

ATHLETE'S GUIDE



The cover features a collage of triathlon images: a cyclist in a yellow jersey, a male triathlete in a 'BELLIDO ESP' singlet, and a triathlete in a pink singlet. The background is green with a repeating pattern. On the left, there are social media icons and the text '#EspañolaTriathlon' and 'BELLIDO ESP'.

CIUDAD AUTÓNOMA
MELILLA

melilla

MELILLA
SPORT
CAPITAL

3 de ABRIL de 2022

COPA DE EUROPA DE TRIATLÓN - Élite / Júnior

CAMPEONATO MEDITERRÁNEO DE TRIATLÓN

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Spain | Melilla | Europe

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1. GENERAL INFORMATION

1.1. 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 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 office regarding any changes in information included in this guide.

1.2. KEY DATES

DAY	START	END	ACTIVITY	LOCATION
02 nd	11:00	11:30	Bike Course Familiarization	Venue
02 nd	11:30	12:30	Swim Course Familiarization	Venue
02 nd	13:00	13:00	Athletes Briefing	Virtual
02 nd	17:00	19:00	Registration	Tryp Hotel
03 rd	13:45		Junior Women Event	Venue
03 rd	15:30		Junior Men Event	Venue
03 rd	17:15		Elite Women Event	Venue
03 rd	19:00		Elite Men Event	Venue

1.3. KEY CONTACTS

Event Director:	Jorge García jorge.garcia@triatlon.org
Race Director:	Javier Guillot triatlonmelilla@hotmail.com
Technical Delegate:	Andreas Galanos Andreas.galanos@gmail.com
Europe Triathlon Office:	Kathleen Smet etu_hq@etu.triathlon.org

1.4. CONTACT DETAILS

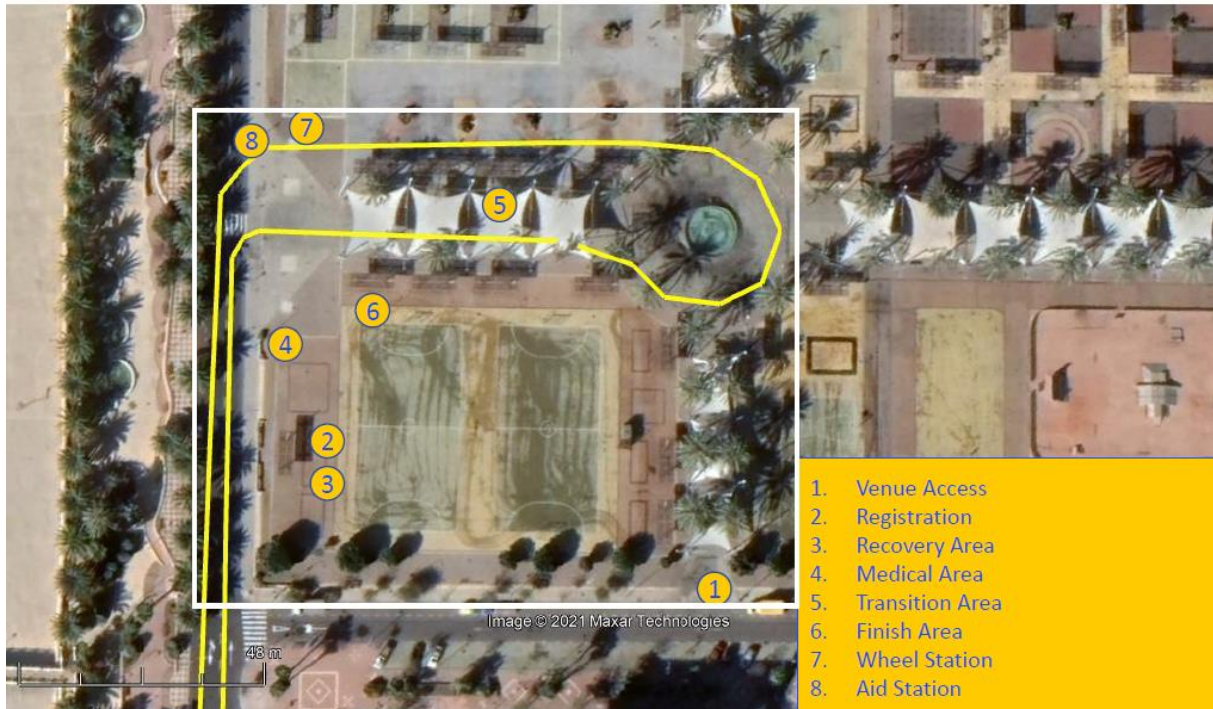
Spanish Triathlon Federation
Ferraz 16 3rdDcha
28008 Madrid

Project Manager
Juan Carlos Díez - juancarlos.diez@triatlon.org
+34 91 559 93 05

2. VENUE

2.1. RACE VENUE





2.2 COURSE FAMILIARIZATION

Swim course familiarization will take place on Saturday morning from 11:00 to 11:30; although the quality of the beaches, allow to swim at any time.

Bike course familiarization will take place on Saturday morning from 11:30 to 12:30.

2.3. ATHLETE'S LOUNGE

Will be allocated next to the recovery area. There will be a mechanical service, drinks, fruit.

2.4. ELITE ATHLETES' RACE PACKAGE

Athletes' race package will be distributed at the LOC Office (Tryp Hotel), on Saturday from 17:00 to 19:00.

2.5. DOPING CONTROL

Doping tests will be conducted according to World Triathlon/WADA rules. The athletes must carry their identification to the doping control facilities. The test will take place at the Official Hotel

2.6. SECURITY

Local Police from Melilla, Nacional Police and emergencies services will provide the security for the event.

2.7. LOC OFFICE

LOC office will be allocated at Official Hotel Tryp Melilla and will be opened from Thursday till Saturday, from 10:00 to 14:00 and from 16:00 to 20:00.

3. ACCOMMODATION

For information and booking, contact:

Carlos Cuadrado
Globalia Travel Agency
Carlos.cuadrado@bcdme.es

+34 91 399 01 79

4. TRANSFER AND TRANSPORT

For Visa requests, you must contact:

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

As the distance from the airport to the hotels in Melilla is short and taking a taxi is cheap, the LOC, due to the current situation, is not going to plan any transfer from the airport to the hotels and return.

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES



- Swimming pool: School La Salle "El Carmen"
Pl. San Juan Bautista de la Salle, 3, 52002 Melilla
<https://goo.gl/maps/3sqMA5KfLpdUVuQj7>

Training schedule:

8:00h to 10:00h

14:00h to 16:00h

20:00h to 22:00h

- The beach is open for swimming under personal responsibility.



Ride the bike in Melilla is possible, but due to the dimension of the city, it is important to avoid the city centre.



The best place to run is the promenade and the stadium

Estadio Municipal Alvarez Caro
C/ Explanada de Camellas

5.2. 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 must be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

5.3. BIKE MECHANICAL SERVICE

There will be bike mechanical service at the venue on race day

6. COMPETITION SCHEDULE

6.1. JUNIOR WOMEN

DAY	START	END	ACTIVITY	LOCATION
2 nd	13:00	13:30	Online Athlete's briefing	
2 nd	17:00	19:00	Race package distribution	Tryp Melilla Hotel
3 rd	12:15	13:15	Athlete Lounge check in	Venue
3 rd	12:45	13:30	TA check in	Venue
3 rd	13:00	13:30	Swim warm-up	Venue
3 rd	13:30		Calling area	Venue
3 rd	13:35		Athletes' introduction	Venue
3 rd	13:45		Start	Venue
3 rd	20:15		Award Ceremony	Venue

6.2. JUNIOR MEN

DAY	START	END	ACTIVITY	LOCATION
2 nd	13:00	13:30	Online Athlete's briefing	
2 nd	17:00	19:00	Race package distribution	Tryp Melilla Hotel
3 rd	14:00	15:00	Athlete Lounge check in	Venue
3 rd	14:30	15:15	TA check in	Venue
3 rd	14:45	15:15	Swim warm-up	Venue
3 rd	15:15		Calling area	Venue
3 rd	15:20		Athletes' introduction	Venue
3 rd	15:30		Start	Venue
3 rd	20:15		Award Ceremony	Venue

6.3. ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
2 nd	13:00	13:30	Online Athlete's briefing	
2 nd	17:00	19:00	Race package distribution	Tryp Melilla Hotel
3 rd	15:45	16:45	Athlete Lounge check in	Venue
3 rd	16:15	17:00	TA check in	Venue
3 rd	16:30	17:00	Swim warm-up	Venue
3 rd	17:00		Calling area	Venue
3 rd	17:05		Athletes' introduction	Venue
3 rd	17:15		Start	Venue
3 rd	20:15		Award Ceremony	Venue

6.4. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
2 nd	13:00	13:30	Online Athlete's briefing	
2 nd	17:00	19:00	Race package distribution	Tryp Melilla Hotel
3 rd	17:30	18:30	Athlete Lounge check in	Venue
3 rd	18:00	18:45	TA check in	Venue
3 rd	18:15	18:45	Swim warm-up	Venue
3 rd	18:45		Calling area	Venue
3 rd	18:50		Athletes introduction	Venue
3 rd	19:00		Start	Venue
3 rd	20:15		Award Ceremony	Venue

6.5. COMPETITION RULES

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

6.4. ATHLETE'S BRIEFING

The athletes briefing will take place virtual

6.5. TIMING CHIPS

On race day athletes will be given a timing chip, to be worn on the athletes' ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure.

6.6. RESULTS

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

There will be live results of the event (information to be updated in a later stage).

6.7. 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 wristband.

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

All accredited people are requested to always carry their accreditation with them and to show them upon request. Accreditations are mandatory to enter the venue.

8. OTHER USEFUL INFORMATION

LANGUAGE: Spanish

POPULATION: 86.026 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

SWIM START



SWIM COURSE

- Start procedures: beach start.
- The Race Referee with assistance of Technical Officials, who are assigned to the start, will start each race.
- 1 lap of 750 m.; clockwise course
- Average water temperature: 18°C

Swim Course

1 lap x 750 m.



TRANSITION 1

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in a bin placed beside the bike racks. Athletes' names and/or numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike by moving forward into the centre lane and towards the mount line. The racks will be horizontal.



BIKE COURSE

- 4 laps of 4,7 km.
- The course is totally flat.
- There will be one team wheel station, located inside the venue.

Bike Course

4 laps x 4,7 km.



TRANSITION 2

The second transition will be the same as the first one. Running shoes may be placed beside the rack or in the bin.



RUN COURSE

- 2 laps of 2,5 km.
- Totally flat.
- One aid station in the middle of the course that serves both sides of the course.
- The penalty box will be located inside the venue

Run Course

2 laps x 2,5 km.



10. COVID-19 Measures for Athletes and Coaches (Concept Paper)

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 LOCAL/REGIONAL AUTHORITY regulations, which is the authority with competencies in terms of health <https://covid19melilla.es/>

PROCEDURES TO ENTER IN SPAIN.

For arrival into Spain please check the most up to date information here <https://www.spth.gob.es>

If you require additional help, please contact Alicia García (alicia.garcia@triatlon.org)

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.

Careful management of the schedule and access times of the athletes will be implemented to access the competition areas with 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 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 in a suspicious case is identified. It is confirmed the protocol established now by the health authorities will be executed.

PARTICIPANTS' 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.

See the "TRAVEL" chapter of this guide for information about traveling to Spain.

Temperature checks will be carried out every day at the venue entrance.

Temperature higher than 37.5°C will be reported to the event's Medical Director and Medical Staff.

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.

Due to the current situation of the COVID-19, the World Triathlon Medical Committee has made mandatory for all athletes to submit a pre-event medical certificate for participating in the event:

- All individuals (except for the LOC, its volunteers and contractors) applying for an accreditation must fill in the online pre-event questionnaire through the link that is provided by the LOC
- ~~Additionally, to this, all elite/u23, para triathletes, 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. (After World Triathlon Medical Committee approval, the tests have been cancelled)~~
- 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	Process before traveling	Medical certificate before travelling	COVID-19 test at event	Daily health screening
Elite athletes					yes
U23 athletes	In case of stand alone event only			In case of stand alone event only	yes
Junior athletes					yes
Para triathlon athletes/ personal handlers/ guides					yes
Youth athletes	n/a	Respect the travel regulations set by the host country	Follow public health or World Triathlon request	Follow public health request	yes
AG athletes					yes
Coaches/team medical/ support NF personnel	In case of stand alone event only			In case of stand alone event only	yes
TDs /ITOs/NTOs/ Competition Jury	In case of stand alone event only			yes for the ones in close contact with the athletes; the others follow public health request	yes
IF/Continental Federation Delegations	In case of stand alone event only				yes
LOC/ Contractors	Follow public health request			Follow public health request	yes
Para triathlon swim exit assistants	In case of stand alone event only			In case of stand alone event only	yes

CLOSE CONTACT DEFINITION AND PROCESS TO FOLLOW IN CASE OF POSITIVE CASE

In case of a positive case, the Health Authority will take action according to the regional regulations on the specific date

USE OF MASK/MOUTH-NOSE FACE COVERING 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 laws will determine the use of mask for the LOC staff, volunteers and each contractors.

The use of rubber gloves is not mandatory.

ISOLATION TENT AND SUSPICIOUS CASE

During the event, if a Suspicious Case is identified:

- A surgical mask will be applied (provided or used?), preferably by the own Suspicious Case (need to clarify if athletes/team members must have their own and spares);
- That person will be taken to the Isolation Tent by a staff member;
- The Doctor in charge of the Isolation Tent will call Melilla Health Service (112) and follow the given procedure;
- The Isolation Tent will be provided with exclusive bathroom, sealed water and food, surgical masks, hand sanitizers and alcohol solution wipes.

VENUE AND EVENT STRUCTURE

All the information is in this guide

CLEANING AND SANITATION

In addition to the cleaning and sanitization measures already in place in common workplaces, further cleaning and sanitization of surfaces that most commonly come into direct contact with people are planned.

In specific entrance areas, products (disinfectant and paper) are supplied to perform self-sanitization of vehicles and workstations.

ATHLETES' SERVICES

Airport transfers

As the distance from the airport to the hotels in Melilla is short and taking a taxi is cheap, the LOC, due to the current situation, is not going to plan any transfer from the airport to the hotels and return.

Accommodation

We strongly recommend booking at the official Hotel (Tryp Melilla Puerto). All the official activities and LOC office will be located there, and is walking distance to the venue.

Training facilities

All the information is in this guide

Athletes' and coaches briefing

At World Triathlon events, all coaches' briefings are cancelled. The athletes' briefing is not mandatory.

All information about the race will be provided through WORLD TRIATHLON website.

Special rules for the race:

- The online briefing will be held on a date and time consistent with the World Triathlon Competition Rules and will either pre-recorded and available only on the events' website or take place online.
- If live, participants will attend the TD presentation and can contribute questions or feedback through the online Q&A function. If people cannot attend the session in real time, the presentation will be recorded and published on the World Triathlon website for later viewing.
- There are no penalties for those who arrive late or miss the online briefing.
- The race briefing will be available on the events' website.
- The TD will be available for any clarifications: Andreas Galanos (andreas.galanos@gmail.com)

Race package distribution

Race package to be collected between 17:00 and 19:00 on Saturday at the Tryp Melilla Hotel. The use of mask and social distancing is mandatory.

Course familiarization

All the information is in this guide

EVENT FORMAT

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.

START OF THE RACE: There will be enough in between races to warranty a proper time difference to minimize the time that men and women are together at the venue.

TRANSITION AREA: Bike racks will be traditional, and the distance between them will be 2 meters.

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

AID STATIONS: Only water will be provided at the aid stations. Volunteers will distribute the water to the athletes as usual.

PENALTY BOX: It will be organised in such a way as to ensure social distancing.

FINISH AREA: The finish tape will be disinfected between races. Photographers, TV, and Media will stay 20 m from the finish line. After crossing the finish line, the athletes will be directed to a first recovery area, and after they will continue to the athletes' lounge. At the recovery area the athletes will take the water themselves. Next to the finish area the medical area will be located.

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](#).

SPECIFIC RISK MITIGATION PLANNED

Arrival at the venue:

- All the accredited people will access to the venue, through the security gate, to warranty the control of the people that is inside the venue.
- All people will access to event with temperature log.
- Venue and courses will be completely closed with fences and authorized personnel.
- In the case of any suspicious case, the medical services will be notified.

Non-Essential Services: There will be no massage service.

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

Seating Areas: At this moment there are no restrictions in Spain.

Social Distancing: The recommendations of the health authorities, World Triathlon and the Spanish Triathlon Federation in their protocols will be followed.

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