

WORLD TRIATHLON COVID-19 PREVENTION GUIDELINES FOR EVENT ORGANIZERS

VERSION 2.0
30 APRIL 2020

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The following guidelines have been issued by World Triathlon using the collective feedback of different stakeholders in the sport of triathlon and after review by the World Triathlon Medical Committee and World Triathlon Technical Committee. These guidelines are applicable for the events taking place following their approval by the local authorities. World Triathlon is putting the health and safety of all athletes, coaches, volunteers, officials and organising committee staff, first. Within these guidelines you will find points that may be applied to any event taking place immediately after a ban on mass-participation events is lifted, and as long as it is deemed appropriate by the Local Organising Committee (LOC) and the local authorities.

The guidelines will be updated continuously according to the latest information from the World Health Organization (WHO) and the research/publications that are released on this topic. The guidelines will be published at the medical section of the World Triathlon Website <https://www.triathlon.org/about/downloads/category/medical>

1. GENERAL

COVID-19 continues to cause significant challenges. The transition period following the outbreak will be long and the organisers of sport events will be asked to implement all possible measures for respecting the social distancing and hygiene requirements. The organising committee must build a relationship with the local authorities based on trust to decide that it is safe to hold the sports event. Our sport will be affected as well and we need to look into ways of conducting races in a safer way for the participants, the organising committee and the spectators. We need to be creative and adapt to new ideas that should be shared among the entire triathlon family for everyone's benefit.

World Triathlon is following all the recommendations from WHO. World Triathlon fully respects and supports the initiatives of the LOCs and of the National Health advice of each country on this matter.

The IOC has advised that during the evolving COVID-19 outbreak, effective protection of the health and safety of athletes must remain a priority. Under the IOC regulations, event organisers must ensure all athletes are covered by adequate measures to protect their health and that they have access to prompt medical care while participating in the event. Event organisers must put in place preventive measures to stop the transmission of infection and put in place mitigation measures to minimise the risk of infection. Event organisers must ensure that any athlete or participant in an event on their territory who needs immediate medical care is given access to medical facilities. World Triathlon has issued several documents as a guideline for race organisers in setting up the medical support during the event, which can be found at: <https://www.triathlon.org/about/downloads/category/medical>

2. INDIVIDUAL RESPONSIBILITY

- World Triathlon have issued WHO recommendations in accordance with the measures to reduce the general risk of transmission from acute respiratory infections 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://www.who.int/publications-detail/water-sanitation-hygiene-and-waste-management-for-covid-19>))**
- Public health authorities should provide travellers with all necessary information to reduce the general risk of acute respiratory infections via health practitioners, travel health clinics, travel agencies, conveyance operators and at Points of Entry. More information can be found at <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/technical-guidance/points-of-entry-and-mass-gatherings>
- 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](#)” 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. WHO RISK ASSESSMENT AND MITIGATION CHECKLIST FOR MASS GATHERINGS IN THE CONTEXT OF COVID-19

High profile international sporting events such as the Olympic Games as well as other major international sport events like the Triathlon World Championships, count as Mass Gatherings (MG). However, lower-profile triathlon events can also meet WHO's definition of a mass gathering.

An event is considered a “Mass Gathering” if the number of people it brings together is so large that it has the potential to strain the planning and response resources of the health system in the community where it takes place.

World Triathlon strongly recommends that each organising committee assesses its event using the WHO Risk Assessment and Mitigation Checklist for Mass Gatherings in the context of COVID-19 (mandatory for all World Triathlon events). This is an operational tool that offers guidance for organisers holding meetings during the COVID-19 outbreak and that should be accompanied by the WHO COVID-19 Generic Risk Assessment Excel file available on the [WHO website](#). World Triathlon strongly advises the LOCs not to perform the risk assessment alone; do it in cooperation with counterparts especially with local Public Health Authorities and do not put them into situations to assess the risks without your involvement and understanding of the specific circumstances of triathlon event competition. It is also important to introduce them into specific mitigation measures specified in this Guidelines that can be applied to triathlon events.

The level of risk for each factor is a function of two variables: the probability of a threat occurring and the consequences (impact) of that event. This is often mapped on a risk matrix. Decision making on acceptable levels of risk should be determined primarily by human health considerations. Other factors (e.g. economic costs, benefits, technical feasibility and societal preferences) could also be considered, particularly when determining risk management of the mitigation measures to be undertaken.

Characterisation of risks depends on the question that is being asked (Likelihood and Vulnerability Assessment). For example, many questions that characterise risk could be asked of any potential public health threat:

- » What is the impact on the event?
- » What is the impact on public health?

Answers could be:

- » **VERY LOW** Overall risk of transmission and further spread of COVID-19 in relation to the Mass Gathering is considered very low. Little or no consequence or disruption to the event.
- » **LOW** Overall risk of transmission and further spread of COVID-19 in relation to the Mass Gathering is considered low. Recommend checking if mitigation measures can be strengthened. Small impact on events - can be managed with little impact on the event.
- » **MODERATE** Overall risk of transmission and further spread of COVID-19 in relation to the event is considered moderate. Recommend significant efforts to improve mitigation measures or reduce risk of transmission (to decrease risk assessment score). Some controlled impact on the event and reputation for the host. Death and/or severe illness (e.g. COVID-19) cases occur. Public health and medical services are strained.
- » **HIGH** Overall risk of transmission and further spread of COVID-19 in relation to the event is considered high. Recommend significant efforts to improve both mitigation measures and reduce risk of transmission (to decrease risk assessment score). A risk-based decision to postpone or to cancel the event should be considered. Disruptive to the event and reputation of the host. Many deaths or illnesses are associated to COVID-19 cases. Disrupts public health and medical services
- » **VERY HIGH** Overall risk of transmission and further spread of COVID-19 in relation to the event is considered very high. Causes cancellation of the event. Significant adverse impact on event and host reputation. Substantial loss of life and serious illness. Widespread disruption of local services and infrastructure.

Triathlon events are mainly falling in the Very Low and Low categories but within the COVID-19 outbreak they could fall into the Moderate, High or Very High risk category.

World Triathlon advises you to conduct the event only if it falls in Very Low or Low risk category

Authorities should recognise that the risk of imported cases of COVID-19 is naturally linked to international travel. They should also recognise that it is neither realistic nor desirable to aim for zero risk. When organisers and health authorities are determining whether to hold a mass gathering or even an event that is not falling under the definition of "Mass Gathering",

they should determine what is an acceptable risk and what additional measures should be implemented to mitigate that risk.

World Triathlon is asking all the organisers to familiarise with WHO's mass gathering technical guidance and tools:

- FAQs on Mass Gatherings and COVID-19 including Sporting Events FAQs
- Key planning recommendations for Mass Gatherings during COVID-19
- Generic Risk Assessment and Mitigation Checklist
- WHO interim guidance on how to use risk assessment and mitigation checklist
- Decision-Tree flowchart for Mass Gatherings in context of COVID-19
- Sports addendum risk assessment and mitigation checklist
- Religious addendum risk assessment and mitigation checklist
- Ramadan guidelines
- International Traveling Health Guidelines
- Advice on Use of masks/mouth-nose face covering
- WHO interim guidance - "Considerations in adjusting public health and social measures in the context of COVID-19".

All above documents are available on [WHO website](#).

4. PARTICIPANTS' HEALTH SCREENING (ATHLETES, COACHES, OFFICIALS, LOC STAFF, ALL ACCREDITED CLIENTS)

- 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 World Triathlon 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).
- The requirement or not of a participant's Pre-Travel Medical Certificate is linked to the rules of the national health authorities of the host country to determine any necessary medical or health documentation for athletes and the results of the WHO Sport Event's Risk Assessment. This is something that needs to be determined by the local health authorities or World Triathlon/National Federation. For World Triathlon events, this information will be clearly mentioned on the event's website.
- If a Pre-Travel Medical Certificate is required by the local health authorities or World Triathlon/ National Federation for an athlete 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 Medical Doctor (RMD) cc to the World Triathlon Medical Delegate (MD);
 - » 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;

- » The certificate must be signed by a doctor and the athlete and should be produced no later than 72 hours before the athletes' travel day to the event;
 - » In case of previous positive PCR nasopharyngeal test, the athlete must provide a new negative PCR test;
 - » 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;
 - » A sample of the Pre-Travel Medical Certificate can be found in Appendix 1;
 - » In cases where this certificate is not provided, the athlete will not be allowed to compete.
- World Triathlon strongly recommends that all athletes, coaches, officials, LOC staff and all accredited clients groups participating in an event should fill in a Pre-Event Questionnaire upon arrival to the venue combined with the measurement of oxygen saturation levels, a temperature check on a daily basis (a saturation levels lower than 95% and a temperature above 38°C should be reported to the RMD/MD) and eventually a Pre-Event Health Check. The implementation of such procedures must be agreed by the local health authorities.
 - The LOC medical team will be responsible for establishing this process.
 - The purpose of this is to identify incoming event participants who may need to have their participation deferred or may be tested on-site and to ensure proper case management by competent authorities.
 - The daily health screening of the athletes, team support and the technical officials must take place in a different location to the rest of the groups. Each accreditation card must be validated on a daily basis following the health screening.
 - The Pre-Event Questionnaire can be found in Appendix 3.

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

- World Triathlon strongly recommends the use of masks/mouth-noseface covering and rubber/disposable gloves by volunteers, officials and other accredited clients that are in contact with athletes (e.g. registration, transition zone, start area, post finish area).
- Athletes are advised to wear masks/mouth-nose face covering and rubber/disposable gloves during any non-competition activity (e.g. registration, race package distribution/race package pick up).
(Please be reminded when wearing rubber/disposable gloves and masks/mouth-nose face covering you still need to disinfect. The LOC must communicate to everyone the proper use of masks/mouth-nose face covering and rubber/disposable gloves. More information can be found in Appendix 2)
- The LOC is only 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 other accredited clients must bring their own equipment.
- The local authorities and/or World Triathlon/National Federation may impose mandatory use of rubber/disposable gloves and masks/mouth-nose face covering in specific events.

6. MEDICAL PROVISIONS AND RECOMMENDATIONS TO THE EVENT ORGANISERS

- Soap and water or alcohol-based hand sanitisers and tissues should be accessible in all common areas and especially in the medical treatment areas.
- Availability of masks/mouth-nose face covering for anyone who has cold-like symptoms.
- Recommend that towels are for single-use only.
- Ensure availability of thermometers (e.g. infrared) to check all accredited clients' temperatures.
- Isolate persons who become ill or are suspected to be ill while at the event.
- Determine with the local health authorities where an individual diagnosed with COVID-19 will be cared for and isolated.
- Establish isolation room in on-site medical treatment clinics/facilities where such persons can be initially assessed and triage should be considered.
- The isolation area should be equipped with the necessary supplies to facilitate hand hygiene and respiratory etiquette.
- The medical staff attending persons who are ill should wear a mask and rubber/disposable gloves, and dispose of them immediately after contact and cleanse thoroughly afterwards.
- Increase medical personnel on-site including designated medical providers who are able to triage and refer suspected cases for COVID-19 testing.
- Determine how all involved parties will be notified of a case and COVID 19 situation.
- Define a place where a large number of people can be quarantined.
- Predetermine emergency contacts with local authorities.
- More information can be found at World Triathlon COVID-19 Outbreak - Guidelines for RMDs and MDs <https://www.triathlon.org/about/downloads/category/medical>

7. RISK COMMUNICATION AND AWARENESS

- It is important that all the provisions in place are communicated clearly to all participants and spectators in advance through social media, websites and through their NFs communication channels.
- Display health advisories at-venue and in all possible venue facilities and access routes, reminding everyone and encouraging to maintain high levels of personal hygiene, including advice on hand washing, and minimising physical contact.
- LOCs should develop a risk communication strategy for COVID-19 before the event. It is expected that such an event will draw significant media attention in that context and that widely available and present social media would enable inaccurate and unnecessary disinformation.
- Event organisers should appoint designated person(s) to lead media activities and to be tasked with managing all external communications with national and international government officials, the general public, and the media. Spokesperson can be appointed too. It is advisable to set-up monitoring of national and international media for rumours to be able to counter them early.
- Coordination with major social media sites like Twitter and Facebook, Instagram should be set up so that messaging can be coordinated with, and assisted by, those platforms.



8. PARTICIPANTS' CONDUCT

- The following measures are recommended to be in place:
 - » Daily health screening of participants.
 - » Physical (at least 2 metres) separation of athletes, officials, spectators and support staff. Spectators should follow the social distancing rules that are requested by the public health authorities of the specific country where the event is taking place.
 - » Athletes are advised to wear masks/mouth-nose face covering and rubber/disposable gloves during any non-competition activity.
(Please be reminded when wearing rubber/disposable gloves and masks/mouth-nose face covering you still need to disinfect. The LOC must communicate to everyone the proper use of masks/mouth-nose face covering and rubber/disposable gloves. More information can be found in Appendix 2)
 - » Sharing of equipment should be prohibited, in particular ensuring that water bottles and cups are not shared.
 - » Anyone due to participate in the event who is feeling ill should not come to the venue and be advised of the designated contact online or by telephone.
 - » Everyone is briefed on the protocols, for suspected and confirmed patients, for infection prevention and control measures and on where to find more information.
 - » Detailed contact details of each participant must be available to the organising committee.
 - » Inform everyone involved with the event over 65 years old and any person with compromised health conditions of the greatest possibility for serious consequences in case of contamination and recommending them to take greater preventive measures or even not-participating.

9. VENUE FACILITIES

- All working spaces and provided facilities must be organised in a way that social distancing is respected.
- At the entrance of each tent/room, alcohol-based hand sanitisers must be available.
- In all the key accredited zones (athletes' area, VIP, media, working spaces), hand washing facilities must be provided.
- Provide disinfectant wipes and advise venue cleaning staff to disinfect door handles, toilet handles, bathroom faucet handles, etc. in all areas several times per day.
- Room doors must remain open if possible and if not should be managed by volunteers for not allowing the different clients touching the door handles.
- Closed bins for safe disposal of hygienic materials (e.g. tissues, towels, sanitary products) in all rooms must be provided.

10. ACCREDITATION

- Restrict the number of people inside an accredited area. Those with access must be limited to the absolute minimum and social distancing in relation to available venue area space must be considered when determining the numbers.
- 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.

11. SOCIAL ACTIVITIES

Pasta parties and opening/closing ceremonies should not be planned so as to minimise the opportunities of mass gathering in small spaces. For any other activities with smaller groups (such as a VIP party) the risk should be assessed and a decision should be taken by the organiser and the local authorities.

12. STAFFING

- The social gathering of the LOC team and its volunteers must be kept to an absolute minimum.
- All training sessions should take place via online platforms or on site while respecting social distancing.
- The number of volunteers must be reviewed and kept down to the absolute necessary.
- The working conditions must follow the recommendations from the local Health Authorities.

13. SPECTATORS' FLOWS IN VENUE AREAS (CONTROLLED ACCESSED AREAS)

- Social distancing should be respected in all the areas where spectators are located. In this regard, the LOC is recommended to create a venue layout where the event can be viewed from multiple locations.
- All the flows within the venue must be one-directional. Spectators are advised not to stop in narrow sections of the corridors.
- If grandstands are provided, 2m distance between the seats should be planned.

14. MEDIA SERVICES

- Accredited media representatives must be limited, taking into account social distancing and the available space.
- The media centre must be prepared with at least 2m between each seat and each row of seats.
- The wearing of masks/mouth-nose face covering and rubber/disposable gloves when interacting with people is strongly recommended to be enforced.
- On the photo stand, a distance of 1m must be kept between the photographers and all available positions must be pre-marked.
- In the Mixed Zone, the media representatives must keep a distance of 2m from the athletes at all times. Floor marking must be placed.
- The media representatives must go through the same health screening process as the rest of the accredited groups.

15. TECHNICAL OFFICIAL/WORLD TRIATHLON SERVICES

- World Triathlon will review and if possible optimise the size of the technical officials' team and number of staff traveling to an event.
- Accommodation arrangements should consider the social distance and World Triathlon will prefer arranging single occupancy where possible.

16. ATHLETES' SERVICES

GENERAL

The LOC must look into ways of conducting the race briefings, bib provision and all admin electronically, so as to reduce pre-race social interaction.

AIRPORT TRANSFERS

- The LOC must plan to minimise the mixing of delegations during airport transfers. If not possible, there should always be empty seats between the different delegations.
- It is strongly recommended for the delegations to send only the necessary support staff and try to reduce its size to the absolute minimum.

TRAINING FACILITIES

- Swimming pool sessions may be provided as long as the use of the pool is allowed by the public authorities.
- Social distancing must be respected during the use of these facilities.

ATHLETES' AND COACHES' BRIEFING IN WORLD TRIATHLON EVENTS:

- All coaches' briefings are cancelled for World Triathlon events.
- The athletes' briefing is not mandatory for any athletes (Elite or AG).
- All race information must be provided to the athletes online.
- Specifically, for the Elite races in an World Triathlon event:

- » An online briefing must be organised on the Zoom platform at a time and date according to the World Triathlon Competition Rules around briefings' timelines.
- » The attendees will be view-only and watch the presentation by the TD. They will have the opportunity to contribute questions or feedback by the online Q&A feature. If people cannot attend the session in real time, the presentation will be recorded and posted on the World Triathlon website to be watched at a later time.
- » No penalties will be given for arriving late to, or missing, the online briefings.
- » The event TD must send the race briefing presentation to World Triathlon Entries entries@triathlon.org two days before the event date and the file will be immediately uploaded to this [page](#) and made available to the athletes and coaches.
- » The TD must be available for any clarifications during the course familiarisations or by phone at a local telephone number provided to the TD by the LOC. The TD's contact telephone number will be announced to all the athletes via the athletes' guide and the event's page at www.triathlon.org.

RACE PACKAGE DISTRIBUTION:

- Race package composition:
 - » All health measures must be in place for the preparation of the race packages.
 - » Timing chips and velcros must be disinfected according to the recommendation from the manufacturers (both timing chips and velcros washed on a washing machine at 60 degrees Celsius for an hour). For the Elite races on the World Triathlon Calendar, we are strongly recommending not to reuse velcros.
 - » Athletes should provide their own masks/mouth-nose face covering, disinfectant wipes and rubber/disposable gloves if willing to use them.
 - » Only competition-essential materials should be included inside the race package (e.g no promo materials) whilst reducing packaging as much as possible.
- All athletes:
 - » The LOC must establish registration times in specific time slots according to numerical or alphabetical order of the athletes' race number. The time slot must be calculated according to the size of the registration tent/room, the number of athletes and the number of registration slots. The athletes' race number should be communicated to the athletes online or through an sms message.
 - » A distance of 2m between athletes must be respected inside the registration tent/room and at the waiting area outside the tent/room. The spacing must be marked on the floor by the organising committee. The maximum number of athletes (keeping to the 2 metre distance) should be predetermined/communicated in the tent/room (based on its size).
 - » All volunteers managing the registration tent are strongly recommended to wear masks/mouth-nose face covering and rubber/disposable gloves.
 - » Athletes are advised to wear masks/mouth-nose face covering and rubber/disposable gloves during the registration process.
- Elite athletes in World Triathlon events:
 - » The athlete must collect the race packages in-person from a specific location in a 2-hour window, on a time that will be advised by the LOC according to the World Triathlon Competition Rules around briefings' timelines (2.7).
 - » Athletes are advised to wear masks/mouth-nose face covering and rubber/disposable gloves during the registration process.
 - » If an athlete is not present and a waiting list exists, the athlete must be replaced according to the standard procedures.
 - » The incident must be reported to World Triathlon Entries entries@triathlon.org

- » During this time window, athletes, coaches and team medical accreditations should be distributed.
- » The Head Referee and/or the Technical Delegate must be present during this time at the specific location.
- Sanitisers must be available at the entrance of the room.

BAG DROP-OFF

- Volunteers are strongly recommended to wear a mask and rubber/disposable gloves.
- A distance of 2m between athletes must be respected inside the tent/room and at the waiting area outside the tent/room. The spacing must be marked on the floor by the organising committee. The maximum number of athletes (keeping to the 2 metre distance) should be predetermined/communicated in the tent/room (based on its size).
- The athlete leaves the identified bag on the corresponding spot.
- The athlete must anticipate delays as they may encounter queues.
- For collection you must show your bib number and the volunteers will deposit it on the table.
- The wardrobe staff will put the athletes' bag (equipment) in a disposable bag provided by the LOC.
- There will be delivery and collection times for the material for each range of bib numbers.
- Athletes are advised to wear masks/mouth-nose face covering and rubber/disposable gloves during the registration process.

ATHLETES' LOUNGE CHECK IN (ELITE/U23/JUNIOR/PARATRIATHLON)

- All processes must be simplified and kept to the minimum with the goal of the athletes spending as little time as possible at the venue.
- Volunteers and Technical Officials are strongly recommended to wear a mask and rubber/disposable gloves.
- A distance of 2m between athletes must be respected inside the lounge and at the waiting area outside the lounge. The spacing must be marked on the floor by the organising committee. The maximum number of athletes (keeping to the 2 metre distance) should be predetermined/communicated in the lounge (based on its size).
- All the equipment checks must be carried out as visual checks.
- The officials may need to perform a physical check. In this case, sanitary wipes will be available to athletes for wiping down equipment after officials have checked the equipment.
- The athlete can leave his/her non-competition essential equipment in an area inside the lounge which is self-managed.
- Athletes are advised to wear masks/mouth-nose face covering and rubber/disposable gloves during this process.

COURSE FAMILIARISATIONS

- Escorted course training around the course will not take place.
- Course familiarisations can take place only under the conditions that the LOC is providing the FOP (swim, bike) fully closed to traffic for a period of time and each athlete can choose to test the course in their own time.

17. TRANSITION ZONE CHECK IN/OUT

- The technical officials and volunteers involved in the process are strongly recommended to wear masks/mouth-nose face covering and rubber/disposable gloves
- 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.

FOR AG EVENTS:

- » The LOC must establish transition check-in times in specific time slots according to numerical order of the athletes' last number.
- » The time slot must be calculated according to the size of the transition zone, the number of athletes and the number of check-in gates.
- » The distance of 2m between athletes must be respected at the waiting area outside the transition zone.
- » All the equipment checks must be carried out as visual checks.
- » The officials may need to do a physical check. In this case, sanitary wipes will be available to athletes for wiping down equipment after officials have checked the equipment.
- » Athletes are advised to wear masks/mouth-nose face covering and rubber/disposable gloves during the check-in process.

FOR ELITE RACES:

- » The distance of 2m between athletes must be respected at the waiting area outside the transition zone.
- » Athletes are advised to wear masks/mouth-nose face covering and rubber/disposable gloves during the registration process.
- » 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.

18. ATHLETE CLASSIFICATION (PARATRIATHLON)

GENERAL

- » Timing of the appointments will need to be flexible enough to offer the opportunity to air out the classification room which must have windows, and to clean and disinfect the test bench.
- » General requirements for classification will have already been shared with the LOC and contain the main provisions around hand sanitiser and disinfectant wipes to clean down the examination bench or VI Equipment.
- » Waiting areas will need to be clearly marked and allow for the 2m social distancing.
- » Number of people apart from classifiers, athletes and NF representatives will be minimised as much as possible, one accompanying person only. No observers allowed in this period.
- » The Chief Classifier will make the final decisions on the required provisions to ensure safety of the environment.
- » Disposable masks/mouth-nose face covering and rubber/disposable gloves should be available to classifiers for each athlete session.

- » Athletes are advised to wear masks/mouth-nose face covering and rubber/disposable gloves during the classification process.
- » NFs and athletes must adhere to the classification schedule according to the World Triathlon Classification Rules.

PHYSICAL IMPAIRMENTS

- » 1m wide paper roll, to be disposed of after each athlete using the test bench, should be provided.
- » Functional testing will need to be done at the swimming pool or swim location, and both cycling and running will be done outdoors in a flat area. The ideal place should have 100m in a straight line and minimum 10m wide.
- » Body contact by the classifiers will be kept to the minimum

VI CLASSIFICATION

- » Body contact by the classifiers will be kept to the minimum

19. COMPETITION

EVENT FORMAT

- Elite/U23/Junior athletes
 - » Explore the possibility of organising events under the time trial format, with semi final/final format or combination of both, for reducing the total number of athletes on the field of play at the same time.
- AG athletes
 - » Only non-drafting events should be organized for the AG athletes.

START

- AG athletes
 - » It is recommended that all events with AG athletes implement a rolling start system in specific start waves with the provision of a waiting area for the athletes respecting the social distancing.
 - » The start order should be determined from the organiser and all waiting athletes must be advised to stay away from the start area until the time of their rolling start wave.
 - » Exact time intervals will need to be given to all athletes and athletes are not allowed to line up outside of these times.
- Elite/U23/Junior/Para athletes
 - » These athletes should be lined up a distance of two metres apart at the line up area and their pontoon/start positions must be 1m apart or more.
 - » The athletes' introduction must be quick.
- Mixed Relay
 - » During the team introduction, only the first athlete will be present and introduced.

SWIM EXIT

- Showers must be provided at all events, close to the swim exit. Athletes are advised to run through them.

TRANSITION ZONE

- AG athletes
 - » It is recommended that the organiser provides each athlete a minimum of 2m space in the transition and the distance between two rows of racks to be 5m or more apart.
 - » Alternating racking may be used.
- Elite/U23/Junior/Para athletes
 - » The current recommendations of the Event Organizers' Manual on the transition zone design for these athletes are in line with the social distancing recommendations.

CHANGING TENTS/GEAR RACKS

- Due to the fact that inside the changing tents it is very difficult to respect social distancing, their use is not allowed. The athletes should be allowed to keep their equipment at their transition spot. Athletes must not expose their torso and nudity is strictly forbidden.
- Alternatively, the gear racks may be allowed if there is a run-through process in which there is enough space (open air space).

BIKE

- For an event of more than 100 athletes, only non-drafting race format should be used.
- The LOC will provide the best possible athletes' distribution on the bike course.
- Technical officials on motorbikes must wear an open-face helmet with a mask.

RUN

- It is recommended to create courses that are loops by avoiding out and back sections and with as few laps as possible.
- The athletes are recommended to avoid running directly behind another athlete at a distance less than 4m. If the distance is less, it is recommended to be either at a 45-degree angle or alongside the other athlete and avoid facing each other.

AID STATIONS

- The aid stations on the bike course should be operated according to the existing plans with the provision of additional volunteers.
- All aid stations on the run course must operate on a self-servicing base (except in the case of the Elite/U23/Junior and Paratriathlon World Triathlon events).
- A different team of volunteers must be allocated serving the athletes and a different team for collecting the used bottles/equipment.
- All volunteers are strongly recommended to wear masks/mouth-nose face covering and rubber/disposable gloves.
- The length of the aid station must be increased from what was originally recommended.
- For standard-distance events and shorter, only water should be provided
- For any other distance, only food in packaging should be provided. The food management should follow the hygiene provisions set by the local health authorities.
- An athlete should not be in position to touch anything else on the aid station serving table than that he/she has selected.

- Proper food hygiene practices for catering purposes for athletes must be followed, including [The Five Keys for Food Safety](https://www.who.int/foodsafety/publications/5keysmanual/en/) (available at: <https://www.who.int/foodsafety/publications/5keysmanual/en/>).

PENALTY BOX AREA

- The penalty boxes and the procedures around them as described in the World Triathlon Competition Rules remain the same.
- These areas must 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

MIXED RELAY EXCHANGE ZONE

- A line must be drawn within the exchanging area. When the finishing athlete passes this line, the next athlete from the same team starts without any physical contact.
- Adjacent corridors must be provided for incoming and outgoing athletes.

FINISH AREA

- The finish chute must be split into 1.5m wide finishing lanes to prevent the athletes from coming closer than this distance.
- The finish tape should not be used in paratriathlon or AG events. In the Elite/U23 and Junior races, the tape must be disinfected between the races.
- Teams will not be allowed to congregate in a Mixed Relay finish.
- Medalist photo at the post-finish area is not allowed.
- The post-finish area must be longer with a distance of 20m from the finish line to the photographers' stand.
- Following the finish, all athletes must be directed to an open space where they can have access to recovery drinks and food. Multiple stations should be provided within this space for distribution of these supplies.
- Cold water tubs should be replaced with cold water showers where required.
- All recovery stations must be self-served. If not, a transparent panel must isolate the athlete from the volunteer.
- Food provided must be individually wrapped.
- Proper food hygiene practices for catering purposes for athletes must be followed, including [The Five Keys for Food Safety](https://www.who.int/foodsafety/publications/5keysmanual/en/) (available at: <https://www.who.int/foodsafety/publications/5keysmanual/en/>).
- The medical tent must be attached to that location.
- 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 must wear rubber/disposable gloves and masks/mouth-nose face covering.

COMPETITION JURY HEARING

- The hearing of the Competition Jury, if required, should take place in a location where social distancing is respected.
- All members of the Competition Jury must keep 2m distance from each other and the persons attending the hearing.

20. MEDAL CEREMONIES

- The need for holding a medal ceremony must be assessed carefully.
- If it is decided that one is needed:
 - » The podium should provide 2m distance between the medalists.
 - » Athletes will get on the podium and collect their medal from the medal carrier by himself/herself. No flowers and champagne are allowed. The athletes are advised to wear masks/mouth-nose face covering and rubber/disposable gloves during this process.
 - » For the Mixed Relay events, only a team representative will be invited to the ceremonies, representing the whole team.
 - » For the AG races, combined ceremonies with medalists from different categories on the stage at the same time are not allowed.
 - » Only one VIP will be allowed on the stage for each ceremony and he/she is asked not to come in contact with the athletes, thus wearing a mask and rubber/disposable gloves is strongly recommended.
 - » Only one volunteer is involved with the ceremonies who prepares the trophies on separate trays for each athlete. The volunteer is strongly recommended to wear rubber/disposable gloves and a mask.
 - » The volunteer must disinfect the trays between podiums.
 - » Hand shaking or hugs between the athletes must be avoided at all times.
 - » The VIP and athletes may remove the mask during the photo at the end of the ceremonies

21. REFERENCES

- » [FAQs on Mass Gatherings and COVID-19 including Sporting Events FAQs](#)
- » [Key planning recommendations for Mass Gatherings during COVID-19](#)
- » [Generic Risk Assessment and Mitigation Checklist](#)
- » [WHO interim guidance on how to use risk assessment and mitigation checklist](#)
- » [Decision tree flowchart for mass gatherings in context of COVID-19](#)
- » [Sports addendum risk assessment and mitigation checklist](#)
- » [Religious addendum risk assessment and mitigation checklist](#)
- » [Ramadan guidelines](#)
- » [International Traveling Health Guidelines](#)
- » [Advice on Use of Masks](#)
- » [WHO interim guidance - "Considerations in adjusting public health and social measures in the context of COVID-19"](#)
- » [World Triathlon - "Medical Guidelines for International Athletes, Team Coaches, TOs and Staff"](#)
- » [Lisa Casanova, William A. Rutalab, David J. Weber, Mark D. Sobsey - "Survival of surrogate coronaviruses in water"](#)
- » [Avelino Núñez-Delgado - "What Do We Know About the SARS-CoV-2 Coronavirus in the Environment"](#)

■ ANNEXES



APPENDIX 1 MEDICAL CERTIFICATE COVID 19 OUTBREAK

Name of the Person examined	
Born (date/city/country)	
Passport No	
Address/city/country	
National Triathlon Federation	

I hereby certify that I have examined the above named person on (date):

From the information to health being declared by the person and my clinical examination I certify that:

- » **s/he has not tested positive to PCR nasopharyngeal test; and**
- » **s/he is not in quarantine and has been without any COVID 19 symptoms for the previous 14 days .**

S/He is currently in good health.

Date:

Patient Signature

Name, address and
signature of the Doctor

In case of a previous positive PCR nasopharyngeal test the athlete must provide a new negative PCR test that must be attached to this certificate. Therefore please cancel.

PROPER HAND WASHING

PROPER USE OF GLOVES

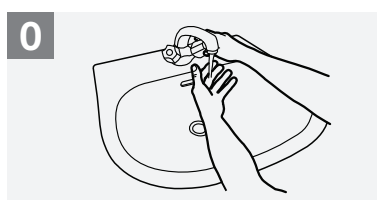
PROPER USE OF MASK

How to Handwash?

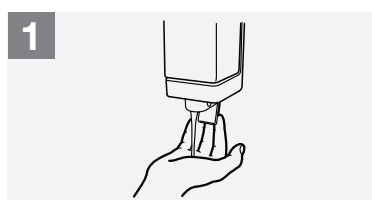
WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB



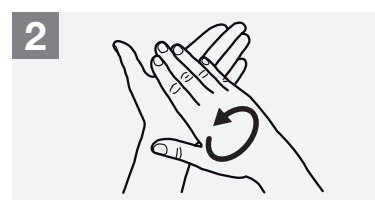
Duration of the entire procedure: 40-60 seconds



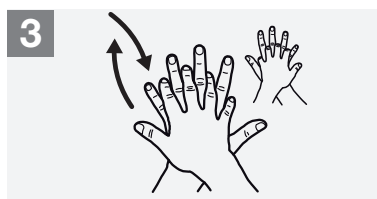
Wet hands with water;



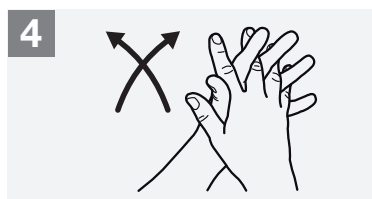
Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



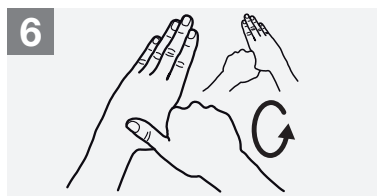
Right palm over left dorsum with interlaced fingers and vice versa;



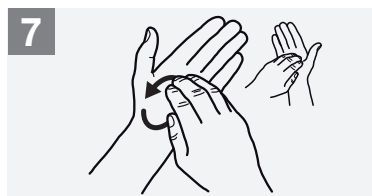
Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



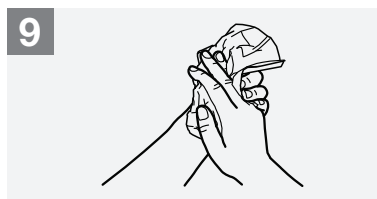
Rotational rubbing of left thumb clasped in right palm and vice versa;



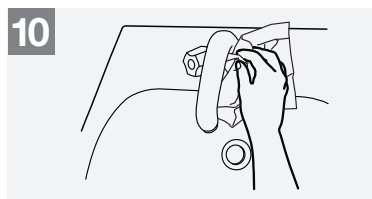
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



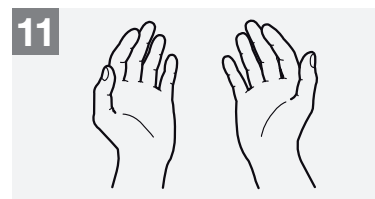
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.



World Health Organization

Patient Safety

A World Alliance for Safer Health Care

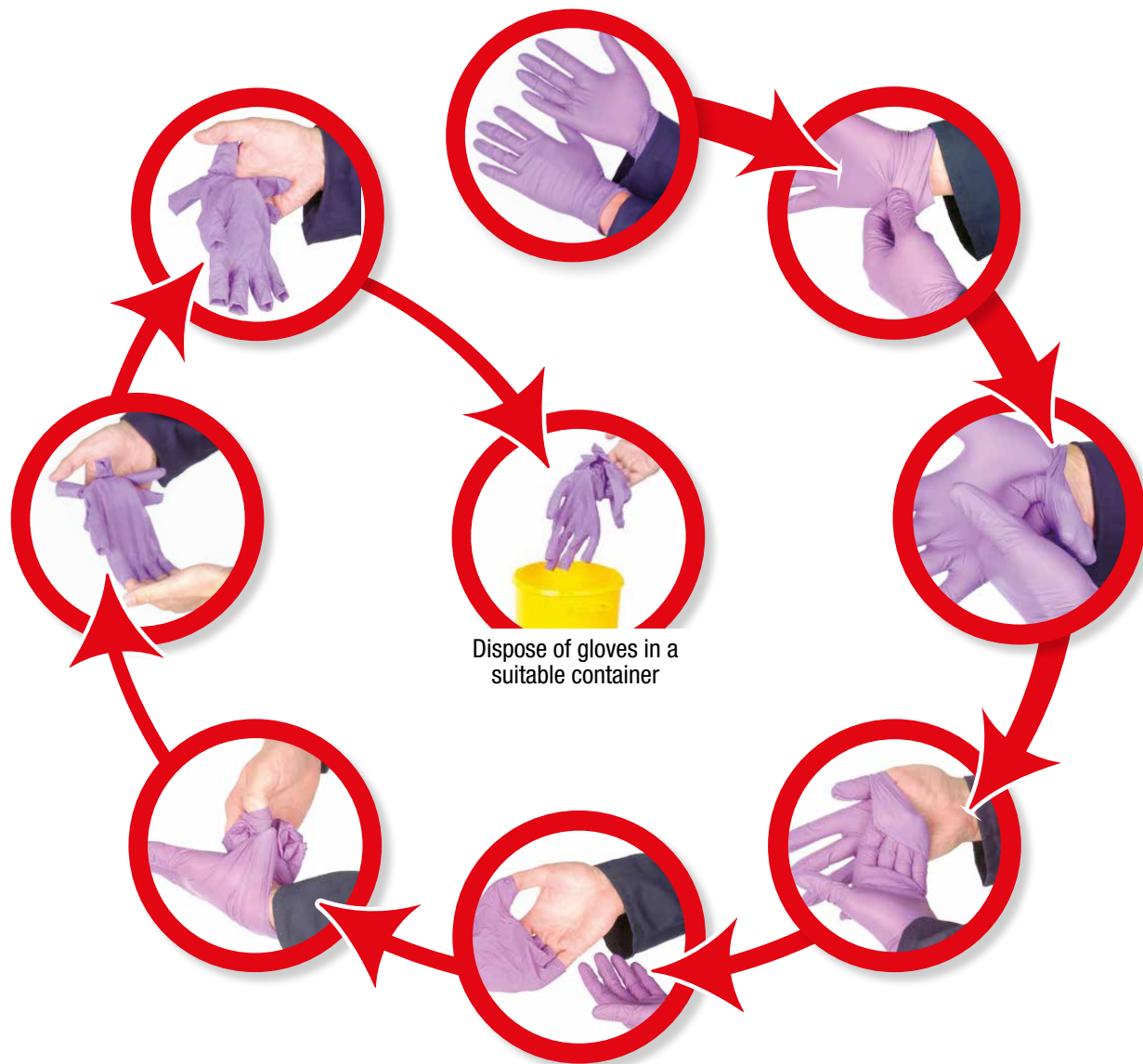
SAVE LIVES
Clean Your Hands

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May 2009

Single use, splash-resistant gloves

Follow the simple steps below to remove gloves correctly:



Remove carefully to protect your skin from contamination.



Your safety/union representatives are:

© Crown copyright 2014 Published by the Health and Safety Executive 01/14

HOW TO WEAR A MEDICAL MASK SAFELY

who.int/epi-win

Do's →



Wash your hands before touching the mask



Inspect the mask for tears or holes



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

Don'ts →



Do not Use a ripped or damp mask



Do not wear the mask only over mouth or nose



Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



Do not re-use the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

EPI•WIN



APPENDIX 3 PRE EVENT QUESTIONNAIRE

Name as shown in the passport or other ID	
Your permanent address (street/apartment/city/postal number/country)	
Your address during the event	
Your telephone number	
Your e-mail address	
Countries that you visited or stayed in last 14 days	

QUESTION - Within the past 14 days, have you...	YES	NO
Had close contact with anyone diagnosed as having Coronavirus disease COVID-19?		
Provided direct care for COVID-19 patients?		
Visited or stayed in a closed environment with any patient having Coronavirus disease COVID-19?		
Worked together in close proximity, or sharing the same classroom environment with COVID-19 patient?		
Traveled together with COVID-19 patient in any kind of conveyance?		
Lived in the same household as a COVID-19 patient?		
Been in quarantine?		
Tested positive to the swap PCR test?		
Experienced any of the following symptoms now and in the previous 14 days:		
• Fever		
• Cough		
• Fatigue		
• Dyspnea		
• Myalgia		
• Sore Throat		
• Chest Pain		
• Congestion/Coryza		
• Headache		
• Chills		
• Nausea/Vomiting		
• Diarrhea		
• Anosmia/Dysgeusia		
• Chilblains/Pernio		



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