



Triathlon Ireland | COVID-19

# Event Guidelines

Republic of Ireland

**Version 1.2** | Release Date: 20<sup>TH</sup> September 2021

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

Guiding Document:

→ **Reframing the challenge, continuing our recovery and reconnecting**

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.

These guidelines are applicable for the events taking place from the 20th September 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: reframing the challenge, continuing our recovery and reconnecting

**From the 20<sup>TH</sup> September 2021, the following is permitted**

- Existing restrictions on outdoor activities including Triathlon Ireland sanctioned events are removed.
- No more than 50% of the total number of participants should be congested in the transition area at any one time (e.g. if transition holds 200 participants, no more than 100 participants should be in transition at any one time).
- Mass starts are permitted.
- For any indoor activity related to the event face masks must be worn.

## 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 Covid-19 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 in line with guidelines. 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%) 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.
- Maintain social distancing.
- Be hyper-alert to, and isolate if you have symptoms including flu like symptoms.
- 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.

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) before the event.

### **EVEN WHEN YOU ARE FULLY VACCINATED, YOU WILL NEED TO SELF-ISOLATE IF YOU:**

- have symptoms of Covid-19
- are waiting for a test appointment and your test results, if you have symptoms of Covid-19
- have had a positive test result for Covid-19, even if you have mild symptoms or no symptoms
- arrive into Ireland from a high-risk country
- arrive into Ireland without proof of vaccination or recovery
- are a close contact of someone who arrived into Ireland from a high-risk country, who tested positive for Covid-19

## 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 when indoors

Athletes must wear masks/mouth-nose face covering and advise to wear rubber/disposable gloves during any non-competition activity (e.g. registration, race package distribution/race package pick up) taking place indoor

## 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:

- Athletes are advised to wear masks/ mouth-nose face covering and rubber/disposable nitrol gloves during any non-competition activity when indoors;
- Please be reminded when wearing rubber/disposable gloves and masks/mouth-nose face covering you still need to disinfect;
- 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 should be organised in a way that social distancing is in place;
- At the entrance of each tent/ room, alcohol-based hand sanitisers should 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.
- Schedule additional cleaning or continue to sanitize throughout the event day.
- Room doors should remain open if possible;
- 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.

### 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;
- All volunteers managing the registration tent must wear masks/mouth-nose face covering and rubber glove if indoors;
- Sanitisers must be available at the entrance/exit of the room.

### Bag Drop-Off/Collection

- Volunteers must wear a mask and rubber/ disposable gloves when indoors;
- 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 Covid-19 protocols
- Ensure travel is not shared between volunteers and staff

## 13. Spectators Allowed

## 14. Athlete Briefing

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

## 15. Competition Course

### Transition Zone Check In/Out

- All processes should be simplified and kept to the minimum with the goal that athletes are spending as little time as possible at the venue;
- The EOC should establish transition check-in times in specific time slots according to numerical or alphabetical order of the athletes;
- The time slot should be calculated according to the size of the transition zone, the number of athletes and the number of check-in gates;
- All the equipment checks must be carried out as visual checks.

### Transition Zone Aid Stations

- All volunteers are advised to wear masks/mouth-nose face covering and rubber/disposable gloves;
- All aid stations on the run course should operate on a self-servicing base;
- An athlete should not be in position to touch anything else on the aid station table other than that which they have selected to take

### 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.

### Finish Area

- Following the finish, all athletes should 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 should be self-served;
- Food provided should be individually factory wrapped;
- Proper food hygiene practices must be followed;
- The medical tent should be attached to that location;
- Athletes should avoid lying or sitting down at the finish(without any medical need/problems). Volunteers should be made available to support the athletes and make sure that they are not congregating at the post finish area;
- Ensure your timing provider has safety measures in place to ensure safe return of timing equipment.

## 16. Competition Jury Hearing

The hearing of the Competition Jury, if required, should take place in a location where social distancing can be respected.

## 17. Medal Ceremonies/Prize Giving

- Medal ceremony should be cancelled for 2021
- Any prize giving should be completed electronically or by post

## 17. Junior Events

- Covid-19 guidelines and rules as above;
- 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.