



Triathlon Ireland | COVID-19

Event Guidelines

Republic of Ireland

Version 1.0 | Release Date: 25TH May 2021

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

Guiding Document:

→ [COVID-19 Resilience and Recovery 2021](#)

Triathlon Ireland has received guidance from Sport Ireland to ensure our protocol is in alignment with current Government guidelines.

Effective protection of the health and safety of athletes, club members, volunteers, coaches and the general public must remain a priority at all times. 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. Individual athletes must take personal responsibility for their compliance with preventative measures. Please see Covid-19 Event Guidelines for Athletes

These guidelines are applicable for the events taking place from the 7TH June 2021 and their approval by the local councils, landowners etc. Triathlon Ireland is putting the health and safety of all athletes, volunteers, officials and organising committee staff, first. Within these guidelines you will find points that may be applied to any event taking place and so long as it is deemed appropriate by the Event Organising Committee (EOC), Triathlon Ireland, Government, and Sport Ireland.

This is a live document that will be updated as necessary, as the situation continues to change and it should be referred to frequently to stay abreast of changes and developments. We will endeavour to ensure event organisers, clubs and TI members have clear guidelines for sanctioned events as soon as possible after Government announcements are made.

COVID-19 Resilience and Recovery 2021:

the path ahead

From the 7TH June, the following is permitted

Outdoor competitions may recommence including Triathlon Ireland sanctioned events.

Such competition must take place without spectators.

Event capacity is dependent on social distancing restrictions being adhered to and sign off from the Triathlon Ireland Technical Committee.

Events can implement a system of social distancing waves for participants with each wave containing an absolute maximum of 100 participants including officials and volunteers. Events that cannot facilitate a wave format can have a maximum of 100 participants including officials and volunteers.

The EOC will need to recalculate the number of participants per wave who will be able to take part safely based on the requisite social distancing measures.

The total number of participants permitted per event will be decided on a case by case basis according to the event's ability to guarantee social distancing and the safe running of the event from a COVID-19 prevention perspective.

Consideration will also be given to the minimum number of volunteers and officials required to stage a meaningful event safely.

In order to facilitate a maximum of more than 100 participants:

- Maximum of 80 participants per wave.
- Wave starts must be rolling starts with a minimum of 15 seconds between participants.
- Each wave must be separated by at least 30 mins between the last participant starting in a given wave and the first participant starting in the following wave. (This will greatly reduce the distribution of athletes on the course and in and around the finish / transition / recovery area).
- EOC should segregate participants by estimated average speed and set the fastest wave off first.

Clear guidance must be issued to participants regarding their wave start time to avoid the risk of a congregation of more than 100 people.

The time gap between waves will need to increase if there is the risk of a congregation of more than 100 people before, during or after the event.

1. General

Covid-19 continues to cause significant challenges. The transition period following the outbreak will be long and the organisers of sports events will be asked to implement all possible measures for respecting the social distancing and hygiene requirements. Our sport will be affected and we need to look into ways of conducting races in a safer way for the participants, the event organising committee and the spectators. We need to be creative

and adapt to new ideas which should be shared among the entire triathlon family for everyone's benefit.

Triathlon Ireland is following all the recommendations from the Government, Sport Ireland and Europe and World Triathlon. The International Olympic Committee (IOC) has advised that 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.

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.

Triathlon Ireland have issued 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

→ 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.

→ 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 supports for mental wellbeing and resilience.
- Wear face coverings where required.

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.
- Accept that measures can only be lifted in a slow manner and may need to be reintroduced if infection rate increases.

phased – 7TH June

Activity

→ Triathlon Events can resume with maximum of 100 participants with waves/pods facilitating larger numbers dependant on venue being able to accommodate social distancing adherence and waves/pods format.

→ No spectators are allowed.

Social Distancing: Yes

User Travel Activity: Inter-county travel permitted

Event Organisers should appoint a Covid 19 Officer/Officers. View the role description for the Covid-19 Safety Officer [here](#). Covid 19 Officer/Officers should complete the Sport Ireland Covid 19 return to sport course. [Link here](#).

4. Risk Assessment and Mitigation Checklist

Triathlon Ireland strongly recommends that each event organising committee assesses their event using the Triathlon Ireland Event Management and Safety Plan. This template allows you to individually assess each area for your event and what you can offer based

on your venue. Triathlon Ireland strongly advises the EOCs not to perform the risk assessment alone; do it in cooperation with all relevant stakeholders including local councils, Garda, Medical Provider, Water Safety team and Technical Officials.

Additional risk assessment will need to be undertaken to ensure guidelines are met to comply with COVID-19 specific requirements. These should take into account the below. Please note this list is not exhaustive.

5. 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 10 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.

6. Use Of Mask/Mouth-Nose Face Covering and Rubber/Disposable Gloves

The use of masks/mouth-nose face covering by volunteers, officials and other accredited clients that are in contact with athletes (e.g. registration, transition zone, start area, post finish area) are mandatory.

Athletes must wear masks/mouth-nose face covering and are advised to wear 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 face covering and rubber/ disposable gloves to its volunteers and along with a contingency amount for medical needs. All other accredited clients must bring their own equipment.

7. 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.
- Towels are for single-use only.
- Isolate persons who become ill or are suspected to be ill while at the event.
- 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.
- Predetermine emergency contacts with the medical provider.

8. Risk Communication and Awareness

- It is important that all the COVID-19 provisions in place are communicated clearly to all participants and spectators in advance through social media, websites and through all communication channels.
- Display COVID-19 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.
- Have ample signage placed in key areas of venue encouraging physical distancing:
 - Add markings to the ground around potentially crowded areas to encourage people to spread out;
 - Provide educational signage and ground markings for physical distancing in all areas where spectators may congregate.
- 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.
- Have the race announcer make announcements periodically to remind spectators about guidelines and government regulation.
- Consider offering live athletes results tracking and/or live video stream to YouTube or other internet streaming services to encourage spectators to watch and track athletes from home.

9. Participants' Conduct

THE FOLLOWING MEASURES ARE RECOMMENDED TO BE IN PLACE:

- Physical (at least 2 metres) separation of athletes, officials and volunteers.
- Athletes are advised to wear masks/ mouth-nose face covering and rubber/disposable nitrol 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 EOC must communicate to everyone the proper use of masks/ mouth-nose face covering and rubber/disposable gloves.
- 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.
- Ensure everyone is 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.
- Inform High Risk Groups involved with the event of the possibility for serious consequences in case of contamination and recommending them to take preventive measures or even not-participating.

10. Venue Facilities

- All working spaces and provided facilities must be organised in a way that social distancing is in place.
- At the entrance of each tent/ room, alcohol-based hand sanitisers must be available.
- 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.
- The following recommendations should be in place for Portable toilets:
 - Provide ample sanitisation options like hand wipes, sinks, or hand sanitiser immediately outside each portable toilet cluster.
 - Increase the number of portable toilets to lower the ratio of athletes per portable toilet.
 - Increase the physical footprint by adding some space between portable toilet to encourage socially distancing in lines.
 - Consider additional signage to support physical distancing.
 - Marking out 2 metre markers to distance within the line.
 - Schedule additional cleaning or continue to sanitize throughout the event day.
- Room doors must remain open if possible and if not should be managed by volunteers for not allowing the different participants touching the door handles.
- Bins for safe disposal of hygienic materials (e.g. tissues, towels, sanitary products) in all rooms must be provided.

11. Registration

- Recommendation to conduct registrations online in advance of the event and do not allow for race day registration.
- No race day entries allowed, all competitors must be entered or pre-booked.

- EOC should segregate participants registration by wave.
- Consideration will be given to implementing time limits on when competitors can arrive and the time that they should leave the site to enable EOC to manage

the number of people on site at one time. This should not, at any time, exceed Government advice/guidelines of 100 participants

Race Pack 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.
- Ensure your timing provider has safety measures in place to ensure social distancing and issue of timing equipment.
- Athletes should provide their own masks/mouth-nose face covering, disinfectant wipes and rubber/disposable gloves.

- Only competition-essential materials should be included inside the race package (e.g no promo materials) whilst reducing packaging as much as possible.
- The EOC must establish registration times in specific time slots according to numerical or alphabetical order of the athletes per each wave. The time slot must be calculated according to the size of the registration tent/room, the number of athletes and the number of registration slot.
- A distance of 2 metres between athletes must be respected inside the race pack pickup 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 must wear masks/mouth-nose face covering and rubber/disposable gloves.
- Athletes must wear masks/mouth-nose face covering and rubber/disposable gloves during the race pack pickup process.
- Sanitisers must be available at the entrance/exit of the room.

Bag Drop-Off/Collection

- Volunteers must wear a mask and rubber/disposable gloves.
- A distance of 2 metres between athletes must be respected inside the tent/room and at the waiting area outside the tent/room. Where possible the spacing should 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
- 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.

12. Staffing/Volunteers

The social gathering of the EOC team and its volunteers must be kept to an absolute minimum.

All volunteer training sessions should take place via online platforms or on site while respecting social distancing.

Ensure Staff/Volunteers are educated on social distancing protocols.

The number of volunteers must be reviewed and kept down to the absolute necessary. Could volunteer sessions be staggered?

Ensure travel is not shared between volunteers and staff.

13. No Spectators Allowed

14. Media Services

Accredited media representatives must be limited, taking into account social distancing and the available space.

The wearing of masks/mouth-nose face covering when interacting with people is mandatory.

15. Technical Official

Triathlon Ireland 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 Triathlon Ireland will prefer arranging single occupancy where possible.

16. Athlete Briefing

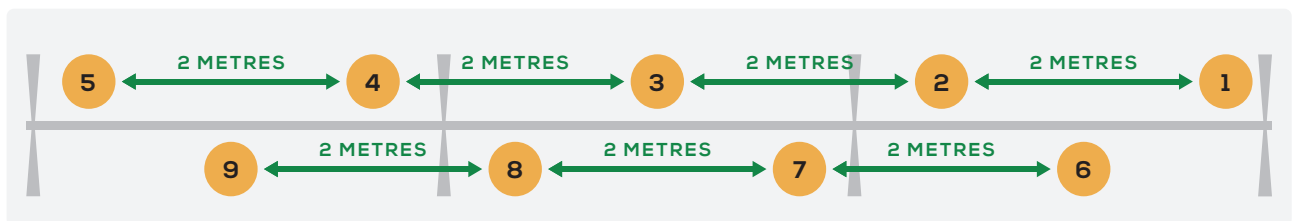
The EOC should look into ways of conducting the race briefings electronically, so as to reduce pre-race social interaction.

Athlete Briefing:

- All race information must be provided to the athletes online prior to the event date.
- Record the briefing and distribute via email, youtube, social media platforms and any other forms of online communication method.
- All guidelines should be communicated to the athletes including normal event policies and procedures, when to arrive at the venue depending on assigned race start/wave times, changes to event based on physical distancing and increased hygiene measures, courses, rules, etc.
- EOC should create an online Q&A forum for athletes to have the opportunity to contribute questions or feedback online.

17. Transition Zone Check In/Out

- The technical officials and volunteers involved in the process must wear masks/mouth-nose face covering and rubber/disposable gloves.
- All processes must be simplified and kept to the minimum with the goal that athletes are spending as little time as possible at the venue.
- The EOC must establish transition check-in times in specific time slots according to numerical or alphabetical order of the athletes per each wave.
- 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.
- 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.
- All the equipment checks must be carried out as visual checks.
- Athletes must wear masks/mouth-nose face covering during the check-in procedure.



18. Competition

Event Format

- Only non-drafting events should be organised for the Age Group athletes.

Start

- All events 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 should be a single channel similar to an airport check in.

- 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.

Transition Zone

- It is recommended that the organiser provides each athlete a minimum of 2 metres space in the transition.
- Athletes should be allowed to keep their race equipment at their transition spot.
- Athletes must wear masks/mouth-nose face covering when setting up in the transition zone.

Bike

- For all events, only non-drafting race formats should be used.
- Overtaking must be at least 2metres.
- The EOC will provide the best possible athletes' distribution on the bike course.

Competitors are required to remain 20 metres away from others.

To calculate the event capacity, use the following equation: $\text{Course length} \div 20 \text{ metres per competitor} = \text{total number of competitors on course at any one time}$. For example, 2 x 10km lap sprint distance bike segment consists of $10,000 \text{ metres} \div 20 \text{ metres} = 500$ competitors on course at any time. This calculation should not be used in isolation and is part of a wider range of considerations for assessing the entry limit and wave schedule of your event.

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 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

- All volunteers must wear masks/ mouth-nose face covering and rubber/disposable gloves.
- The aid stations on the bike course should be operated according to the existing plans.
- All aid stations on the run course must operate on a self-servicing base.
- An athlete should not be in position to touch anything else on the aid station serving table than that he/she has selected.

Penalty Box Area

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

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 2 metres wide finishing lanes to prevent the athletes from coming closer than this distance.
- Medalist photo at the post-finish area is not allowed.
- Following the finish, all athletes must be directed to an open space where they can have access to self service recovery drinks and food. Multiple stations should be provided within this space for distribution of these supplies.
- All recovery stations must be self-served. If not, a transparent panel must isolate the athlete from the volunteer.
- Food provided must be individually factory wrapped.
- Proper food hygiene practices must be followed.
- The medical tent should be attached to that location.
- 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. These volunteers must wear rubber/disposable gloves and masks/mouth-nose face covering.
- Ensure your timing provider has safety measures in place to ensure social distancing and safe return of timing equipment.

19. 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 2 metres distance from each other and the persons attending the hearing.

20. Medal Ceremonies/Prize Giving

Medal ceremony must be cancelled for 2021.

Any prize giving should be completed electronically or by post.

21. Junior Events

- Social distance guidelines and rules as above.
- Additional volunteers for corralling juniors at end of race.
- Ensure parents are at finish line to collect.
- Ensure race information is sent out to parents in advance of event.
- Review benefits of manual timing over chip.

22. Non-field of Play

The amount of car parking space, circulation routes around the site (including paths to/from specific areas such as car park, registration, transition area, swim start), space outside the registration area and space outside the transition area should all be reviewed to ensure there is no risk of a congregation of more than 100 people before, during or after the event.

If your event site is constrained by buildings or immovable structures, thought will need to be given to how many people can fit within your event site whilst maintaining social distancing.