

# PSD BANK Triathlon Düsseldorf

## Concept Paper

### **INDIVIDUAL RESPONSIBILITY**

The event will follow the latest published Prevention guidelines for Event Organizers for COVID-19 of the World Triathlon.

Also, the event is under the LOCAL/REGIONAL AUTHORITY regulations, which is the authority with competencies in terms of health:

[https://www.rki.de/EN/Home/homepage\\_node.html;jsessionid=B17845E748449B17FFF69123027C7564.internet101](https://www.rki.de/EN/Home/homepage_node.html;jsessionid=B17845E748449B17FFF69123027C7564.internet101)

### **PROCEDURES TO ENTER GERMANY.**

No restriction to enter Germany as of today (13.06.2022).

**COVID Coordinator:** For any questions related to COVID restrictions and travel details, please contact Maike Hendelkens, [hendelkens@d-sports.de](mailto:hendelkens@d-sports.de), Phone: +49 (0) 151 15764635.

### **RISK ASSESSMENT AND MITIGATION**

The Local Organizing Committee 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 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. The waiting areas will be restricted and controlled by volunteers or security personnel.

### **PARTICIPANTS' HEALTH SCREENING**

Athletes must continuously monitor their health status (including temperature detection and monitoring of any symptoms) from 14 days before and during the event.

See the "TRAVEL" chapter of this guide for information about traveling to COUNTRY.

Temperature higher than 37.5°C shall be reported to the event's Medical Director and Medical Staff.

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, will follow WORLD TRIATHLON procedures.

Due to the current situation of the COVID-19, the World Triathlon Medical Committee has implemented some measures for participating in the event:

- All individuals (except for the LOC, its volunteers and contractors) applying for an accreditation must fill in the online pre-event questionnaire

[https://triathlon.org/pre\\_event\\_covid\\_19\\_screening\\_guide](https://triathlon.org/pre_event_covid_19_screening_guide)

- We will continue to respect the decision/rules of the local public health of the host country
- All the specific measures can be found in the table below:

Categories	Pre-event questionnaire	Process before traveling	Medical certificate before travelling
Junior athletes	Yes		
Coaches/team medical/ support NF personnel	Yes	Respect the travel regulations set by the host country	Follow public health or World Triathlon request
TDs /ITOs/NTOs/ Competition Jury	Yes		
IF/Continental Federation Delegations	Yes		

## **CLOSE CONTACT DEFINITION AND PROCESS TO FOLLOW IN CASE OF POSITIVE CASE**

### **What should I do as a contact person?**

If you have had close contact with a person who has tested positive for the coronavirus, it is strongly recommended that you stay at home for five days and avoid contact. The first full day of quarantine is the day after the last contact with the infected person. In addition, it is advised that you test (yourself) daily during this period.

### **When symptoms occur:**

COVID-19 disease can have very similar symptoms to the flu or a cold: the most common signs of illness include a dry cough, runny nose and fever. However, a number of other symptoms are also possible, such as shortness of breath, loss of the sense of smell and taste, muscle and joint pain, and sore throat and headache. Therefore, it is not easy to determine whether one has been infected with the coronavirus or not. Only a correctly performed and certified rapid antigen test and - if absolutely necessary - a PCR test in the second step can provide certainty.

Please stay at home if you have cold symptoms of any kind and avoid contact. This also applies to a positive self-test or rapid test result - regardless of whether you have signs of illness and have been vaccinated or have recovered.

In case of suspicious case:

- Wear mask

- Keep distance
- Report to the doctor at the event site, with distance and wearing an FFP-2 mask
- Self-test
- if positive, isolate
- and carry out PCR test if necessary
- The Doctor will call the National Health Service 116 117 and follow the given procedure

## VENUE AND EVENT STRUCTURE



## 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.



## **ATHLETES' SERVICES**

### **AIRPORT TRANSFER**

#### Airport

There are many ways to leave the airport to the town center and to the race venue. You can go by bus, taxi and also by subway. You can directly purchase your bus and subway tickets at the airport. Please find the link below with all the information you need to get a shuttle: <http://www.duesseldorf-flughafen-shuttle.de/Default.aspx> (The shuttle from the airport to the host hotel costs approximately 45€ for 3 persons).

#### Train

The train station to the race venue is the central station, situated about 4,4km away from Düsseldorf Medienhafen. Here you can find train and subway stops that can lead you to almost everywhere in town.

Düsseldorf Hauptbahnhof  
Address: Konrad-Adenauer-Platz 14, 40210 Düsseldorf

Directions from Düsseldorf Hbf to the Medienhafen:  
S-Bahn route S 11, direction Bergisch Gladbach to stop D-Hamm S. Then continue by bus line 725  
Tram route 719 direction D-Medienhafen to stop Kesselstraße.

Please find an overview of the public transport on our homepage.

#### Car

Please note that some roads will be closed on the event weekend due to the triathlon.

We recommend the following routes for travelling by car:

You are coming from the north of Düsseldorf (Stockum/A44):

On the A44, take the exit "30 Düsseldorf-Stockum", turn off at the crossroads and continue on Danziger Straße Kennedydamm in the direction of Düsseldorf Zentrum. After approx. 3.7 km turn left onto Fischerstraße and continue onto Kaiserstraße and Hofgartenstraße Enter the Kö-Bogen tunnel and continue on Berliner Allee and Corneliusstraße Turn right onto Bilker Allee Turn right onto Gladbacher Straße and drive straight ahead, you will automatically reach Medienhafen.

You are coming from the south of Düsseldorf (Bilk/A46):

On the A46 take the exit "23 Düsseldorf-Bilk. At the traffic lights, turn onto Südring and continue straight ahead onto Merowingerstraße – Friedrichstraße After approx. 1 km turn left into Bilker Allee and drive straight ahead for approx. 1.7 km, you will automatically arrive at the Medienhafen

## **TRAINING FACILITIES**



### **SWIM**

Rheinbad Hallenbad + Freibad

Sportpark Nord / Europaplatz; Europaplatz 1, 40474 Düsseldorf

<https://www.baeder-duesseldorf.de/baeder-und-saunen/freibaeder/rheinbad-freibad/>

Schwimm´in Bilk  
Bachstraße 145, 40217 Düsseldorf; Telephone: +49 211 95745840  
<https://www.baeder-duesseldorf.de/baeder-und-saunen/hallenbaeder/schwimm-in-bilk/>

Allwetterbad Flingern  
Flinger Broich 91, 40235 Düsseldorf; Telephone: +49 211 95745-920  
<https://www.baeder-duesseldorf.de/baeder-und-saunen/freibaeeder/allwetterbad-flingern/>



BIKE &  RUN

Additional bike and run training have to be done by the athletes independently.

## **ATHLETES' AND COACHES' BRIEFING**

At World Triathlon events, all coaches' briefings are cancelled. The athletes' briefing is not mandatory.

All information about the race will be provided through WORLD TRIATHLON website.

Special rules for the European Junior cup race:

- The online briefing will be held on a date and time consistent with the World Triathlon Competition Rules and will either pre-recorded and available only on the events' website or take place online.
- There are no penalties for those who arrive late or miss the online briefing.
- The race briefing will be available on the events' website.
- The TD will be available for any clarifications: Lorand Kalotai (Kalotai.lorand@gmail.com)

## **RACE PACKAGE DISTRIBUTION**

The athlete must pick up the race pack in person at the Host Hotel.

## **COURSE FAMILIARISATIONS**

On Saturday, 18.06., from 16:00 to 17:00 swim course familiarisation.

## **EVENT FORMAT**

### **START OF THE RACE:**

There will be enough time in between races to warranty a proper time difference to minimize the time that men and women are together at the venue.

### **TRANSITION AREA:**

Bike racks will be traditional. The distance between bikes will be 1.5 meters.

### **AID STATIONS:**

Only water will be provided at the aid stations. Volunteers will distribute the water to the athletes as usual.

**PENALTY BOX:** It will be organised in such a way as to ensure social distancing.

## **FINISH AREA:**

The finish tape will be disinfected between races. 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. Next to the finish area the medical area will be located.

## **SPECIFIC RISK MITIGATION PLANNED**

### **Arrival at the venue:**

- Pre event questioner is stored in a file so that the data is available to the health authorities.
- Courses will be completely closed with fences and authorized personnel.
- In the case of any suspicious case, the medical services will be notified.

### **Non-Essential Services:**

A recovery zone is also on the lawn in front of the NRW state parliament.

Our partner for physiotherapy is:

**re.ac.me**

Grafenberger Allee 125

40237 Düsseldorf

info[at]reacme.de

[www.reacme.de](http://www.reacme.de)

To make sure you get a treatment, contact [info@reacme.de](mailto:info@reacme.de) by 17.06.2022 with info on what distance you are doing and when you would like a time slot for a massage.

### **Technical Officials:**

The event will follow the latest published [Prevention guidelines for Event Organizers](#) for COVID-19 of the World Triathlon.

### **Seating Areas:**

There are no seating areas for spectators. But on the Landtagswiese there is the possibility to sit down and look at the finish channel.

There are extra barriers for spectators along the course.

### **Social Distancing:**

The recommendations of the health authorities, World Triathlon in their protocols will be followed.

### **Races & Sport Presentation:**

The event will follow the latest published [Prevention guidelines for Event Organizers](#) for COVID-19 of World Triathlon.