

A CORUÑA triatlón

CAMPEONATOS DE ESPAÑA POR CLUBES
RELEVOS MIXTOS + RELEVOS MIXTOS DE TALENTOS

COPA DEL MUNDO DE PARATRIATLÓN



19 + 20

JUNIO 2021



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triatlon.org

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1. GENERAL INFORMATION

INTRODUCTION

The purpose of the Athlete's Guide is to ensure that all athletes and coaches are well informed about all procedures concerning the Event. The Local Organising Committee (LOC) ensures that the information contained in this Guide is correct and up to date as of the production date. However, athletes, coaches and Team Leaders are advised to check with the event's race office regarding any changes of information included in this guide.

KEY ACTIVITIES Para triathlon WORLD CUP

DAY	STAR T	END	ACTIVITY	LOCATION
18/6	15:00	17:00	Antigenic Test	Hotel Eurostars Atlántico
19/6	11:00	12:00	PWC Swim Course Familiarization	Venue
19/6	13:00	14:00	PWC Athlete's briefing	Virtual
19/6	16:00	18:30	PWC Athlete's Race Pack Distribution	Hotel Eurostars Atlántico
20/6	11:15	14:00	PWC Race	Venue
20/6	14:15	15:00	PWC Medal Ceremonies	Venue

The Hospital Quirón A Coruña is located at:

Calle Londres 2

15009 A Coruña

Phone: +34 981219800

www.quironsalud.es

2.3. KEY CONTACTS

Event Director:	Jorge García jorge.garcia@triatlon.org
Race Director	Miguel Fernández mijelalejandro@yahoo.es
Technical Delegate:	Thomas Mantelli Thomas.mantelli@gmail.com
COVID-19 Coordinator	Alicia García Alicia.garcia@triatlon.org
Athlete's Services Manager:	Juan Carlos Díez Juancarlos.diez@triatlon.org
World Triathlon Team Leader & Chief Classifier	Eric Angstadt eric.angstadt@triathlon.org
Head Referee	Mónica Flores mofloresferreiro@yahoo.es
Medical Delegate	Antonio Delgado Campos

2.4. CONTACT DETAILS

Spanish Triathlon Federation

Ferraz 16 3^oDcha

28008 Madrid

Jorge García – jorge.garcia@triatlon.org +34 650 64 63 62

2. VENUE

RACE VENUE

The World Triathlon Coruña Para triathlon World Cup has one venue, located in the historical city center of Coruña.

COURSE FAMILIARIZATION

There will be a swim familiarization, according to the schedule written in this guide.

ATHLETE'S LOUNGE

Will be allocated at Marina Parrote.

There will be a bike mechanical service, drinks.

PARATRIATHLETES' RACE PACKAGE

Athletes' race packages will be distributed at the Official Hotel. Teams will be allocated on a specific slot. All athletes must sign the athletes' agreement and complete the World Triathlon Pre-Event COVID-19 screening process online, for being allowed to collect their race package.

DOPING CONTROL

Doping tests will be conducted according to World Triathlon/WADA rules. The athletes must carry their accreditation and ID card to the doping control facilities.

SECURITY

Local Police from Coruña and 112 emergencies service, will provide the security for the event.

LOC OFFICE

LOC office will be allocated at the Venue from Friday 18th (16:00 to 20:00) till Saturday 19th (from 9:00 to 21:00).



3. ACCOMODATION

All bookings can go through the official travel agency as follows:

Globalia

Lorena Martín – lmartin@globalia.com

Official Hotel

Eurostar Atlántico (4*)

<https://g.page/eurostars-atlantico-a-coruna?share>

Distance to the venue 600 m.

With breakfast:

- Individual room 82 €
- Double room 92 €

With dinner:

- Individual room 101 €
- Double room 130 €

4. TRAVEL AND TRANSFERS

For Visa requests, you must contact:

Lourdes López
Spanish Triathlon Federation
lourdes.lopez@triatlon.org

The closest airport is Coruña (LCG); also, you can travel to Santiago (SCQ)

For transfers, you must contact Globalia Travel Agency; araceligarcia@globalia.com

ENTRY INTO SPAIN:

Please be reminded about the absolute need for ALL PARTICIPANTS to compile a Health Control Form (FCS) to enter Spain. The Government of Spain has implemented a series of measures to protect the general public's health, including health control of passengers upon arrival in Spain.

From this website: <https://www.spth.gob.es/> you can fill out the health control form and obtain your QR Code, to show it at the control points upon arrival in Spain.

To access the FCS form, please go to :

<https://www.spth.gob.es/create>

By default, this page is in Spanish but you can select French, English or German in the box "Elija Idioma".

Additional provisions based on your point of arrival can be checked under:

<https://www.mscbs.gob.es/en/profesionales/saludPublica/ccayes/alertasActual/nCov/spth.htm>

5. ATHLETES SERVICES

PLACE: TERMARIA (Swimming Pool)

GOOGLE LINK: <https://goo.gl/maps/3cWLNcK7PFJkwTmc8>

Website Info: <https://termaria.es/>

DAYS	EVERYDAY
TIME	FROM 9:00 to 21:00
LANES	No limit
ACCESS	There will be a list with coaches and athletes at the entrance of the Swimming Pool
ENTRY FEE	Free service

Swimming Pool Trainings:

Thursday from 9:00am till 13:00

Friday from 9:00am till 13:00

Saturday from 8-10 and 14 to 16



CLASSIFICATION

There will be classification on Friday 18th of June. Separate Schedule will be sent for those athletes involved. It will take place at the Termaria Swimming Pool. Athletes attending classification will need to undergo the antigenic test prior to undergoing classification and will be provided with the exact timing for this to take place either Thursday 17th in the evening or during the day on Friday 18th of June.

MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Registration area before and during the training sessions and during the race. There will be First Aid and Emergency Medical Services at the Race Village on competition day.

Medical and Paramedical personnel will be available throughout the race. Several ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area.

Medical services at the venue are free of charge. Treatment in private hospitals is to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

6. COMPETITION SCHEDULE

DAY	START	END	ACTIVITY	LOCATION
18 th	15:00	18:00	Antigen Test	Hotel Eurostars
19 th	11:00	12:00	Swim course familiarization	Venue
19 th	12:00	13:00	Athlete's briefing	Virtual
19 th	TBC	TBC	Run Familiarization	Venue
19 th	16:00	18:30	Race package distribution	Hotel Eurostars
20 th	9:20	10:45	Athletes lounge check in	Venue
20 th	9:30	11:00	Transition check in	Venue
20 th	10:00	11:00	Swim Warm up	Venue
20 th	11:15:00		Para triathlon PTS5 M	Venue
20 th	11:20:00		Para triathlon PTVI1 M	Venue
20 th	11:21:00		Para triathlon PTVI1 W	Venue
20 th	11:23:21		Para triathlon PTVI2/3 M	Venue
20 th	11:24:48		Para triathlon PTVI2/3 W	Venue
20 th	11:30:00		Para triathlon PTS2/3/4 M	Venue
20 th	11:40:00		Para triathlon PTS3/4/5 W	Venue
20 th	11:45:00		Para triathlon PTS2 W	Venue
20 th	12:30:00		Para triathlon PTWC1 M	Venue
20 th	12:31:00		Para triathlon PTWC1 W	Venue
20 th	12:33:08		Para triathlon PTWC2 M	Venue
20 th	12:35:04		Para triathlon PTWC2 W	Venue
20 th	14:15		PWC Medal ceremonies	Venue

COMPETITION RULES

The event will follow the latest published [Competitions Rules](#) of World Triathlon.

ATHLETE'S BRIEFING

The athlete's briefing will take place virtually as written in the schedule on SAT 19th June at 1pm.

You must register for the briefing under this link:

https://us02web.zoom.us/webinar/register/WN_IdnSJ39USx2kFXsJ3-5QIQ

And you will then receive the Access link to attend the live briefing.

You will afterwards be able to view the recorded briefing under:

https://triathlon.org/about/downloads/category/race_briefings

RACE PACKAGE DISTRIBUTION

Race pack collection will take place at the Eurostars Hotel, Saturday 19th June between 16:00 and 18:30.

Please follow the below schedule:

16:00-16:20 AUS, AUT, BRA, CAN, CYP, CZE, DEN

16:20-16:40 ESP

16:40-17:00 FIN, FRA, GBR

17:00-17:20 GER, HUN, IRL, ITA

17:20-17:40 LTU, LUX, MEX, NED, POL, POR

17:40-18:00 RUS, SVK, TPE, TUN, TUR

18:00-18:20 UKR, USA, JPN, Other

TIMING CHIPS

On race day athletes will be given two timing chips. Athletes will pick up the timing chips before the competitions, during their check-in procedure.

RESULTS

Results will be uploaded live on the World Triathlon official website www.triathlon.org.

PROTEST & APPEALS

Standard procedures will be followed according to the World Triathlon Competition Rules

7. ACCREDITATION

The LOC will provide to all the Organizing Committee Members, World Triathlon Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official Accreditation Card, according to the actual regulations.

Athletes and Coaches will receive the accreditations at the athletes briefing.

Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition areas.

All accredited people are requested to always carry their Accreditation Cards with them, and to show them upon request. Accreditation Cards are mandatory to access the venue.

Each can have the following maximum number of accreditations:

- Two coaches
- One team medical
- One personal handler per PTWC athlete
- One guide per VI athlete
- Athletes in the waiting and start lists.

8. OTHER USEFUL INFORMATION

LANGUAGE: Spanish and Galician

POPULATION: 1,2 million inhabitants

CURRENCY: Euro (€)

TIME: Standard time GMT+1 (summertime)

ELECTRICITY: 220 v

WATER: Drinking water, urban network

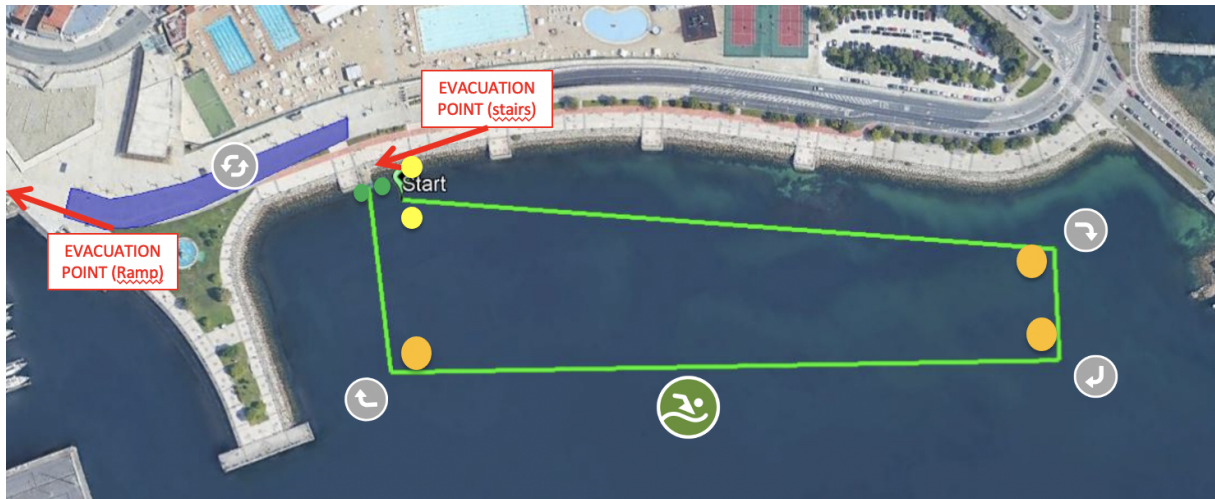
TELEPHONE CONNECTIONS: International prefix +34

9. COURSE MAPS

Please refer to the [event website](#) for the most updated courses maps and info

The start will be a deep-water start.

The Swim will take place at Marina Parrote. One lap in a clockwise course. The average water temperature at this time of the year is approximately 19 degrees.



TRANSITION 1

A flow through transition has been developed to keep athletes moving forward.

BIKE COURSE

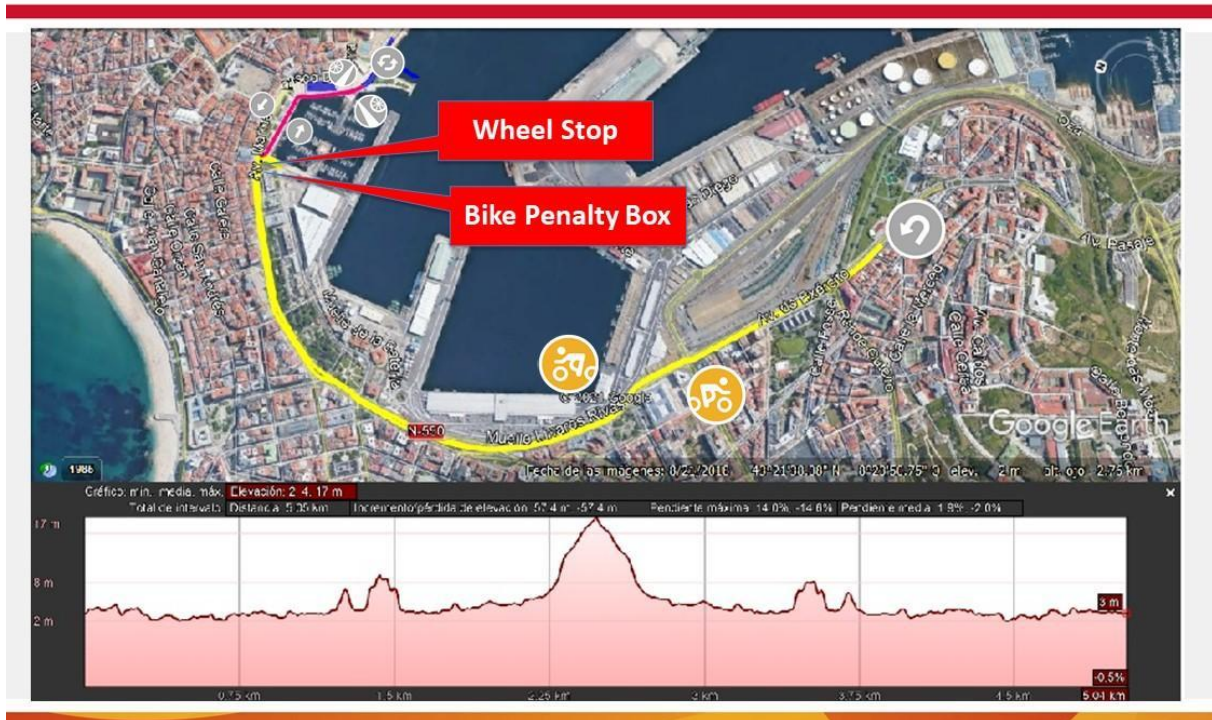
The bike course will comprise 4 laps, with each lap passing next to the main venue. The total bike course includes 4 laps of 5 kms each one.

The bike Penalty Box will be located before the end of the lap.

WHEEL STATION

(1) wheel station will be located on the bike course; team wheel station, will be located before starting the bike lap

(1) wheel station for PTWC athletes on the run will be allocated in the middle of the course, serving both sides



TRANSITION 2

From the dismount line, athletes run in the centre lane taking the bikes towards their bike rack.

RUN COURSE

The run course is 3 laps with a total of 5 km. The athletes will run on asphalt

There will be 1 aid station along the run course; that will allow the athletes to have the opportunity to take water 2 times per lap.

The Penalty Box will be allocated at the venue before the end of the lap.



10. COVID-19 Measures for Athletes and Coaches

Testing protocol and health screening

Athletes must continuously monitor their health status (including temperature detection and monitoring of any symptoms) from 14 days before and during the event.

For information about travelling to Spain, see the "TRAVEL" chapter of this guide.

Temperature and oxygen saturation check will be carried out every day at the entrance of the venue.

Temperature higher than 37.5°C will be reported to the Medical Director and Medical Staff of the event and moved to the isolation tent at the entrance of the venue.

A health coordinator will be appointed within the medical team. He will be responsible for coordinating and monitoring compliance and enforcement of health safety regulations.

Registration procedure: Athletes, coaches, and technical officials, will follow World Triathlon procedures. volunteers, staff, media, and authorities, will be registered online through a specific application.

WORLD TRIATHLON PRE-EVENT SCREENING PROCESS COVID-19

As has been communicated to everyone at the beginning of the season, all athletes along with the support staff applying for accreditation to a World Triathlon or Continental Triathlon event must respect the following pre-event Covid-19 screening conditions (as a minimum):

- Fill in the online pre-event questionnaire
- Perform an Antigenic or PCR swap pre-travel test within 72 hours before the athletes' travel to the event or no later than 6 days before the event for local athletes/team support and NTOs. Tests that must currently be taken to gain entry to a country are valid as pre-travel tests.
- All athletes must submit a pre-travel medical certificate through the World Triathlon registration system according to the specifications listed in the World Triathlon COVID-19 guidelines.

World Triathlon has developed an online tool for the World Triathlon pre-event Covid-19 screening process. Please follow the instructions below based on your role at the event to learn how to submit the questionnaire and upload the necessary documents:

https://triathlon.org/pre_event_covid_19_screening_guide

The above process is standard at all events this season.

When at the event, all para triathletes, coaches, team medical and support NF personnel must perform an Antigenic pre-race test on Friday evening as it is on the schedule. In case of a positive result, a PCR swab test must follow and will be paid by the athlete/NF. Time and place for these tests will be determined by the LOC.

We will continue to respect the decision/rules of the local public health of the host country

All the specific measures can be found in the table below:

Categories	Pre-event questionnaire	COVID-19 test before traveling	Medical certificate	COVID-19 test at event	Daily health screening
Elite athletes	yes	yes	yes	yes	yes
U23 athletes	yes	yes	yes	yes	yes
Junior athletes	yes	yes	yes	yes	yes
Youth athletes	yes	yes	yes	yes	yes
Para triathlon athletes/ personal handlers/ guides	yes	yes	yes for athletes/guides	yes	yes
AG athletes	yes	yes	Follow public health request	Follow public health request	yes
Coaches/team medical/ support NF personnel	yes	yes	Follow public health request	yes	yes
TDs /ITOs/NTOs/ Competition Jury	yes	yes	Follow public health request	yes for the ones in close contact with the athletes; the others follow public health request	yes
IF/Continental Federation Delegations	yes	yes	Follow public health request	Follow public health request	yes
LOC/ Contractors	Follow public health request	Follow public health request	Follow public health request	Follow public health request	yes
Para triathlon swim exit assistants	yes	Follow public health request	Follow public health request	yes	yes

PRE-EVENT ANTIGENIC TEST IN A CORUÑA

In order to participate in the event, all athletes, personal handlers, guides, coaches and team delegates, swim exit assistants, and technical officials will have an Antigenic test done starting Friday 18 June from 15:00 to 17:20 at the Eurostars Hotel.

Please respect the following timetable per NF

15:00-15:20 AUS, AUT, BRA, CAN, CYP, CZE, DEN

15:20-15:40 ESP

15:40-16:00 FIN, FRA, GBR

16:00-16:20 GER, HUN, IRL, ITA

16:20-16:40 JPN, LTU, LUX, MEX, NED, POL, POR

16:40-17:00 RUS, SVK, TPE, TUN, TUR

17:00-17:20 UKR, USA

17:20-17:40 Free slots

Results will be known shortly after on site. In case of any positive cases, they will be taken to an isolation room and then to hospital for an additional PCR test before 19:00.

The cost will be the individual responsibility of the person testing positive and the cost is approximately 80 €.

POST-EVENT PCR TEST (FOR ATHLETES/TEAM DELEGATES FOR DEPARTURE FROM SPAIN)

- All the athletes and coaches that need a PCR test to go back to their countries, can book an appointment before June 14th, with an email to Alicia.garcia@triatlon.org .
- Tests can be done from Monday to Sunday, from 9.00 to 19.00.
- The results are delivered in 24 hours after the test has been done,
- The cost of the PCR test is approximately 80 €

Location for the test:

The Hospital Quirón A Coruña is located at:

Calle Londres 2

15009 A Coruña

Phone: +34 981219800

www.quironsalud.es

Health Screening

Temperature and Oxygen saturation level checks will be performed every time the athletes and coaches are on site including at the times of the athletes' package distribution and familiarizations. Saturation levels lower than 95% and a temperature above 37.5°C will be reported to the RMD/MD.

Competition activities

The mask should be worn until the last minute before athletes' introduction. Please make sure that you will wear your mask after the warm-up.

Wheel stations

At the team wheel station, the volunteers and TOs present at that location must not have any contact with the team wheels. The team representatives are responsible for disinfecting the wheels prior to depositing them at the wheel station. An athlete in need of a spare wheel will be directed by the Technical Officials to the proper wheel which can be picked up by the athlete.

In both cases, the wheel that is left behind by the athlete will be disinfected by the TO before being deposited at the station.

Technical officials will wear masks/mouth-nose face covering and rubber/disposable gloves

Finish Area

Timing chips removal must be done by the athlete themselves, who must deposit the timing chips to a specific bin close to the exit of the post-finish area.

Medallists' photo at the post-finish area is not allowed.

At the aid stations, the volunteers will deliver the water bottles to athletes and guides.

There will not be food provided.

Massage facilities will not be provided.

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 will wear rubber/disposable gloves and masks/mouth-nose face covering.

Masks will be distributed to the athletes to wear at their earliest convenience.

Medal Ceremonies

Medal ceremonies will be performed according to the COVID-19 guidelines for medal ceremonies that can be found on the [World Triathlon COVID-19 Guidelines for Event Organizers](#).

Spectators' access

The event will be open to spectators. Any non-accredited persons can watch the event from the spectator's areas, but the venue will be closed to spectators.

Accreditations

Only two coaches accreditations and one team medical per team.

Cleaning protocols on site

All facilities used by the athletes will be cleaned and disinfected by the LOC through the day.

COVID-19 medical protocols

COVID-19 emergency contact details: Please contact 112 in case of COVID-19 symptoms.

11. WATER QUALITY TEST

Please see in the map below the points where wáter samples were collected:



With the results:

ANÁLISIS DE AGUA

Físico-Químico

Prueba	Resultado	Unidades	Valores de Referencia
pH (Electrometría)	8.35	Unidades de pH	(6 - 9)

Bacteriológico

Prueba	Resultado	Unidades	Valores de Referencia
Recuento de Escherichia Coli (Método: Filtración de membrana.)	0	UFC/100 ml.	(Inf. 250) Valor paramétrico
Recuento de Enterococos fecales (Método: Filtración de membrana)	0	UFC/100 ml.	(Inf. 100) Valor paramétrico

Physical/ Chemical Test Report:

Physical/Chemical parameters	Results	Criteria
pH	8,35	6-9
Escherichia coli	0 UFC /100ml	<250 UFC /100ml
Enterococci	0 UFC /100ml	<100 UFC /100ml