

2021 Europe Triathlon Sprint and Relay Championships

Kitzbühel, Austria

18 - 20 June 2021

COVID GUIDELINES CONCEPT PAPER

COVID-19 continues to cause significant challenges. The transition period following the outbreak will be long and the LOC of the 2021 Europe Triathlon Sprint and Relay Championships Kitzbühel will implement all possible measures for:

- respecting the social distancing and hygiene requirements
- follow up the required relationships with the local and national authorities to host a safe sport event and prevent the spread of COVID-19.

The Local Organizing Committee of the 2021 Europe Triathlon Sprint and Relay Championships Kitzbühel will follow the recommendations:

- from World Health Organization
- the latest published Prevention guidelines for Event Organizers for COVID-19 of the World Triathlon

ENG:

https://www.triathlon.org/uploads/docs/20210422_Covid19_Guidelines_5.1_v2.pdf

SPA:

https://www.triathlon.org/uploads/docs/20210422_Covid19_Guidelines_5.1_SPA_v2.pdf

- the Austrian Government guidelines and recommendations, that is the authority with competences interms of health links:
<https://www.sozialministerium.at/en.html>
- the Austrian Triathlon COVID-19 Prevention guidelines

The Kitzbühel Covid Guidelines define the duties of all those departments involved in the event context to limit the risk produced by COVID-19. For the purpose to limit the risk produced by Covid-19 the LOC named a Covid-19 Committee composed by:

Event Director	Wolfgang Fuchs	office@trikitz.at
COVID Coordinator and MD	Dr. Alfred Fridrik	alfred@fridrik.at
Europe Triathlon Manager	Dirk Bogaert	dirk.bogaert58@gmail.com

COVID-19, INFORMATION FOR TRAVELLERS / PROCEDURES TO ENTER IN AUSTRIA

MEASURES ON THE AUSTRIAN TERRITORY

- Travelling rules change according to the country of origin or destination and the reasons for traveling.
- Travel restrictions and measurements are changing constantly, please check back before traveling. For all information please visit the Austria Info website: <https://www.austria.info/en/service-and-facts/coronavirus-information/entry-regulations>

CURRENT ENTRY REQUIERMENTS WHEN ENTERING AUSTRIA

- Requirement 1: Pre-Travel Clearance All travellers entering Austria MUST register digitally in advance to obtain a so-called "pre-travel clearance" (PTC). At the border, they will need to show their PTC (either digitally or as a hard copy). All data collected will be deleted 28 days after the traveller has entered Austria. Regular cross-border commuters have to obtain pre-travel clearance every 28 days. Certain exemptions apply. Find more information on the pre-travel clearance here and find the form you need to fill in before travelling here
 - https://www.oesterreich.gv.at/themen/coronavirus_in_oesterreich/pre-travel-clearance.html
 - Link to the form: <https://entry.ptc.gv.at/en.html>
 - For latest updates please also visits Robert Koch Institut website: <https://www.rki.de/EN/Content/infections/epidemiology/outbreaks/COVID-19/COVID19.html>
- Requirement 2: Proof of Vaccination, Past Infection, or Negative Test In addition to pre-travel clearance (see above), anybody entering Austria has to show any one of these three documents:
 - Negative COVID Test: You need to show a PCR test no older than 72 hours OR an antigen test no older than 48 hours. Tests need to be issued by a medical authority; self-tests are not valid. Children under 10 do not need to show a test.
 - Vaccine Certificate: The following vaccines are recognised: BioNtech/Pfizer, AstraZeneca, Johnson & Johnson, Moderna, and Sinopharm. You are considered "vaccinated" starting on the 22nd day after your first dose, lasting for 3 months. After the second dose, the validity extends for another 6 months. Vaccines that only require one dose are valid from the 22nd day after that dose.
 - Proof of Past Infection: You can enter Austria for 6 months after a SARS-CoV-2 infection. Proof of antibodies is valid for 3 months from the test date.

Proof of negative test, vaccination, or past infection can be a doctor's certificate, an official test result, a vaccination certificate/vaccination card/vaccine passport (including a pdf from an electronic vaccine passport, either on your phone or as a hard copy), or an official/medical certificate proving a past infection, either in German or English. If your original certificate is not in English or German, please use this official health certificate in German or English as proof. (If you are unable to show any of these documents, you are required to take a PCR or antigen test within 24 hours of arriving in Austria.)

COVID-19 MESAURES ARE CURRENTLY IN EFFECT IN AUSTRIA

- **FFP2 masks are required on public transport and in other public spaces.**
- You are required to keep a minimum distance of 2 m (6.5 ft) to people from other households.

- Hotels and restaurants are allowed to reopen. Find protective measures here: <https://www.austria.info/en/service-and-facts/coronavirus-information/hotels-restaurants>
- Shops, museums, culture and leisure facilities are open. Events can take place again under strict protective measures. Find more information here: <https://www.austria.info/en/service-and-facts/coronavirus-information/city-trips>
- For almost all public indoor and some outdoor spaces (hotels, restaurants, events etc.), you will need to show either a negative COVID test or proof of vaccination/past infection. Find more information on these so-called "entry tests" here: <https://www.austria.info/en/service-and-facts/coronavirus-information/tests>
- A landing ban for flights from South Africa, India, Great Britain and Brazil is in effect.

INVITATIONS

Prior to the arrival to Austria foreign travellers participating in Europe Triathlon Championships from the following countries need to obtain a letter of invitation to enter Austria:

Belarus, North Macedonia, Russia, Serbia, Ukraine

The document will be issued only to athletes, coaches, sport delegations, technical officials, media, technical staff accredited for the Europe Triathlon event.

To obtain the letter of invitation, NFs are kindly please to contact office@triathlon-austria.at and communicate:

- Names and Surnames as on passports
- Dates of birth
- Age
- Sex
- Passport numbers
- Passport expiration dates
- Qualification (coach, athlete, etc.): as accredited on the World Triathlon online system
- Name and address of hotel
- Date of arrival to Austria
- Date of departure from Poland

Email address to receive the invitation letter: office@triathlon-austria.at

All the other countries can enter Austria without an invitation letter.

SWAB TEST TRAVEL REQUIREMENTS: return trip

Elite and Junior athletes, coaches, NFs medical or support team members who need to make a PCR or antigen test and obtain medical certificate for their return journey from Austria can reserve the service through the Local Organizing Committee following the rules below.

Contact the LOC latest until June 13th at office@trikitz.at and inform about the number of people and type of test required.

Covid test organized by the LOC needs to be pre-paid at the Athletes registration on Thursday afternoon, June 17th. (cash only, no cards)

Cost of medical certificate - € 120,00. (PCR Test)

Cost of medical certificate - € 25,00. (Anti gen test)

Athletes, coaches, NFs medial or support team members can also use the services of laboratories and local doctors which should be contacted directly.

Antigen and PCR tests are also available at airports. For more details please visit airports websites:

- Munich:
 - <https://www.munich-airport.com/corona-tests-at-the-airport-9526455>
- Salzburg:
 - <https://www.salzburg-airport.com/en/thecompany/news-press/news/news-detail/artikel/reorganization-of-covid-station-at-salzburg-airport>
- Vienna:
 - <https://www.viennaairport.com/en/coronatest>

INDIVIDUAL RESPONSIBILITY

The event will follow the latest published [Prevention guidelines for Event Organizers](#) for COVID-19 of the World Triathlon.

Also, the event, is under the regulations of Austrian Government and Austrian Ministry of Health, that is the authority with competences in terms of health:

<https://www.sozialministerium.at/en.html>

Restrictions, safe tips and limitations on the territory of Austria:

<https://www.austria.info/en/service-and-facts/coronavirus-information>

According [PREVENTION GUIDELINES FOR EVENT ORGANIZERS](#) and WHO recommendations to reduce the general risk of transmission every participant should follow the rules 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 emphasize 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/i/item/WHO-2019-nCoV-IPC-WASH-2020.4>

- 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” https://www.triathlon.org/uploads/docs/Medical_Guidelines_for_the_International_Team_Coach_-_rev_7-16.pdf 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

RISK ASSESSMENT AND MITIGATION

The Local Organizing Committee used the WHO risk assessment and risk prevention checklist for "mass gatherings" in the framework of the covid-19 document to design the event.

The LOC is implementing its activities to comply with the local health authority protocols and minimize the risk of pandemic spread, keeping participants and the public safe and healthy.

A careful management of the schedule and access times of the athletes will be implemented to access the competition areas with an adequate social distancing and an immediate exit once finished. The waiting areas will be restricted and controlled by volunteers or security personnel.

Data collection systems will be used to manage the contacts of everyone involved in the event. This includes athletes, technical officials, coaches, volunteers, staff, authorities. This would ensure that we can trace back to the people potentially involved if a suspicious case is identified. If is confirmed, the protocol established now by the health authorities will be executed.

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 and during the event.
- Team medical staff present at 2021 Europe Triathlon Sprint and Relay Championships Kitzbühel 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)

All individuals applying for an accreditation to World Triathlon and Continental Triathlon events must respect the conditions in [WORLD TRIATHLON PRE-EVENT COVID-19 SCREENING GUIDE](#).

To complete the Pre-Event COVID-19 Screening, you will need:

- Access to your Triathlon Member Account
- A Copy of your Pre- Travel PCR/Antigen Covid-19 Results
- A Copy of completed World Triathlon Pre-Travel Medical Certificate (Athletes Only)
- Additional for Junior Athletes under the age of 18: The below parental form is mandatory to be fully filled and signed by the Junior athlete's parent/ legal guardian and shall be taken to the Event. Without this signed form the Junior/Youth athlete will not be able to participate in the Event. (if already uploaded in previous event, this form need to upload it every event but can use the consent from previous event)

https://www.triathlon.org/uploads/events/Parental_Consent_Form.pdf
[20210422_Covid19_Guidelines_5.1_v2.pdf \(triathlon.org\)](https://www.triathlon.org/uploads/docs/20210422_Covid19_Guidelines_5.1_v2.pdf) appendix 5.

- All Elite/U23/Junior, Coaches, Team medical and support NF personnel must perform an Antigenic pre-race test at the arrival in the hosting city. In case of positive result of antigen test LOC will provide possibility of PCR test, which will be made at the athlete/coach/support expense immediately after getting a positive antigen test result. Waiting time for PCR test result is approximately 24 hours.
- While waiting for the test result, tested person must remain in isolation

Competition Days:

- Temperature 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 Delegate and Medical Staff of the event.
- 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 must follow World Triathlon procedures. Volunteers, staff, media and authorities will be registered online through a specific application.
- The LOC medical team will be responsible for establishing this process.

USE OF MASK AND RUBBER/DISPOSABLE GLOVES

According to World Triathlon the use of a mask is mandatory for all athletes, technical officials and team support (except, for the athletes during the competition).

Country law in force on the days of the event will determine the use of mask for the LOC staff, volunteers and each contractors.

The use of rubber gloves is not mandatory.

SPECTATORS

Spectators not allowed

MEDIA & PHOTO SERVICES

Media COVID-19 guidelines will be applied

https://www.triathlon.org/uploads/docs/MEDIA_COVID_2019_GUIDELINES-TN.V211.pdf

TECHNICAL OFFICIAL SERVICES

- Hygiene regulations and advice must be followed at all times.
- If Technical Officials feel unwell with any symptoms of Covid-19, they have not attend the event and follow local medical protocols.
- Technical Officials who are over 70 years old, anyone with compromised health conditions, or living with someone at high risk, must be aware of the greater possibility for serious consequences in case of contamination

- Sharing of equipment is prohibited, in particular water bottles and cups must not be shared.
- Face coverings must be worn.
- Minimizing use of public transport and limiting car sharing. Walk or cycle if possible.
- Accommodation arrangements consider the social distance. Single occupancy arranged.
- Technical Officials should avoid crossover between groups. Officials will apply consistent groupings of officials throughout the day.
- The Technical officials briefing and debriefing will take place in a location that social distancing could be respected and if possible outdoors.
- Technical Officials will be directed to:
 - Avoid touching athletes
 - Respect the 2m distance unless absolutely necessary
 - Wear a mask whenever it is feasible
 - Only use the whistle when necessary
 - Use short, sharp whistle blow not long, hard blows
 - Do not officiate when feeling unwell
 - Use hand sanitizer at every break in the race (between groups, substitutions)
 - Blow whistle facing away from athletes
 - Use full coverage if they are required to be with someone on a motorbike
 - Use a face shield if assigned at the finish area

ATHLETES SERVICES

AIRPORT TRANSFER

- There are many companies providing transfer services from the Airports. Please check with your transfer provider for more details (more detailed information available on the Athletes Guide)
- The use of masks/mouth-nose face covering in mandatory. Each person has to disinfect his/her hands before entering the vehicle
- All drivers will wear face protection during

TRAINING FACILITIES

- Detailed information is available in the Athletes Guide.
- See below the insights of the race course:
 - https://www.youtube.com/watch?v=M_l80pvbrlY

ATHLETES AND COACHES BRIEFING

- Athletes Briefings will be held virtually. Exact address countdown available on the website:
- https://www.triathlon.org/events/event/2021_europe_triathlon_championships_kitzbuehel
 - Elite: <https://briefings.triathlon.org/kitzbuehel-elite>
 - Junior: <https://briefings.triathlon.org/kitzbuehel-junior>
 - Mixed Relay: <https://briefings.triathlon.org/kitzbuehel-relay>

PRE-EVENT ANTIGENIC SWAB TEST

- Following the new World Triathlon COVID19 Guidelines, and the Europe Triathlon Executive Board decision a mandatory antigen test will be done by the LOC to all Elite and Junior athletes, coaches, NFs medical and support team before the race pack distribution and the various document checks and race package/accreditation distribution.
- The Austrian Health Department requires 2 tests from those athletes/coaches/TO/etc who are going to be present/ compete on the Sunday's Mixed relay event.
- **Pre-Race pack pick up test** will be available on Thursday (17/06/21), from 13:00 to 17:00. Tests will take place at the venue (Schwarzseestraße 88, 6370, Kitzbühel)
- **TO SMOOTH THE PROCESS**, we ask the athletes and NF support team accredited to come at the Venue settled in a schedule below:

TESTING SCHEDULE:

From	Until	Who
12:00	12:30	Staff, Technical Officials, Volunteers
13:00	13:30	Athletes, Coaches, Medics of AUT, BEL, BLR, CRO
13:30	14:00	Athletes, Coaches, Medics of CZE, DEN, ESP, EST
14:00	14:30	Athletes, Coaches, Medics of FIN, FRA, GBR, GER
14:30	15:00	Athletes, Coaches, Medics of HUN, IRL, ISR, ITA
15:00	15:30	Athletes, Coaches, Medics of LAT, LTU, LUX, MKD, NE
15:30	16:00	Athletes, Coaches, Medics of NOR, POL, POR, ROU
16:00	16:30	Athletes, Coaches, Medics of RUS, SLO, SRB, SUI
16:30	17:00	Athletes, Coaches, Medics of SVK, SWE, SUI, Other, Late arrivals
17:00	18:00	Staff, Technical Officials, Volunteers

RACE PACK PICK UP SCHEDULE:

From	Until	Who
13:30	14:00	Athletes, Coaches, Medics of AUT, BEL, BLR, CRO, CZE
14:00	14:30	Athletes, Coaches, Medics of DEN, ESP, EST, FIN, FRA
14:00	15:00	Athletes, Coaches, Medics of GBR, GER, HUN, IRL
15:00	15:30	Athletes, Coaches, Medics of ITA, LAT, LTU, LUX
15:30	16:00	Athletes, Coaches, Medics of MKD, NED, NOR, POL, POR
16:00	16:30	Athletes, Coaches, Medics of ROU, RUS, SLO, SUI
16:30	17:00	Athletes, Coaches, Medics of SRB, SVK, SWE, Others, Late arrivals

- **Pre-Mixed relay test** will be available on Saturday (19/06/21) afternoon. Tests will take place at the venue (Schwarzseestraße 88, 6370, Kitzbühel)
- All athletes on the Team Mixed Relay start list (4 + 2 reserves) must be tested on Saturday
 - For Juniors testing will be available in the afternoon during Elite/U23 finals

- For Elite & U23 athletes testing will be available after their finals in the afternoon/evening
- More detailed information will be released on the Athletes Guide and on the event’s page on https://www.triathlon.org/events/event/2021_europe_triathlon_championships_kitzbuehel
- In case of positive result of antigen test LOC will provide possibility of PCR test, which will be made at the athlete/coach/support expense. The waiting time for the result is approximately 24 hours.

SPECIFIC MEASURES TABLE

- Only authorized people (LOC, athletes, coaches, TOs, volunteers, staff, media, authorities and contractors) can access the event venue. No accreditation available for others.
- All athletes, team medical, coaches and TOs must perform an antigenic pre-race tests upon arrival in the host city. In case of positive result, a PCR swab test will be done. Time and place for these tests will be determined by the LOC.
- All the specific measures can be found below:

SPECIFIC MEASURES APPLIED AT ALL WORLD TRIATHLON AND CONTINENTAL TRIATHLON EVENTS STARTING FROM 22 MARCH 2021

- All individuals (except for the LOC, its volunteers and contractors) applying for an accreditation to World Triathlon and Continental Triathlon events must respect the following conditions:
 - Fill in the online pre-event questionnaire through the link that is provided by the LOC
 - Perform an Antigenic or PCR swab 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
- Additionally to this, all elite/u23, junior, youth, para triathletes and guides must submit a pre-travel medical certificate according to the requirements above
- Finally all elite/u23, juniors, youth, para triathletes and guides, coaches, team medical and support NF personnel must perform an Antigenic pre-race test at the arrival in the hosting city. In case of a positive result, a PCR swab test must follow. Time and place for these tests will be determined by the LOC. For the youth and junior athletes, a parent consensus form is required. A sample can be found at Appendix 5.
- 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 next page:

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

RACE PACKAGE DISTRIBUTION (ELITE AND JUNIOR)

- Race package will be distributed on Thursday 17th of June from 14:00 to 18:00 at the Venue (Schwarzseestraße 88, 6370, Kitzbühel)
- The athletes/coaches must arrive according a time slot which will be communicated shortly by the LOC
- If an athlete is not present and a waiting list exists, the athlete will be replaced according to the standard procedures.
- The incident must be reported to World Triathlon Entries entries@triathlon.org
- A distance of 2m between athletes has to be respected inside the registration tent/room and at the waiting area outside the tent/room.
- All volunteers managing the registration must to wear masks/ mouth-nose face covering.
- Athletes must to wear masks/ mouth-nose face covering during the registration process.

ACCREDITATION

- During the Race Package distribution time window, athletes, coaches and team medical accreditations will be distributed.
- The access inside an accredited area will be limited to a minimum number of people to respect the safety distance.
- 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.

Coaches' and Team Medical Accreditations

- The following number of accreditations will be approved per National Federation for the support personnel at any World or Continental Triathlon events according to the World Triathlon Covid-19 Guidelines:
- 1 Coach for Elite events
- 1 Coach for Junior events
- 1 Team Medical for Elite events
- 1 Team Medical for Junior events

ATHLETES LOUNGE CHECK IN

- All processes will be simplified and kept to the minimum with the goal of the athletes spending as little time as possible at the venue.
- A distance of 2m between athletes will be respected inside the lounge and at the waiting area outside the lounge.
- All the equipment checks will be carried out as visual checks.

- The athlete can leave his/her non-competition essential equipment in an area inside the lounge which is self-managed.
- Temperature check will be done before entering lounge.
- Athletes are advised to wear masks/mouth-nose face covering during this process.
- The athletes have to spend the least possible time at the venue

TRANSITION ZONE CHECK IN/OUT

- The technical officials and volunteers involved in the process must to wear masks/mouth-nose face covering.
- 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.
- The distance of 2m between athletes must be respected at the waiting area outside the transition zone.
- Athletes must to wear masks/mouth-nose face covering during the check-in process.
- The athletes must spend the least possible time at the venue.
- 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.

COMPETITION

START AREA

- Before the start, competitors will be asked to position themselves in the pre-start area, keep a 2m distance. On the pre-start area athletes are obligated to use mask/mouth-nose face cover. Masks can be removed and moved into provided trash immediately prior the introduction.
- On their pontoon/start positions must be 1m apart or more.
- The athletes introduction and the start procedure will be quick.

SWIM

TRANSITION ZONE

- Elite and Junior Final bike racks will be single (1,5m distance between each bike)
- The transition zone design will be in line with the social distancing recommendations
- During scheduled transition rebuild after each race, volunteers will sanitize all equipment.

AID STATIONS

- **As per as Austrian COVID-19 guidelines there are no aid station available on the run course**

PENALTY BOX AREA

- The penalty boxes and the procedures around them as described in the World Triathlon Competition. Rules remain the same
- These areas will be designed in a way to respect social distancing between the penalized athlete and the technical officials managing the area, as well as between other athletes present in the penalty box.

- Social distancing will be not be a reason for delaying the applied penalties.

FINISH AREA

- The finish tape will be disinfected between the races
- After crossing the finish line, athletes will be directed to a first recovery area, and after they ASAP will continue to the athlete's lounge to collect their bikes
- At the recovery area athletes will take water by themselves
- Timing chip removal will be done by the athlete, who must deposit the timing chip to a specific bin close to the exit of the post-finish area
- Medical area will be located next to the finish area
- Massage facilities not allowed

COVID-19 POSITIVE CASE MANAGEMENT

POSITIVE PRE-EVENT ANTIGENIC SWAB TEST CASE

- In case of positive result of antigen test LOC will provide possibility of PCR test, which will be made at the athlete/coach/support expense immediately after getting a positive antigen test result. Waiting time for PCR test result is approximately 24 hours.
- While waiting for the test result, tested person must remain in isolation.
- In case of confirmation of a positive result with the PCR test, according Polish Government guidelines, sick person have to spend 10 days in isolation or negative PCR test result.
- For more information please contact COVID Manager / alfred@fridrik.at

PROTECT YOURSELF AND OTHERS

WASH YOU HANDS OFTEN

- Remember to often wash your hands using soap. If it is impossible, disinfect them with alcohol- based (at least 60%) liquids/gels. The virus can be transferred from infected surfaces on the hands, so you lower the risk of infection by washing your hands often. Avoid touching eyes, nose and mouth.

KEEP SAFE DISTANCE

- Keep at least 1.5-2 meter distance from other people.

PROTECT OTHERS IF YOU COUGH OR SNEEZE YOURSELF

- If you sneeze or cough, cover your mouth and nose with a bent arm or a tissue and immediately dispose of it into a closed bin. Wash your hands with water and soap or disinfect them with alcohol- based (at least 60%) liquids. Covering your mouth and nose as you cough and sneeze prevents germs, including viruses, from spreading.

REGULARLY WASH AND DISINFECT TOUCH SURFACES

- Wash surfaces often touched by many people, such as desks, counters and tables, door-handles, switches and handrails with water and detergent. All places which the household members often use should be carefully disinfected. Remember that microbes collect easily on mobile phones. Regularly disinfect your mobile phone (e.g. with wet wipes soaked with a disinfectant). Do not put a mobile phone on the table and do not use it as you eat.

PROCESS TO FOLLOW IN CASE OF COVID SYMPTOMS

In case of any COVID symptoms - stay alone and alert COVID Manager:

COVID Manager and MD	Dr Alfred Fridrik	alfred@fridrik.at
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