



Triathlon Ireland | COVID-19

Event Guidelines for Athletes

Version 1.0

*Please ensure you are referring to the most recent version of this document.

These guidelines have been issued by Triathlon Ireland following the Government's publication of 'Roadmap for Reopening Society and Business'.

This guide has been developed to give athletes an outline of what to expect at your event, to outline the Covid-19 safety measures that will be in place, and to outline the individual responsibility each athlete must accept in relation to taking part in multisport events. The contents of this document are currently only applicable to events in the Republic of Ireland and does not apply to Northern Ireland (NI). Triathlon Ireland is seeking assistance from Sport NI and the Northern Ireland Executive in order to create guidelines for Northern Ireland. The guidelines will be updated continuously according to the latest information from the Government, HSE, Sport Ireland, Sport NI and the ITU

1. General

Covid-19 continues to cause significant challenges. The transition period following the outbreak will be long and the organisers of sporting events have been asked to implement all possible measures for respecting the social distancing and hygiene requirements. The safety of our participants, the event organising committee and the

spectators is paramount in the safe organisation of events. As a community we need to adapt to new ideas, and to keep each other safe while taking part in multisport.

Triathlon Ireland is following all the recommendations from the Irish Government, the Northern Ireland Executive, Sport Ireland, Sport NI and the European and International Triathlon Unions. The International

Olympic Committee (IOC) has advised that during the evolving Covid-19 outbreak, effective protection of the health and safety of athletes must remain a priority.

As an athlete at an event, we ask that you adhere to Government, Triathlon Ireland and Event Organiser requirements at all times. Please read the guidelines for event organisers [here](#).

2. Individual Responsibility

It is of foremost importance that any person who thinks they may be symptomatic should stay at home and not partake in Triathlon activity until cleared to do so by a Public Health Care Official.

- Participants should aim to keep at least two metres distance from other people.
- Frequent hand washing by participants using soap and hot water or alcohol-based (at least 65–70%) hand rub for 20 seconds.
- Avoid shaking hands or hugging.
- Avoid touching their own mouth, nose or eyes.
- Anyone who feels unwell (i.e. fever, cough) should stay at home.

Triathlon Ireland have issued recommendations in accordance with the measures to reduce the general risk of transmission from acute respiratory infections listed below:

- As a general reminder, it is also important that every athlete, coach and team official is aware of the indications found in this document about the procedures to reduce potential infections.
- Washing hands and social distancing are the most important measures to avoid the transmission of harmful germs and to prevent illness.

3. Roadmap for Return to Triathlon

Events and participants will be expected to fully comply with Government regulations.

Core concepts for us all are:

- Maintain handwashing and respiratory hygiene;
- Keep 2 metres distance from other people;
- Be hyper-alert to, and isolate if you have symptoms—including flu like symptoms;
- Reduce close contacts and duration of contact with people outside our house holds (have a micro community);
- Access advice and support for mental wellbeing and resilience.

As a triathlon community:

- Follow public health advice;
- Keep informed about disease in Ireland;
- Support vulnerable people and maintain solidarity in your community;
- Support healthcare workers and the HSE;
- Accept that measures can only be lifted in a slow manner and may need to be reintroduced if infection rate increases.

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 the event.

You will need to self-isolate:

- if you have symptoms of coronavirus;
- before you get tested for coronavirus;
- while you wait for test results;
- if you have had a positive test result for coronavirus;
- if you have any cold or flu-like symptoms, such as sore throat, runny nose, blocked nose, cough or wheezing;
- if you arrive in Ireland from any other country - this includes Irish citizens coming home;
- In contact with an infected person or potentially infected person in the 14 days immediately prior.

5. Use Of Mask/Mouth-Nose Face Covering And Rubber/Disposable Gloves

- Triathlon Ireland strongly recommends the use of masks/mouth-nose face 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 EOC must communicate to everyone the proper use of masks/mouth-nose face covering and rubber/disposable gloves.
- The EOC is only responsible for providing masks/mouth-nose facecovering and rubber/ disposable gloves to its volunteers and along with a contingency amount for medical needs. All other accredited clients (including athletes) must bring their own equipment.



6. Participants' Conduct

The following measures are recommended to be in place:

- Physical (at least 2 metres) separation of athletes, officials, spectators and volunteers.
- Athletes are advised to wear masks/mouth-nose face covering and rubber/disposable gloves during any non-competition activity.
- 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.
- Athletes will be briefed through EOC website, social media platforms and race briefings on the protocols, for infection prevention and control measures.
- Detailed contact details of each participant must be available to the organising committee.
- Athletes who are in High Risk Groups are reminded of the possibility for serious consequences in case of contamination, it is advised to take preventive measures or alternatively to consider not-participating.

7. Registration

- Please follow the Event Organisers requirements for registration. Registration should be completed online prior to arriving at the event if it is possible to do so.
- Note that the Race Briefing may be online ahead of the event and not take place at the event.
- It is the athlete's responsibility to ensure you have read the race briefing and are familiar with requirements.

Race Pack Distribution

- A distance of 2metres between athletes must be respected inside the race pack pickup tent/room and at the waiting area outside the tent/room. Please adhere to the Event Organiser's signage and all social distancing measures.
- Athletes are advised to wear masks/mouth-nose face covering and rubber/disposable gloves during the race pack pickup process.

Bag Drop-Off/Collection

- A distance of 2 metres between athletes must be respected inside the tent/room and at the waiting area outside the tent/room. Please adhere to the Event Organiser's signage and all social distancing measures.
- 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.
- There will be delivery and collection times for the bag for each range of bib numbers.
- Athletes are advised to wear masks/mouth-nose face covering and rubber/disposable gloves during the bag drop-off process.

8. Spectators

Spectators are advised not to attend events currently due to capacity restrictions.

9. Athlete Briefing

The EOC should look into ways of conducting the race briefings electronically, so as to reduce pre-race social interaction.

- All race information will be provided to the athletes online prior to the event date. It is the responsibility of the athlete to ensure that you have read the briefing in full and submitted any questions online in advance of your event.

10. Transition Zone Check In/Out

- All athletes must adhere to check-in times done in numerical order of the athletes' bib number.
- 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 procedure.

11. Competition

Start

- Events will implement a rolling start system in specific start waves with the provision of a waiting area for the athletes respecting the 2m social distancing. The queue to swim start will be a single channel similar to an airport check in.
- The start order should be determined from the organiser and all waiting athletes must stay away from the start area until the time of their rolling start wave.

Transition Zone

- A minimum of 2 metres space in the transition.
- Athletes will be allowed to keep their race equipment at their transition spot.

Bike

- Overtaking must be at least 2 metres.
- The EOC will provide the best possible athletes' distribution on the bike course.

Run

- The athletes are recommended to avoid running directly behind another athlete at a distance less than 4metres. 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 will be operated according to the existing plans.
- All aid stations on the run course will operate on a self-servicing base.
- For standard-distance events and shorter, only water will be provided.
- For any other distance, only food in packaging will be provided.

Penalty Box Area

- No penalty box will be in place for sanctioned events.
- Timing penalties will be applied to the athletes overall time at the end of the race.

Mixed Relay Exchange Zone

- A line will 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 will be provided for incoming and outgoing athletes.

Finish Area

- The finish chute will be split into 2 metres wide finishing lanes to prevent the athletes from coming closer than this distance.
- Please note that a medalist photo at the post-finish area is not allowed.
- Following the finish, all athletes must follow volunteers direction.
- All recovery stations will be self-served. If not, a transparent panel will isolate the athlete from the volunteer.
- Athletes must avoid lying or sitting down at the finish (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.

12. Medal Ceremonies/Prize Giving

- Medal ceremony will be cancelled for 2020.
- Any prize giving should be completed electronically or by post.

13. Junior Events

- Social distance guidelines and rules as above.
- Parents must be at finish line to collect junior athletes.
- Event information will be sent out to parents in advance of event.

Personal Screening Questionnaire

This form must be utilised to ensure that you are free from COVID-19 symptoms and pose limited risk to others. This should be completed by the athlete prior to each event but does not need to be shared with the Event Organisers. Frontline workers who have taken appropriate safety precautions in their workplace, who have no symptoms of Covid 19 can take part in events. They should still complete the form below.

Date:	Name:	
1. Are you currently diagnosed with or believe you may have COVID-19?	YES	NO
2. Have you had any of these symptoms of COVID-19 in the past 14 days?	YES	NO
→ High temperature (fever)?	YES	NO
→ A new continuous cough?	YES	NO
→ New unexplained shortness of breath?	YES	NO
→ Loss of taste or smell?	YES	NO
→ Abnormal taste	YES	NO
→ Experienced a rash	YES	NO
3. Have you been in contact with a COVID-19 confirmed or suspect case in the previous 14 days?	YES	NO
4. Provided direct care for COVID-19 patients in the past 14 days?	YES	NO
→ If yes, have you followed protocol for appropriate precautions (PPE etc) in your working environment?	YES	NO
5. Visited or stayed in a closed environment with anyone with COVID-19 in the past 14 days?	YES	NO
6. Traveled together with COVID-19 patient in any kind of conveyance in the past 14 days?	YES	NO
7. Arrived in Ireland from another country in the last 14 days – this includes Irish citizens travelling home?	YES	NO

If you have answered YES to any of these questions you should stay at home and inform your medical practitioner.