINFECT TOUCH SURFACES**

Wash surfaces often touched by many people, such as desks, counters and tables, door-handles, switches and handrails with water and detergent. All places which the household members often use should be carefully disinfected. Remember that microbes collect easily on mobile phones. Regularly disinfect your mobile phone with wet wipes soaked with a disinfectant. Do not put a mobile phone on the table and do not use it as you eat.

### **14. SPECIAL SIGNS ON THE VENUE:**



Keep  
the **safety**  
distance



Mandatory  
use of  
**mask**



Deposit  
the  
**mask**



**Wash**  
your  
hands



Measurement of  
**temperature** and  
oxygen saturation level



**Self-service**  
mechanical  
service