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1. 2021 Europe Triathlon Junior Cup Izvoran

COVID-19 continues to cause significant challenges. The transition period in which we find ourselves will be a long one and we as organisers of the **2021 Europe Triathlon Junior Cup Izvorani** event, are committed to implementing all possible measures to comply with rules and good practice that counteract and prevent the spread of COVID-19. Our first intention is to work constantly with the local authorities and to organise a safe event. The approach is to follow all WHO recommendations, to respect and fully support the Romanian national health directives, those issued by the Bucharest authorities.

The other priority is the protection of the health and safety of the participants and all the people who will take part in the organization of the event.

Our goal is to provide appropriate measures to protect the health of participants and ensure their access to timely medical care. Preventive measures will be put in place to limit the transmission of infection and preventive measures to minimise this risk.

The purpose of this document is to define the duties of the various parties operating in the context of the event, in order to limit the risk produced by Covid-19.

The first measure of protection on which all others depend is the sense of responsibility of each one.

The defined guidelines must be implemented not only by all participants, ITU staff, FRTRI, LOC, Volunteers and staff of the organization, but also by external parties (suppliers, visitors, etc.).

The Covid-19 Committee is established and meets at least once a month to define, implement and monitor actions as the health emergency develops.

The Covid-19 Committee is composed of:

- Race Director

- **Safety and Covid Manager**
- **ITU Federation Managers**
- **Medical Race Manager**

The members of the Covid-19 Committee are authorized to access all information about the event that may be useful to limit the Covid-19 risk.

In addition, regular meetings are held between local public authorities and the Covid-19 Committee to monitor the actions implemented.

2.PURPOSE

The purposes of this document are:

- a) Take technical and organizational measures to contain the circulation of the virus;**
- b) Manage participants, delegations, volunteers and staff with virus symptoms;**
- c) Take measures to avoid possible situations of assemblage;**
- d) Minimize the presence of Staff and Volunteers and Technicians through:** - The prohibition of access to the operational areas of the event by persons whose presence is not strictly necessary;
 - The implementation of the agile working mode;
 - The implementation of the system of remote meetings;
 - Protect the weaker categories;
 - Punctual health management;
- e) Ensuring health protection;**
- f) Stimulating correct actions;**
- g) Strengthen cleaning and sanitation cycles;**
- h) Update the emergency plan with Covid-19.**

3.VALIDITY

The content of this document is valid for as long as national or local emergency conditions continue and in any case unless otherwise communicated by the Organization.

4.RISK ASSESSMENT AND RISK REDUCTION

The **2021 Europe Triathlon Junior Cup Izvorani** "Local Organizing Comity (LOC)", used the WHO risk assessment and risk prevention checklist for "mass gatherings" in the framework of the covid-19 document to design the event.

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

A careful management of the timetable and access times of the participants will be implemented in order to access the competition areas with an adequate social distancing and an immediate exit once finished. The waiting areas will be restricted and controlled by volunteers.

Data collection systems (addresses - Phone - Mail) will be used in order to manage the contacts of all participants (except the public) who will be present at the event. This includes athletes, race officials, coaches, managers, executives, volunteers, race staff. This would ensure that we can trace back to the people potentially involved if a suspicious case is identified. Once confirmed, all isolation procedures and reporting to health authorities will be activated.

5.INDIVIDUAL RESPONSIBILITY

- Participants must behave in a certain way during the trip and manage their personal safety by adopting and using at all times. (mask, personal hand sanitizers, individual food and drink and avoid stopping in crowded places)
- Participants must be careful to always keep a distance of at least one metre from other people, especially those who show that they are not feeling well, have a cough or sneezing or may have a fever.
- If participants have symptoms showing acute breathing problems before, during or after the trip, they must seek medical assistance and inform their health care provider of their movements and travel history.
- People who feel sick (fever, cough) should stay at home and stay away from people until the symptoms resolve. In case of illness, you should stay away from the event!
- Participants must bring their own equipment (water bottle, towels, masks, etc.).)
- Participants must wash their hands frequently with soap and warm or alcohol-based water (at least 65-70%) and rub their hands for 20 seconds.
- Avoid the handshake, the hugs and the five.
- Avoid steam baths or sauna.
- Avoid touching the mouth, nose or eyes.

- The sharing of equipment and equipment is prohibited, always use your own towel, water bottle or water bottle.
- Before and after the training activities, participants must shower and change their clothes at home or in their hotel rooms.
- There must be no physical contact between participants, coaches or competition officials.
- People with suboptimal health conditions must avoid taking part in the event.
- Participants' travel insurance should cover medical treatment, return home and cancellation of the trip.

6. USE OF THE FACE MASK

- The use of face masks/face protection is mandatory for volunteers, competition officials, federations' staff and collaborators in various capacities.
- Participants must wear face masks/face protection during any non-competitive indoor activities and crowded outside areas.
- The organisation will provide all volunteers and all staff involved with masks as well as an emergency number for medical needs.
- All other participants must bring their own devices.

7. HEALTH SCREENING OF PARTICIPANTS

- Athletes must continuously monitor their health status (including temperature detection and monitoring of any symptoms) from 14 days before and during the event.
- For information and rules for the journey to Romania, see the "TRAVEL" chapter of this guide.

A temperature check will be carried out every day at the entrance of the venue.

- A temperature higher than 37.5°C will be reported to the Doctor.
- 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.

8. INFECTION MANAGEMENT

Risk cases" are defined as those who, without the use of protective equipment and compliance with anti-accounting procedures, have come into close contact in the last 14 days with a possible or confirmed case.

Below, for the sake of completeness, is the definition taken from the Circular of the Romanian Center of Disease Control, 04/January/2021:

Direct contact is defined as:

- Person living in the same household as a patient with COVID-19;
- Person who has had direct physical contact with a case of COVID-19 (eg tightening hand without subsequent hand hygiene);
- Person who has had unprotected direct contact with infectious secretions of a case of COVID-19 (eg during coughing, touching handkerchiefs with unprotected hand glove);
- Person who has had face-to-face contact with a COVID-19 case at a distance less than 2 m and with a minimum duration of 15 minutes;
- Person who was in the same room (eg classroom, meeting room, hospital waiting room) with a case of COVID-19 for at least 15 minutes and at a distance of less than 2 m;
- Person among the medical staff or another person who provide direct care to a COVID-19 patient or person in line laboratory personnel handling samples collected from a patient with COVID-19, without the correct wearing of protective equipment.

The epidemiological link could have taken place in the previous 14 days the date of onset.

Any person who has worn appropriate mask / protective equipment and a respected physical distance IS NOT CONSIDERED DIRECT CONTACT.

Procedures are defined for:

- 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.

COVID 19 POSITIVE CASE MANAGEMENT

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.

The race doctor and those responsible for the organization will contact the nearest health department to handle the case.

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.

Contingency plan.

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

9.ACCESSES TO THE EVENT

The venue and the premises will be organized in such a way as to ensure the physical separation (at least 1 meter) of athletes, officials, spectators (if present) and support staff. In the areas defined by the organizer "Public Areas" spectators will also be invited to follow the rules of social distancing. The entrances to the public areas and the premises used for the operational management of the event will be one-way.

Persons with fever or who have come into contact with people who are positive for the virus in the previous 14 days are prohibited from entering.

- Body temperature will be measured for all people entering the event's Operating Areas.
- All areas are accessed wearing surgical masks.

- A special signage is put up at all access points.

10. AMBIENTS

The maximum capacity - communicated with special signs - of:

- Meeting rooms,
- Race secretariat
- Athletes Lounge
- PMA
- Hospitality

The sessions will be positioned in such a way that the distance of at least 1 meter between people is respected.

Air exchange is guaranteed by opening the windows throughout the day.

In common areas, specific signs are affixed to indicate the minimum interpersonal distance of 1 meter.

11. SECRETARIAL AREAS, MEETINGS, ORGANIZATIONAL ACTIVITIES

- Surface sanitizing material (disinfectant and paper) is available.
- The use of microphones or other promiscuous devices is prohibited.
- Where possible, the room must be adequately ventilated before, during and after the meeting.
- In case food or drink is provided:
 1. all food must be packaged at origin to avoid possible contamination;
 2. The delivery person must be provided with a surgical mask;
 3. hot and cold drinks must not be available in self-service mode;
 4. When using cutlery and crockery, preference should be given to disposable cutlery and crockery delivered in a sterile bag;
 5. waste must be properly separated and promptly removed and deposited in areas specially equipped for this purpose.

12. COMMON BEHAVIOURS

- Check the body temperature yourself before entering the venue.
- Physical contact (e.g. handshakes and hugs) is prohibited.
- The capacity of the premises must be respected, as well as reduced according to the

containment measures of the Covid-19.

- The minimum interpersonal distance of 1 meter must always be respected.
- Where it is not possible, due to technical or productive impediments, to respect the minimum interpersonal distance of 1 meter, all compensatory measures must be taken (surgical masks, hand cleansing gel and sanitizing products).
- Constant personal hygiene with frequent hand washing.
- Any requirements imposed by health authorities must be communicated to the organization.
- It is mandatory to inform those responsible for the organization of any influenza symptoms that may appear during the organizational and set-up activities, also contacting the Competent Doctor.
- Avoid touching your mouth, eyes and nose with your hands.
- Keep the doors open (except for fire doors).
- Avoid the use of lifts (except for people with disabilities).
- The use of company equipment and means is prohibited unless previously sanitized.

13. CLEANING AND SANITATION

In addition to the cleaning and sanitization measures already in place in common workplaces, further cleaning and sanitization of surfaces that most commonly come into direct contact with people are planned.

In specific entrance areas, products (disinfectant and paper) are supplied to perform self sanitization of vehicles and workstations.

Race preparations

Equipment (e.g. microphones, Rack Bike, tables, chairs, etc.) will be sanitized between races.

We would also implement:

- That all those who enter the premises accept the health guidelines.
- Accelerate the entry and exit processes of public areas and premises to minimize contact.
- The men's and women's competition will take place at different times to allow the sanitization of equipment and premises.
- Minimize equipment sharing.

- Keep the complete database of people involved in the event up to date. •

There will be no opening/closing ceremonies to avoid gatherings.

14. ORGANISATION MANAGERS - RESPONSIBLE

ITU - RESPONSIBLE FRTRI - RESPONSIBLE

SUPPLIERS AND SERVICES

DESCRIPTION:

Implementation of guidelines to minimize the risk of contracting Covid-19. **WHO:**

All Organization Managers – ITU – National Federation Managers - FRTRI Managers - External Companies, Suppliers and Services Managers.

WHEN:

During the activities of preparation, preparation, organization, during the stages of the race, during the dismantling phases and in any case during the entire stay in the event venues.

HOW:

- It provides information, training and education about:
 - Correct behaviors to be kept during all phases of the event and specifically on the correct distances to be kept in interpersonal relationships;
 - Correct use and storage of the masks.
 - Report any need for cleaning materials through the organization's normal channels.
 - Notify the Management, the Medical Manager:
 - Any prescriptions from the health authorities;
 - Positivity to the virus of a volunteer, a collaborator, an athlete and any person involved in participating in the event;
 - Any direct exposure to contagion, even outside of work.
- Encourage and monitor the organization of meetings with remote forms.
- It implements all technical and organizational measures to ensure the respect of the interpersonal distance of at least 1 meter during the work activity. Where this is not technically and organizationally possible:

- Check for the presence and use of surgical mask, hand disinfectant and surfaces; -
See to it that these materials are reinstated.
 - Make sure that volunteers and employees are provided with hygienic masks.
 - In addition to the correct use of the masks, ensure that all staff carry out the following measures:
 - Immediately report any symptoms that may appear during your stay at the event to the Medical or Organization Manager;
 - Always respect the interpersonal distance of at least 1 meter (especially during rows)
 - Always respect the interpersonal distance of at least 1 meter even when carrying out the work; if this is not possible for organizational or technical reasons, the compensatory measure is the obligation to wear masks and the increase in the frequency of self-sanitizing hands and work tools with the products made available;
 - At the beginning of the shift and whenever you deem it necessary, clean keyboards, touch screens and any other work tools that have been used by other personnel, using the material provided (paper and disinfectant);
 - Respect the maximum capacity of the premises;
 - Wash your hands often and in any case after blowing your nose, before and after eating or drinking, use the toilet, use the mask touched your face;
- If you have to sneeze or cough, do it in a disposable handkerchief or with the elbow flexed and immediately throw the used tissues into a closed basket; wash your hands with soap and water or using alcoholic solutions;

Use of the race whistle by Officials and Volunteers

- Use the whistle only if necessary
- Use a short and effective whistle blow and not long and strong blows
- Avoid turning the whistle blow towards athletes

15. SERVICES TO ATHLETES

a. AIRPORT TRANSFER

- The service will be carried out for all athletes, Delegations and Guests of the Event, upon prior request.
- The transfer between persons who do not belong to the same delegation or group of

persons will be reduced as much as possible.

b. TRAINING FACILITIES

- There are no training facilities such as swimming pools or gyms.

c. BRIEFING FOR ATHLETES AND COACHES

All information about the race will be provided through online systems.

- The online briefing will be held on a date and time consistent with the World Triathlon Competition Rules and will take place online through the Zoom platform.
- Participants will attend the TD presentation and have the opportunity to contribute questions or feedback through the online Q&A function. If people cannot attend the session in real time, the presentation will be recorded and published on the World Triathlon website and LOC facebook page for later viewing.
- There are no penalties for those who arrive late or miss the online briefing.
- The TD of the event must send the presentation of the race briefing to World Triathlon Entries entries@triathlon.org two days before the date of the event and the file will be immediately uploaded on this page and made available to the athletes and trainees.
- The TD will be available for any clarifications in the pre-race period and can be reached by phone through an Romanian telephone number made available by the LOC. The telephone number of the TD will be communicated to all athletes through the "Athletes Guide" and the event page at www.triathlon.org.

d. REGISTRATION AND ACCREDITATION

- All credits for the athletes, coaches and doctors of the team will be distributed in a time window established by the organizer.
- **18:00:**
- **18:15:**
- **18:30:**
- **18:45:**
- **19:00:**
- **19:15:**
- **19:30:**
- **19:45:**

All athletes and coaches must fill in the pre-event questionnaire prior to the race package distribution.

- Athletes must have their own set of masks e disinfectant wipes. The organization will not provide the athletes with the devices
- Athletes must wear the mask during the registration activities.
- The assigned time slot and the distance of 2 meters between the athletes must be respected inside the recording room.
- If an athlete is not present and there is a waiting list, the athlete must be replaced according to standard procedures.
- The problem should be reported to World Triathlon Entries entries@triathlon.org
- During the accreditation phase the "Head Referee" and/or "Technical Delegate" must be present at the race pack pick-up.

RACE PACK DELIVERY

- The athlete must pick up the race pack in person and within a time window of two hours at the place indicated by the organization. The pick-up time will be communicated by the organization according to the World Triathlon Competition Rules (2.7).
- During registration, all Elite Athletes will be required to wear disposable masks. **Composition of the race pack:**

- The preparation of the package and its packaging will be carried out following appropriate hygienic and sanitary measures.
- The timing chips and velcro will be disinfected according to the manufacturers' recommendations (both timing chips and velcro must be machine washed at 60 degrees Celsius for one hour).
- Only materials essential for the race (e.g. no promotional materials) will be included in the race package to reduce the packaging as much as possible.
-

e. ATHLETES LOUNGES

- All volunteers in the Athletes Lounges will wear disposable masks.
- Inside the premises and in the waiting lines, the athletes will be enforced a distance of 1m. The distance will be indicated by signs and marked with a delimiter tape on the floor. The athlete must deposit his bag at the point assigned to him.
- Athletes will be required to store their equipment and fittings inside a disposable bag provided by the organizer.
- All Athletes will be required to wear disposable masks.

f. ATHLETES CHECK-IN

- All the activities will be simplified and carried out in the shortest possible time with the aim of avoiding crowds.
- All volunteers, technicians and staff will be required to wear disposable masks.
- Inside the premises and in the waiting lines, the athletes will be enforced a distance of 2m. The distance will be indicated by signs and marked with a delimiting tape on the floor.
- Any checks of the equipment and competition equipment used by the athletes must be carried out visually.
- Officials may need to carry out a manual check of equipment and fittings. In this case, hygienic wipes will be available for the athletes to clean the equipment after the race officials have checked it.
- All athletes will be required to wear disposable masks during this phase.

g. COURSE FAMILIARISATIONS

The trials of the Bike route will take place only and exclusively if authorized by the local authority and if it will be possible to close the areas to local traffic to ensure the safety of the participating athletes.

h. CONTROL OF THE INCOMING AND OUTGOING TRANSITION ZONE

- In the entrance row to the Transition area athletes must always keep a distance of 1m.
- All equipment checks must be performed as visual checks.
- Officials may need to do a physical check. In this case, sanitary towels will be available for athletes to clean the equipment after the officials have checked the equipment.
- All athletes will be required to wear disposable masks during this phase.
- Athletes must respect the check-in times in the time slots listed in the Athletes Guide.
- Athletes are requested to check out immediately after the end of the race.

i. START RACE

- The elite Women's race and the Men's race will be held one hour apart to ensure the sanitization of the environments and equipment between one race and another.

- At the start the athletes will be lined up keeping a distance of 1 meter.

j. TRANSITION AREA

- The format of the transition area included in the Organizers' Manual actually provides an adequate distance between athletes.

k. HYGIENE DURING THE RACE

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

l. AID STATIONS

- The aid stations will be managed with a larger number of volunteers and according to ITU rules.
- A team of volunteers will take care of the management of the aid stations and another one for the collection of bottles and/or glasses used by the athletes.
- All volunteers will wear masks.
- The length of the aid stations will be increased compared to the ITU rules in force.
- Only water will be provided at the aid stations.

m. PENALTY BOX

- The penalty box will be managed according to ITU regulations for World Cup races.
- They will be organised and positioned in such a way as to ensure social distancing.

n. FINISH LINE

- The finish tape will be disinfected between trials.
- The photographers and cameraman will be positioned at a distance of 10m
- After the finish line, the athletes will be directed to an area where they will find drinks.

- The cold water tanks will be replaced by cold water showers.

- At the final refreshment point the athletes will have to take the water themselves.
- Adjacent to the arrival area will be placed an advanced PMA medical tent.
- Athletes will be absolutely forbidden to sit or lie on the carpet (except in cases of medical and health problems). The arrival area will be managed with an adequate number of volunteers.

o. MEDAL CEREMONIES

- The possibility of having the award ceremony held will be carefully considered.
- If it takes place, it will be organized as follows:
 - The podium will have a distance of 2m between the medalists.
 - The athletes will take the podium and collect their medal from the medal stand by themselves. Flowers and champagne are not allowed. We recommend athletes to wear the mask during this activity.
 - Only one VIP will be admitted to the prize-giving stage for each ceremony, who will not be able to get in contact with the athletes and will always have to wear the mask.
 - Only one volunteer is involved in the ceremonies, who prepares the trophies on separate trays for each athlete. The volunteer is strongly recommended to wear the mask.
 - The volunteer must disinfect the trays between the podiums.
 - Handshakes or hugs between athletes should always be avoided.
 - The VIP and the athletes can take off the mask during the photo at the end of the ceremony.

p. COMPETITION JURY

- The audition with the Jury will take place in a room where the distance of 1 meter between people is guaranteed.
- All members of the Competition Jury will maintain a distance of 1 meter from each other.

q. PUBLIC AREAS

The presence of the public is not supported.

16. MEASURES ON THE ROMANIAN TERRITORY -

Covid-19

Travel & Participation in international sporting events, after 15 June 2021.

SCN1087593 **Travel restrictions and measurements are changing constantly, please check back before traveling.**

For any information, please contact:

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REFERENCES:

- World Triathlon COVID-19 Prevention Guidelines for Event Organizers (version 3.0, 30 June 2020)