

ATHLETE'S GUIDE

2021 Europe Triathlon Cup
2021 Europe Triathlon Junior Cup

OLSZTYN, 29.05.2021



Olsztyn
2021



Olsztyn
2021



Document creation date: 21.05.2021

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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. LABOSPORT POLSKA (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. The creation date of this version of the document is stated at the first page.

Please, considering the current situation of temporary epidemic situation, athletes and coaches are invited to **CONSTANTLY CHECK** the available information.

1.2. KEY DATES

Friday, May 28 th			
08:00	16:00	Race package distribution / Pre-race antigen tests	OMEGA Hotel
12:30	13:30	Elite Press Conference	CRS Ukiel - Conference Hall
14:00		Athletes briefing (6.4 for more details)	Online
16:00	17:00	Swim course familiarization	CRS Ukiel - Start Area
Saturday, May 29 th			
10:00	10:45	Transition area is open for Junior Women	CRS Ukiel - Transition zone
11:00		Junior Women Start	CRS Ukiel - Start area
12:30	13:15	Transition area is open for Junior Men	CRS Ukiel - Transition zone
13:30		Junior Men Start	CRS Ukiel - Start area
15:00	15:45	Transition area is open for Elite Women	CRS Ukiel - Transition zone
16:00		Elite Women Start	CRS Ukiel - Start area
17:30	18:15	Transition area is open for Elite Men	CRS Ukiel - Transition zone
18:30		Elite Men Start	CRS Ukiel - Start area

Mandatory antigen pre-race test will take place on Friday, 28th of May, during the race package distribution process.

1.3. KEY CONTACTS

	Name	Email	Phone
LOC Race Director	Marcin Florek	marcin.florek@labosport.pl	0048 609-775-099
LOC Race Manager	Piotr Matkiewicz	piotr.matkiewicz@labosport.pl	0048 793-233-673
ETU Technical Delegate	Marco van Oostende	marco@oostende.nl	0031 630-481-542
LOC Media Manager	Joanna Kownacka	joanna.kownacka@labosport.pl	0048 793-794-205
Polish Triathlon Association representative	Filip Szolowski	filip.szolowski@triathlon.pl	0048 666-300-200

1.4. CONTACT DETAILS

Labosport Polska sp. z o.o.
ul. Browarna 86-87
82-300 Elbląg
Poland
tel. 0048 609-775-099
mail. biuro@labosport.pl

2. VENUE

2.1. RACE VENUE

The venue is located in Olsztyn, ul. Kapitańska 23 (Warmia&Mazury Voivodeship, Poland)

Race Map - <https://tiny.pl/r4z3b>

VENUE MAP -



2.2 COURSE FAMILIARIZATION

SWIM FAMILIARIZATION

16:00-17:00 - Swim course familiarization, meeting point - CRS Ukiel Beach

BIKE AND RUN FAMILIARIZATION

Bike and run familiarization will not take place.

2.3 ATHLETE'S LOUNGE

The Athlete's Lounge will be located in CRS Ukiel, Olsztyn, 200m from the Transition Zone and 100m from Start Area. It will provide toilets and water. Bike mechanic service will be provided in EXPO ZONE which will be located 100m from Athletes Lounge.

Massage service will not be provided.

A recovery zone will be placed near to the finish area. It will provide toilets and water.

2.4. MANDATORY ANTIGEN TEST

Following the new World Triathlon COVID19 Guidelines, and the Europe Triathlon Executive Board decision a mandatory antigen test will be done by the LOC to all Elite and Junior athletes, coaches, NFs medical and support team before the race pack distribution and the various document checks and race package/accreditation distribution.

Tests will be available on Friday 28th of May, from 08:00 to 16:00. Tests will take place in Hotel Omega, Sielska 4A Street, Olsztyn. TO SMOOTH THE PROCESS, we ask the athletes and NF support team accredited to bring ID and come on time at the hour settled in a schedule below.

Friday, 28 May 2021 / OMEGA HOTEL

From	Until	Who
08:00	08:45	Staff, Technical Officials, Volunteers
08:45	09:30	Athletes, Coaches, Medics of AUT, BEL, BER, LTU, CAN, CRO, EST
09:30	10:15	Athletes, Coaches, Medics of CZE, DEN, FRA
10:15	11:00	Athletes, Coaches, Medics of ESP
11:00	11:45	Athletes, Coaches, Medics of GBR, GER, ISR, ITA
11:45	12:30	Athletes, Coaches, Medics of FIN, LAT, BLR, MEX, MLT, NED, NOR
13:00	13:45	Athletes, Coaches, Medics of POL
13:45	14:30	Athletes, Coaches, Medics of SUI, SVK, SWE, TAH, UKR, USA
14:30	15:15	Athletes, Coaches, Medics of RUS, SLO
15:15	16:00	Late Arrivals
17:00	20:00	Tests for return trips

In case of positive result of antigen test LOC will provide possibility of PCR test, which will be made at the athlete/coach/support expense immediately after getting a positive antigen test result. Waiting time for PCR test result is approximately 24 hours.

While waiting for the test result, tested person must remain in isolation.

In case of confirmation of a positive result with the PCR test, according Polish Government guidelines, sick person have to spend 10 days in isolation or negative PCR test result.

2.5. ATHLETES' RACE PACKAGE

Race package will be distributed on Friday 28th of May, from 08:00 to 16:00.

Composition of Race Package:

- Helmet numbers (3) & Bike number (1)
- Body decals for both arms & legs - 4 x sets
- Accreditation pass

Registration fees and antigen test costs are as follows:

Elite: € 100,00 (pre-race antigen test included)

Junior: € 80,00 (pre-race antigen test included)

The registration fees **MUST** to be paid in advance by the bank transfer.

Please send an email with the amount, name of the federation and the athletes, coaches and staff names to: biuro@startlist.pl. For invoices inquiry please send a mail to: biuro@startlist.pl

The fee can be booked to:

Bank name: PKO BP

PL07102017520000070202110310

BIC/SWIFT: BPKOPLPW

LABOSPORT Polska sp. z o.o.

In exceptional cases the payment of the registration fee can be made during registration, but an extra administration fee of € 20,00 per single athlete will be charged.

2.6. DOPING CONTROL

Centrum Sportowo-Rekreacyjne UKIEL, ul. Kapitańska 23, 11-041 Olsztyn.

Doping tests will be conducted according to World Triathlon/WADA rules. The athletes must carry their identification to the doping control facilities.

2.7. SECURITY

Event will be secured by professional and licensed security company. Road closures and traffic around area will be managed by Police and security staff.

Responsible - Piotr Matkiewicz (LOC Race Manager) - 0048 793-233-673,

piotr.matkiewicz@labosport.pl

2.8. LOC OFFICE

Permanent Office: Labosport Polska sp. z o.o., ul. Browarna 86-87, 82-300 Elbląg, Poland

Opening hours: 07:30-15:30, Mon-Fr.

LOC office during event: CRS Ukiel, ul. Kapitańska 23, 11-041 Olsztyn (available only on 18th of May [Saturday]), opening hours: 08:00-18:00)

3. ACCOMMODATION

LOC is not providing reservation for accommodation for athletes, coaches NFs medical and support team. Participants should book accommodation by themselves.

LOC suggests to use the services of the hotels listed below. All of the listed hotels are located close to the race venue.

1) OMEGA HOTEL (***) , Sielska 4A Street, Olsztyn

www.omegahotel.pl / hotel@omegahotel.pl / +48 89 522 05 00

2) PRZYSTAŃ HOTEL&SPA (****), Żeglarska 4 Street, Olsztyn

www.hotelprzystan.com / hotel@hotelprzystan.com / +48 89 651 90 00

3) TIFFI BOUTIQUE HOTEL (****), Żeglarska 7 Street, Olsztyn

www.yachtclub.tiffi.com / recepcja-tbh@tiffi.com / +48 89 555 20 01

4. TRANSFER AND TRANSPORT

LOCAL AIRPORTS:

- Olsztyn-Mazury Airport (SZY) - 60 km
- Gdańsk Lech Wałęsa Airport (GDN) - 170 km
- Warsaw Chopin Airport (WAW) - 240 km
- Warsaw Modlin Airport (WMI) - 180 km

Official travel partner: KONDRATOWICZ TRANSPORT

www.kondratowicztransport.pl

Sport reservations contact: biuro@kondratowicztransport.pl / +48 600 955 422

If you need transport to Olsztyn please write an email to biuro@kondratowicztransport.pl, containing the following information:

- 1) Name and surname
- 2) Date of flight
- 3) Arrival Airport
- 4) Departure Airport
- 5) Flight number
- 6) Landing hour
- 7) Phone number
- 8) Email adress
- 9) Accommodation adress in Olsztyn
- 10)The demand of bike transport
- 11) Other useful comments

In response to the email, you should receive confirmation and, exact time of transport and bank transfer details.

If you need transport to Olsztyn please write an email o biuro@kondratowicztransport.pl, containing the following information:

- 1) Name and surname
- 2) Date of flight
- 3) Departure Airport
- 4) Flight Destination

- 5) Flight number
- 6) Departure hour
- 7) Phone number
- 8) Email adress
- 9) Accommodation adress in Olsztyn
- 10) The demand of bike transport
- 11) Other useful comments

In response to the email, you should receive confirmation and, exact time of transport and bank transfer details.

COST OF AIRPORT TRANSFERS:

- Gdańsk Lech Wałęsa Airport (GDN) - 55 Eur per person one way (bike included)
- Warsaw Chopin Airport (WAW) - 60 Eur per person one way (bike included)
- Warsaw Modlin Airport (WMI) - 55 Eur per person one way (bike included)

All athletes and NFs who are planning to use transfer service are kindly invited to write an email with accurate information about arrival and departure flight details no later than Friday, 14th of May.

Anyone using the shuttles provided by the travel partner must be informed that the use of is mandatory. Everyone needs to disinfect their hands before entering the bus.

**Please note, that there may occur waiting time for other planes' passengers up to 2 hours. All airports provide a variety of food and beverage locations.*

**Please be informed that we have a limited availability of cars, therefore early booking is advisable.*

5. ATHLETE'S SERVICES

5.1. TRAINING FACILITIES



SWIM

Wodne Centrum Rekreacyjno-Sportowe **AQUASFERA**, al. Piłsudskiego 69 B, 10-449 Olsztyn

<https://goo.gl/maps/Zqq4abnUP9GpNqHz5>

Available on May 24-28 from 10:00 to 14:00. Tickets available on sales desk.



BIKE

Sielska Street

traffic intensity - medium

road surface quality - perfect

warning - please use bike path on pavement

Road through Łupstych

traffic intensity - low

road surface quality - good

Road nr 527

traffic intensity - low

road surface quality - good

Suggested course - <https://tiny.pl/r43qn>



RUN

Wide pavements and forest tracks located nearby event area.

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.

Hospital - Wojewódzki Szpital Specjalistyczny w Olsztynie, ul. Żołnierska 18, 10-561 Olsztyn
Emergency telephone number - 112

5.3. BIKE MECHANICAL SERVICE

Bike partner will provide basic bike service at the EXPO area.

6. COMPETITION SCHEDULE

6.1 JUNIOR WOMEN

DATE	START	END	ACTIVITY	LOCATION
May 28th	12:30	13:30	Press Conference	CRS Ukiel - Conference Hall
May 28th	14:00		Online briefing	https://briefings.triathlon.org/olsztyn-junior
May 29th	08:30	10:30	Athletes Check-In	Athletes Lounge
May 29th	10:00	10:45	TA Check-In	Transition Area
May 29th	10:30	10:45	Swim warm-up	Swim course
May 29th	10:45	10:50	Calling area	Start Area - CRS Ukiel Beach
May 29th	10:50	10:55	Athletes introduction	Start Area - CRS Ukiel Beach
May 29th	11:00		Start - Junior Women	Start Area - CRS Ukiel Beach
May 29th	20:00	20:30	Award Ceremony	Finish Area

6.2 JUNIOR MEN

DATE	START	END	ACTIVITY	LOCATION
May 28th	12:30	13:30	Press Conference	CRS Ukiel - Conference Hall
May 28th	14:00		Online briefing	https://briefings.triathlon.org/olsztyn-junior
May 29th	11:00	13:00	Athletes Check-In	Athletes Lounge
May 29th	12:30	13:15	TA Check-In	Transition Area
May 29th	13:00	13:15	Swim warm-up	Swim course
May 29th	13:15	13:20	Calling area	Start Area - CRS Ukiel Beach
May 29th	13:20	13:25	Athletes introduction	Start Area - CRS Ukiel Beach
May 29th	13:30		Start - Junior Men	Start Area - CRS Ukiel Beach
May 29th	20:00	20:30	Award Ceremony	Finish Area

6.3 ELITE WOMEN

DATE	START	END	ACTIVITY	LOCATION
May 28th	12:30	13:30	Press Conference	CRS Ukiel - Conference Hall
May 28th	14:00		Online briefing	https://briefings.triathlon.org/olsztyn-elite
May 29th	13:30	15:30	Athletes Check-In	Athletes Lounge
May 29th	15:00	15:45	TA Check-In	Transition Area
May 29th	15:30	15:45	Swim warm-up	Swim course
May 29th	15:45	15:50	Calling area	Start Area - CRS Ukiel Beach
May 29th	15:50	15:55	Athletes introduction	Start Area - CRS Ukiel Beach
May 29th	16:00		Start - Elite Women	Start Area - CRS Ukiel Beach
May 29th	20:00	20:30	Award Ceremony	Finish Area

6.3 ELITE MEN

DATE	START	END	ACTIVITY	LOCATION
May 28th	12:30	13:30	Press Conference	CRS Ukiel - Conference Hall
May 28th	14:00		Online briefing	https://briefings.triathlon.org/olsztyn-elite
May 29th	16:00	18:00	Athletes Check-In	Athletes Lounge
May 29th	17:30	18:15	TA Check-In	Transition Area
May 29th	18:00	18:15	Swim warm-up	Swim course
May 29th	18:15	18:20	Calling area	Start Area - CRS Ukiel Beach
May 29th	18:20	18:25	Athletes introduction	Start Area - CRS Ukiel Beach
May 29th	18:30		Start - Elite Men	Start Area - CRS Ukiel Beach
May 29th	20:00	20:30	Award Ceremony	Finish Area

6.3. COMPETITION RULES

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

6.4. ATHLETE'S BRIEFING

The Athlete's Briefings will be pre-recorded and are available for viewing from Friday 28 May at 14:00 at the following addresses:

- Elite briefing: <https://briefings.triathlon.org/olsztyn-elite>
- Junior briefing: <https://briefings.triathlon.org/olsztyn-junior>

All athletes and coaches are encouraged to view their briefing before race day to stay up to date with event details and possible last minute changes.

6.5. TIMING CHIPS

At race Check-In, Athletes will be issued with their timing chip which is to be worn above the left ankle. Athletes will also be given their numbered Swim Cap and must have their Uniform available to be checked for ITU guideline compliance. Bikes will be checked for safety and compliance on entry to the Transition Area.

6.6. RESULTS

Results will be uploaded at the official website www.triathlon.org.

All the Results information will be distributed to the Team Leaders at the LOC Office located in CRS Ukiel.

6.7. PROTEST & APPEALS

Standard procedures will be followed according to the WT Competition Rules

7. ACCREDITATION

The LOC will provide to all the Organizing Committee Members, ITU Technical Officials, Athletes, VIPs, media, technical staff, Team Coach(s), volunteers, etc. with an official Accreditation Card.

All athletes, coaches and Technical Officials will be issued with their accreditation at the time of the Registration on Friday. Other personnel will be advised separately as to where and when they will be issued with their accreditation. Coaches and medical staff will both receive only one accreditation card per team.

People will only be allowed to access to those venue areas for which their accreditation applies.

All accredited people are requested to carry their Accreditation Cards with them at all time and to show them upon request. Accreditation Cards are mandatory to enter the venue.

8. OTHER USEFUL INFORMATION

8.1. LANGUAGE

Polish.

8.2. POPULATION

Poland - 37.950.000.

Olsztyn - 173.599.

8.3. CURRENCY

Polish zloty (PLN).

8.4. TIME

UTC +2, Central European Summer Time.

8.5 ELECTRICITY

In Poland the power sockets are of type E. The standard voltage is 230 V and the standard frequency is 50 Hz.

8.6 WATER

Our tap water is of good quality.

8.7 TELEPHONE CONNECTIONS

Standard.

Poland is a member of European Union and Schengen Zone but please check possible visa requirement and COVID regulations. - <https://tiny.pl/714bh>.

9. COURSE MAPS

Map of competition - <https://tiny.pl/r4z3b>



SWIM COURSE

Start procedures: pontoon (jetty/pier) start.

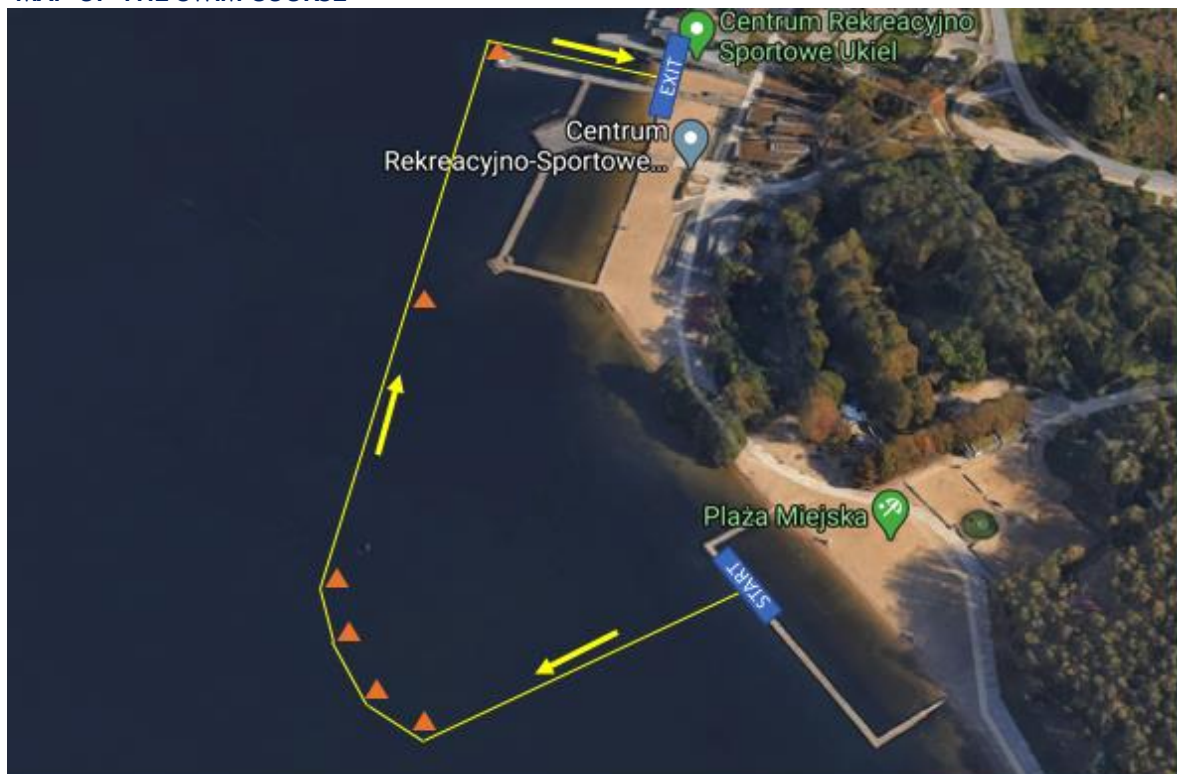
The Head Referee, with the assistance of assigned Technical Officials, will start each race.

Number of laps: one (1)

Distance to the first turning buoy: 270 m

Anticipated average water temperature: 17°C; athletes are advised to be prepared to wear wetsuits.

MAP OF THE SWIM COURSE



TRANSITION 1

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in their box placed beside the bike racks. Athletes' names

and/or numbers are displayed on the top of each bike rack. After the helmet is secured, athletes un-rack their bike by moving forward into the centre lane and towards the mount line.

BIKE COURSE

Number of laps: 4

Lap length: 5 km

Surface: Asphalt

Quality: very good

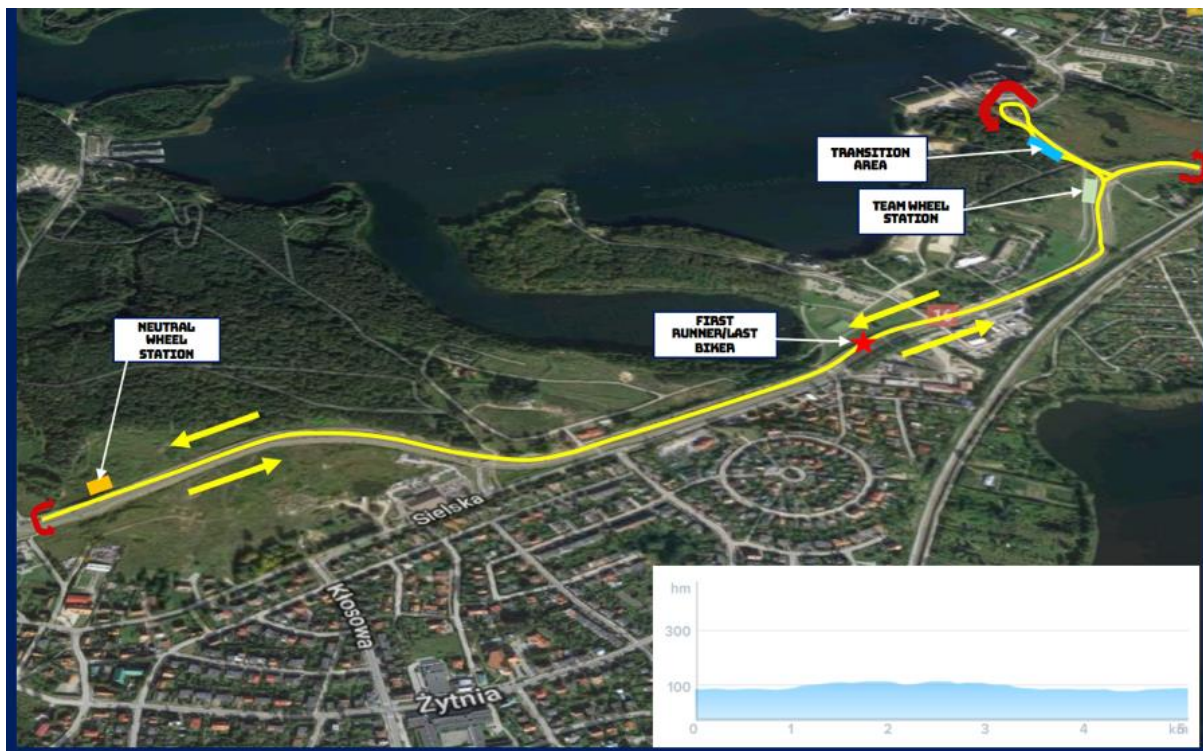
Team Wheel station: immediately after Transition 1.

Neutral Wheel station: at the first turn-round point

Description: the bike course will be located on ul. Kapitańska Street and ul. Sielska Street. After leaving the Transition 1, the competitors will turn right. After about 2 kilometres there will be the first turnaround. After 2,3 kilometres there will be the second turnaround. After 200 meters competitors will turn right. After 200 meters there will be a third turnaround located on roundabout. Then competitors will enter and ride through Transition Area. This completes 1 lap of the bike course.

The Bike course is mostly flat with gentle undulations on the eastern section.

MAP OF THE BIKE COURSE



TRANSITION 2

After last lap of bike race athletes have to get off the bike before the dismount line. A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit bike. Running shoes may be placed beside the rack or in the box. After this they should proceed to the run course.

RUN COURSE

Number of laps: 2

Lap length: 2,5 km

Surface: asphalt

Quality: very good

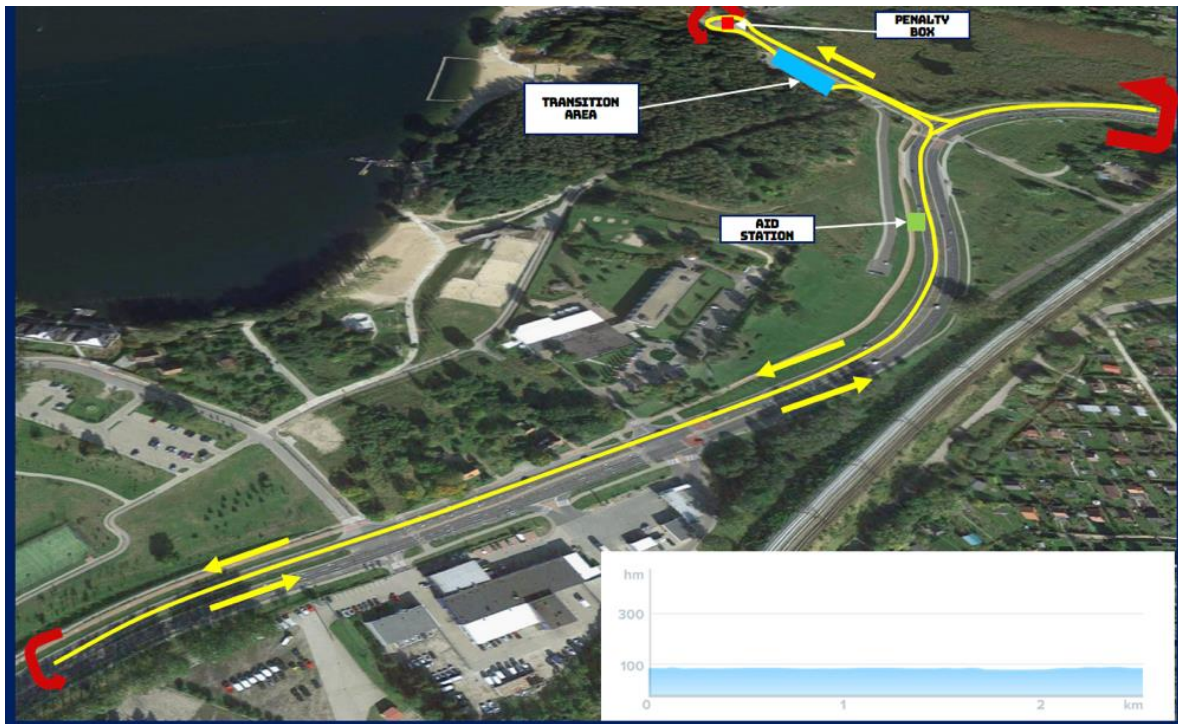
Course is mostly flat.

The First runner / Last biker scenario **applies** to this event.

Penalty box location: on the inside corner of the hairpin turn, just before transition.

Aid station: placed 150 m after Transition 2 on the right hand. Aid station will contain 0,5 litre bottles of water.

MAP OF THE RUN COURSE



10. COVID-19 MEASUREMENTS FOR ATHLETES AND COACHES

10.1 TRAVEL

Due to COVID19 situation, traveling to Poland is subject to certain conditions.

Travel information on how to enter Poland:

<https://www.strazgraniczna.pl/pl/cudzoziemcy/covid-epidemia-koronawi/8578,Outbreak-of-coronavirus-rules-of-entry-and-stay-on-the-territory-of-the-Republic.html>

In any special cases please contact COVID / SARS-CORONAVIRUS HELPLINE / +48 22 500 40 00 (Monday-Friday: 08:15-16:15).

10.2 MANDATORY TRAVEL LETTER OF INVITATION

Prior to the arrival to Poland foreign travellers participating in Europe Triathlon Cup Olsztyn need to obtain a letter of invitation to enter Poland.

The document will be issued only to athletes, coaches, sport delegations, technical officials, media, technical staff accredited for the Europe Triathlon event.

To obtain the letter of invitation, NFs or athletes are kindly please to contact biuro@triathlon.pl and communicate:

- Names and Surnames as on passports
- Dates of birth
- Age
- Sex
- Passport numbers
- Passport expiration dates
- Qualification (coach, athlete, etc.): as accredited on the World Triathlon online system
- Name and address of hotel
- Date of arrival to Poland
- Date of departure from Poland

- Email address to receive the invitation letter

10.3 AIRPORT TRANSFER

Anyone using the shuttles provided by the LOC must be informed that the use of is mandatory. Everyone needs to disinfect their hands before entering the bus.

For other details please check Chapter 4.

10.4 ACCOMMODATION

Currently, the national law provides that in the common areas of the hotels a mask is worn and social distancing is respected. Currently there is also a warrant of wearing masks outside buildings (excluding parks and forests).

10.5 TRAINING SITES

Athletes are recommended to use masks and keep social distancing during training sessions.

10.6 TESTING PROTOCOL AND HEALTH SCREENING

All individuals applying for an accreditation to World Triathlon and Continental Triathlon events must respect the conditions in [WORLD TRIATHLON PRE-EVENT COVID-19 SCREENING GUIDE](#).

To complete the Pre-Event COVID-19 Screening, you will need:

- Access to your Triathlon.org member account
- A copy of your pre travel PCR/Antigen Covid-19 test results
- A copy of your completed **World Triathlon Pre Travel Medical Certificate** (Athletes only)
- If you have receive a Covid-19 vaccination, a copy of your vaccination certificate

Finally all elite/u23/junior, coaches, team medical and support NF personnel must perform an Antigenic pre-race test at the arrival in the hosting city. In case of positive result of antigen test LOC will provide possibility of PCR test, which will be made at the athlete/coach/support expense immediately after getting a positive antigen test result. Waiting time for PCR test result is approximately 24 hours.

While waiting for the test result, tested person must remain in isolation.

- **PARENTS OF ALL JUNIOR ATHLETES** should fill the online parental consent form at the triathlon.org website. It's also available on event page at the triathlon.org [WEBSITE](#).
- All the specific measures can be found in the table below:

	Pre-event question-naire	COVID-19 test before traveling	Medical certificate	COVID-19 test at event	Daily health screening
Elite athletes	yes	yes	yes	yes	yes
U23 athletes	yes	yes	yes	yes	yes
Junior athletes	yes	yes	yes	yes	yes
Coaches/team medical/ support NF personnel	yes	yes	Follow public health request	yes	yes
TDs/ITOs/NTOs	yes	yes	Follow public health request	yes	yes
IF Staff	yes	yes	Follow public health request	Follow public health request	yes
LOC/Contractors	Follow public health request	Follow public health request	Follow public health request	Follow public health request	yes

10.7 RACE PACKAGE DISTRIBUTION

Race package will be distributed together with antigen tests on Friday, 28th of May, from 08:00 to 16:00. Distribution and tests will take place in Hotel Omega, Sielska 4A Street, Olsztyn.

TO SMOOTH THE PROCESS, we ask the athletes and NF support team accredited to come at the hour settled in a schedule.

From	Until	Who
08:00	08:45	Staff, Technical Officials, Volunteers
08:45	09:30	Athletes, Coaches, Medics of AUT, BEL, BER, LTU, CAN, CRO, EST
09:30	10:15	Athletes, Coaches, Medics of CZE, DEN, FRA
10:15	11:00	Athletes, Coaches, Medics of ESP
11:00	11:45	Athletes, Coaches, Medics of GBR, GER, ISR, ITA
11:45	12:30	Athletes, Coaches, Medics of FIN, LAT, BLR, MEX, MLT, NED, NOR
13:00	13:45	Athletes, Coaches, Medics of POL
13:45	14:30	Athletes, Coaches, Medics of SUI, SVK, SWE, TAH, UKR, USA
14:30	15:15	Athletes, Coaches, Medics of RUS, SLO
15:15	16:00	Late Arrivals
17:00	20:00	Tests for return trips

TO SMOOTH THE PROCES, we ask the athletes to prepare the completed document Patient Registration Form which is available in documents on event site -

https://www.triathlon.org/events/event/2021_europe_triathlon_cup_olsztyn

https://www.triathlon.org/events/event/2021_europe_triathlon_junior_cup_olsztyn

10.8 HEALTH SCREENING

Temperature and Oxygen saturation level checks will be performed every time the athletes and coaches are on site including at the times of the athletes race package distribution and swim familiarization. Saturation levels lower than 95% and a temperature above 38C will be reported to the RMD/MD.

10.9 COMPETITION ACTIVITIES

A. 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. Wheel stations:

- At the team 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.
- Technical officials will wear masks.

C. 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
- All recovery stations will be self-served
- 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

D. 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

10.10 SPECTATORS ACCESS

The event will be closed for the spectators. Any non-accredited persons can't watch the event from the spectator's areas.

10.11 ACCREDITATION

Per team are only one accreditation for coach and one for medical allowed.

10.12 FACILITIES DISINFECTION

All facilities used by the athletes will be cleaned and disinfected between each race.

10.13 RETURN TRAVEL ANTIGENIC/PCR TEST

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

IF DESTINATION COUNTRY ACCEPTS ANTIGEN TEST

Medical certificate confirming a positive antigen test result can be arranged by the testing team. If you need a certificate, please inform testing crew in advance. Cost of medical certificate - € 25,00.

IF DESTINATION COUNTRY ACCEPTS PCR TEST

1) PCR tests will be available on Friday 28th of May between 18:00 and 21:00 in OMEGA HOTEL. Cost of PCR test (test certificate included)- € 90,00. Results of test and medical certificate will be available online after 24 hours. Everyone interested in using this option should contact COVID Manager - piotr.matkiewicz@labosport.pl

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2)Athletes, coaches, NFs medial or support team members can also use the services of laboratories available in Olsztyn:

- Punkt pobrań diagnostyki, al. Marszałka Józefa Piłsudskiego 44 / 663-680-750
Opening hours:
Friday - 13:00-16:00
Saturday - 10:00-14:00
Sunday - 10:00-14:00
- Punkt pobrań diagnostyki, ul. Wojska Polskiego 62 / 797-109-075
Friday – 07:00-11:00

3)Antigen and PCR tests are also available at airports - Gdańsk Lech Wałęsa Airport, Warsaw Chopin Airport and Warsaw Modlin Airport. For more details please visit airports websites.

Good luck!