

EUROPEAN TRIATHLON CUP OLSZTYN 2021

EUROPEAN TRIATHLON JUNIOR CUP OLSZTYN 2021

29th May 2021 / Olsztyn / Poland
Centrum Sportowo-Rekreacyjne UKIEL

COVID GUIDELINES CONCEPT PAPER

COVID-19 continues to cause significant challenges. The transition period following the outbreak will be long and the LOC of the Europe Triathlon Cup and Junior Cup Olsztyn 2021 will implement all possible measures for:

- 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 Europe Triathlon Cup and Junior Cup Olsztyn 2021 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/20210303_Covid19_Guidelines_5.0_v22.pdf

- the Polish Government guidelines and recommendations, that is the authority with competences in terms of health links:

<https://www.gov.pl/web/coronavirus/temporary-limitations>

<https://www.gov.pl/web/coronavirus/questions-and-answers>

The Olsztyn Covid Guidelines define the duties of all those departments involved in the event context to limit the risk produced by COVID-19. For the purpose to limit the risk produced by Covid-19 the LOC named a Covid-19 Committee composed by:

Race Director	Marcin Florek	marcin.florek@labosport.pl
Safety and COVID Manager	Piotr Matkiewicz	piotr.matkiewicz@labosport.pl
Europe Triathlon Manager	Maryia Charkouskaya	maryia.charkouskaya@etu.triathlon.org

1. COVID-19, INFORMATION FOR TRAVELLERS / PROCEDURES TO ENTER IN POLAND

MEASURES ON THE POLISH TERRITORY

- Travelling rules change according to the country of origin or destination and the reasons for traveling.
- Travel restrictions and measurements are changing constantly, please check back before traveling. For all information please visit the Polish Border Guard:
<https://strazgraniczna.pl/pl/cudzoziemcy/covid-epidemia-koronawi/8578,Outbreak-of-coronavirus-rules-of-entry-and-stay-on-the-territory-of-the-Republic.html>

EXEMPTIONS

- At present, the external border in the direction of entry to Poland in accordance with applicable regulations, foreigners who arrive in connection with participation, as a competitor, training staff member, doctor, physiotherapist or judge, in international sports competitions organised on territory of the Republic of Poland, by an international sports federation active in Olympic or Paralympic sport or other sport organised by an international sport organisation of continental range belonging to such federation of Polish sports associations and accredited journalist, after documenting to the Border Guard officer the fact of taking part in the competition, the date and nature of participation by a **RELEVANT LETTER** issued by the organiser of the competition or certified by a Polish sports association competent in a given sport.
- Europe Triathlon Cup and Europe Junior Triathlon Cup Olsztyn 2021 are international sports competitions organised by Polish Triathlon Association.

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

SWAB TEST TRAVEL REQUIREMENTS: return trip

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

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.competitions.com/events/event/2021_europe_triathlon_cup_olsztyn

https://www.competitions.com/events/event/2021_europe_triathlon_junior_cup_olsztyn

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.

2. 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 regulations of Polish Government and Polish Ministry of Health, that is the authority with competences in terms of health:

<https://www.gov.pl/web/zdrowie>

<https://www.gov.pl/web/coronavirus>

Restrictions, safe tips and limitations on the territory of Poland:

<https://www.gov.pl/web/coronavirus/temporary-limitations>

<https://www.gov.pl/web/coronavirus/tips>

<https://www.gov.pl/web/coronavirus>

According [PREVENTION GUIDELINES FOR EVENT ORGANIZERS](#) and WHO recommendations to reduce the general risk of transmission every participant should follow the rules 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://www.who.int/publications/i/item/WHO-2019-nCoV-IPC-WASH-2020.4>

- 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/Medical_Guidelines_for_the_International_Team_Coach_-_rev_7-16.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

3. 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.

A careful management of the schedule and access times of the athletes will be implemented 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 or security personnel.

Data collection systems will be used to manage the contacts of everyone involved in the event. This includes athletes, technical officials, coaches, volunteers, staff, authorities. This would ensure that we can trace back to the people potentially involved if a suspicious case is identified. If is confirmed, the protocol established now by the health authorities will be executed.

4. 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 Europe Triathlon Cup 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).

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 - https://www.competitions.com/uploads/events/Parental_Consent_Form.pdf

Competition Days:

- Temperature check will be carried out every day at the entrance of the venue.
- Temperature higher than 37.5°C will be reported to the 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.

5. USE OF MASK AND RUBBER/DISPOSABLE GLOVES

According to World Triathlon the use of a mask is mandatory for all athletes, technical officials and team support (except, for the athletes during the competition).

Country law in force on the days of the event will determine the use of mask for the LOC staff, volunteers and each contractors.

The use of rubber gloves is not mandatory.

6. SPECTATORS

Spectators not allowed

7. SIGNAGE



8. MEDIA & PHOTO SERVICES

Media COVID-19 guidelines will be applied

https://www.triathlon.org/uploads/docs/World_Triathlon_Media_Covid-19_Guidelines.pdf

9. TECHNICAL OFFICIAL SERVICES

- Hygiene regulations and advice must be followed at all times.
- If Technical Officials feel unwell with any symptoms of Covid-19, they have not attend the event and follow local medical protocols.
- Technical Officials who are over 70 years old, anyone with compromised health conditions, or living with someone at high risk, must be aware of the greater possibility for serious consequences in case of contamination
- Sharing of equipment is prohibited, in particular water bottles and cups must not be shared.
- Face coverings must be worn.
- Minimizing use of public transport and limiting car sharing. Walk or cycle if possible.
- Accommodation arrangements consider the social distance. Single occupancy arranged.
- Technical Officials should avoid crossover between groups. Officials will apply consistent groupings of officials throughout the day.
- The Technical officials briefing and debriefing will take place in a location that social distancing could be respected and if possible outdoors.
- Technical Officials will be directed to:
 - Avoid touching athletes
 - Respect the 2m distance unless absolutely necessary
 - Wear a mask whenever it is feasible
 - Only use the whistle when necessary
 - Use short, sharp whistle blow not long, hard blows
 - Do not officiate when feeling unwell
 - Use hand sanitizer at every break in the race (between groups, substitutions)
 - Blow whistle facing away from athletes
 - Use full coverage if they are required to be with someone on a motorbike
 - Use a face shield if assigned at the finish area

10. ATHLETES SERVICES

AIRPORT TRANSFER

- Elite and junior athletes, coaches, team staff and NFs representative accredited through the World Triathlon system can use organised by the LOC Airport Transfer (more detailed information available on the Athletes Guide)
- The use of masks/mouth-nose face covering in mandatory. Each person has to disinfect his/her hands before entering the vehicle
- All drivers will wear face protection during
- To all the passengers transferring the temperature will be tested pre-boarding transfer

TRAINING FACILITIES

- Detailed information are available in the Athletes Guide

ATHLETES AND COACHES BRIEFING

- Athletes Briefings will be held virtually. Exact address will be announced later.

PRE-EVENT ANTIGENIC SWAB 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 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
- More detailed information will be released on the Athletes Guide and on the event's page on triathlon.org.
- 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. The waiting time for the result is approximately 24 hours.

SPECIFIC MEASURES TABLE

- Only authorized people (LOC, athletes, coaches, TOs, volunteers, staff, media, authorities and contractors) can access the event venue. No accreditation available for others.
- All athletes, team medical, coaches and TOs must perform an antigenic pre-race tests upon arrival in the host city. In case of positive result, a PCR swab test will be done. Time and place for these tests will be determined by the LOC.
- All the specific measures can be found in the table below:

RACE PACKAGE DISTRIBUTION (ELITE AND JUNIOR)

- Race package will be distributed on Friday 28th of May, from 08:00 to 16:00 in Hotel Omega, Sielska 4A Street, Olsztyn (<https://goo.gl/maps/FHWNN9LaXivhcZAU>).
- The athletes/coaches must arrive according a time slot which will be communicated shortly by the LOC
- If an athlete is not present and a waiting list exists, the athlete will be replaced according to the standard procedures.
- The incident must be reported to World Triathlon Entries entries@triathlon.org
- A distance of 2m between athletes has to be respected inside the registration tent/room and at the waiting area outside the tent/room.
- All volunteers managing the registration must to wear masks/ mouth-nose face covering.
- Athletes must to wear masks/ mouthnose face covering during the registration process.

	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

11. 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

12. ATHLETES LOUNGE CHECK IN

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

- A distance of 2m between athletes will be respected inside the lounge and at the waiting area outside the lounge.
- All the equipment checks will be carried out as visual checks.
- The athlete can leave his/her non-competition essential equipment in an area inside the lounge which is self-managed.
- Temperature check will be done before entering lounge.
- Athletes are advised to wear masks/mouth-nose face covering during this process.
- The athletes have to spend the least possible time at the venue
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13. TRANSITION ZONE CHECK IN/OUT

- The technical officials and volunteers involved in the process must to wear masks/mouth-nose face covering.

- All processes must be simplified and kept to the minimum with the goal the athletes are spending as little time as possible at the venue.
- The distance of 2m between athletes must be respected at the waiting area outside the transition zone.
- Athletes must wear masks/mouth-nose face covering during the check-in process.
- The athletes must spend the least possible time at the venue.
- In cases that the athletes' equipment is checked over by officials or volunteers, sanitary wipes will be available to athletes for wiping down equipment after officials have checked the equipment

14. COMPETITION

START AREA

- Before the start, competitors will be asked to position themselves in the pre-start area, keep a 2m distance. On the pre-start area athletes are obligated to use mask/mouth-nose face cover. Masks can be removed and moved into provided trash immediately prior the introduction.
- On their pontoon/start positions must be 1m apart or more.
- The athletes introduction and the start procedure will be quick.

SWIM

TRANSITION ZONE

- Elite and Junior Final bike racks will be single (1,5m distance between each bike)
- The transition zone design will be in line with the social distancing recommendations

*During scheduled transition rebuild after each race, volunteers will use rubber gloves and masks.

AID STATIONS

- All aid stations on the run course will operate on a self-servicing base
- All volunteers must wear masks/mouth-nose face covering.
- Only water (closed bottles) will be provided.

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 tape will be disinfected between the races
- After crossing the finish line, athletes will be directed to a first recovery area, and after they ASAP will continue 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 not allowed

15. COVID-19 POSITIVE CASE MANAGEMENT

POSITIVE PRE-EVENT ANTIGENIC SWAB TEST CASE

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.

For more information please contact COVID Manager / piotr.matkiewicz@labosport.pl

PROTECT YOURSELF AND OTHERS

Here are the main public healths recommendations and measures for those entering Poland:

WASH YOUR HANDS OFTEN

Remember to often wash your hands 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 YOURSELF

If you sneeze or cough, 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. 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 (e.g. with wet wipes soaked with a disinfectant). Do not put a mobile phone on the table and do not use it as you eat.

PROCESS TO FOLLOW IN CASE OF COVID SYMPTOMS

In case of any COVID symptoms - stay alone and alert Covid Manager:

Safety and COVID Manager	Piotr Matkiewicz	piotr.matkiewicz@labosport.pl	+48 793 233 673
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CONTACT DETAILS

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