

# COVID19 Protocol

## 2022 Africa Sprint Triathlon Cup Maselspoort

### South African National Championships

13 February 2022

#### 1. Individual responsibility

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

As part of the South Africa Covid 19 Entry Requirements, travelers aiming to enter the country must deliver a COVID 19 PCR negative test and answer a Traveler Health Questionnaire, which allows visitors to complete their itinerary and symptomatic data at any time from 2 days ahead of their journey, so authorities can gather relevant information about symptoms.

Respect the travel regulations set by the host country.

**COVID Coordinator:** For any question related with COVID restrictions and travel details please contact Christa Roestoff (e-mail [President@fstriathlon.co.za](mailto:President@fstriathlon.co.za)).

Measures to reduce the general risk of transmission from acute respiratory infections listed below:

- Anyone who feels unwell (i.e., fever, cough) should stay at home and keep away from the event until symptoms resolve. **Stay away from the event when ill!**
- Athletes should aim to keep at least two meters distance from other people,
- Alcohol-based hand-rub forms part of the athlete's race kit and must be presented before entering the venue. The container must be clearly marked with the athlete's name.
- 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 that feels unwell (i.e. fever, cough) should stay away from the event.
- Athletes will be requested to body mark themselves.

#### 2. WHO Risk Assessment and Mitigation Checklist for Mass Gatherings in the context of COVID-19

Triathlon events are mainly falling in the Very Low and Low categories but within the COVID-19 outbreak they could fall into the Moderate, High, or Very High-risk category.

This event is considered in the Low risk category.

- **LOW** Overall risk of transmission and further spread of COVID-19 in relation to the Mass Gathering is considered low. Recommend checking if mitigation measures can be strengthened. Small impact on events - can be managed with little impact on the event.

### 3. Participants' health screening (athletes, coaches, officials, LOC staff)

- 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.
- 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 Director and Medical Staff of the event.
- All athletes, coaches, officials and LOC staff participating in an event must fill in a Pre-Event Questionnaire upon arrival to the venue.
- The Pre-Event Questionnaire can be found in Appendix 1. [The pre-event questionnaire should be submitted to the Provincial Team Manager before registration, but not earlier than 24 hours before the event starts.](#)
- **In cases where this certificate is not provided, the athlete will not be allowed to compete.**

### 4. Use of mask/mouth-nose face covering and rubber/disposable gloves

- World Triathlon mandates the use of masks/mouth-nose face covering by volunteers, and officials and other accredited clients that are in contact with athletes (e.g., registration, transition zone, start area, post finish area). The use of face shields is strongly advised in areas with high risk, such as the finish line.
- Athletes are required to wear masks/mouth-nose face covering during any non-competition activity (e.g. registration, race package distribution/race package pick up). On race day, athletes should wear a disposable mask until the last minute. A garbage bin will be placed near the starting line so athletes can throw away their masks.
- The LOC is only responsible for providing masks/mouth-nose face covering and rubber/disposable gloves to its volunteers and staff along with a contingency amount for medical needs. All other accredited clients must bring their own equipment.

**(Please be reminded when wearing rubber/disposable gloves and masks/ mouth-nose face covering not to dispose of them in the regular garbage bins but only in the specific bins provided by the LOC.)**

### 5. Participants' conduct

The following measures are recommended to be in place:

- Daily health screening by participants.
- Physical (at least 2 meters) separation of athletes, officials, and support staff. Spectators should follow the social distancing rules that are requested by the Government of South Africa.
- Athletes are required to wear masks/mouth-nose face covering during any non-competition activity.
- 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 and be advised of the designated contact online or by telephone.
- Detailed contact details of each participant must be available to the organizing committee.
- Inform everyone involved with the event over 65 years old and any person with compromised health conditions of the greatest possibility for serious consequences in case of contamination and recommending them to take greater preventive measures or even not-participating.
- Athletes are advised not to be bare feet when moving around the venue facility.
- Spitting out of saliva before, during or after the race will lead to disqualification.

- Any participant that does not comply with the established prevention procedures around the COVID-19 protocols will not be allowed to participate in the event and will be asked to leave the venue.

## 6. Spectators' flows in venue areas (controlled accessed areas)

- Physical (at least 2 meters) separation of athletes, officials, and support staff.
- Spectators must wear masks/mouth-nose face covering from entering the venue until leaving.
- Be self-sufficient – bring your own hand sanitizer and refreshments.
- Arrive in good time to go through all necessary entry procedures, and plan where you wish to view the event ahead of time.
- Maintain good hand hygiene throughout; it is suggested that spectators bring their own hand-sanitizing gel.

### Advice on attending.

Before attending the event, parents are advised to check for any signs of COVID-19 symptoms. Parents should not attend if they present these symptoms:

- Temperature of + 38.0 cel / 100 far
- A persistent cough
- Loss of sense of taste and smell

## 7. Athletes' services

### Athletes' and coaches' briefing

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

Special rules for the 2022 AFRICA TRIATHLON CUP MASELSPOORT race:

- 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 (Jan Sterk: email: [jans@couzyn.co.za](mailto:jans@couzyn.co.za)) will be available for any clarifications.
- Clarifications may also be directed to the TD at the non-compulsory race briefing as indicated on the Competition Schedule.

### Race package distribution

The athlete must pick up the race pack in person at the venue as indicated on the Competition Schedule.

### Course familiarizations

- Course familiarization will take place on Saturday as per Competition Schedule.
- Official trainings are not planned.

### Transition zone (check in/out)

- The distance of 2m between athletes must be respected at the waiting area outside the transition zone.
- All equipment checks must be carried out as visual checks.
- 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.

- Athletes are advised to wear masks/mouth-nose face covering during the check-in process
- Only self body marking (AG) is allowed or tattoo race numbers provided by the LOC (Elite/U23 Juniors).
- Any minor bike maintenance (pump air, etc) should be performed by the athletes. The bike mechanics should perform only major maintenance. The tools used by athletes/bike mechanics must be disinfected after each use.

## Appendix 1: PRE-EVENT QUESTIONNAIRE

Name as shown in the passport or other ID	
Your permanent address (street/apartment/city/postal number/country)	
Your telephone number	
Your e-mail address	
Countries that you visited or stayed in last 14 days	

QUESTION - Within the past 14 days, have you...	Yes	No
Had close contact with anyone diagnosed as having Coronavirus disease COVID-19?		
Provided direct care for COVID-19 patients?		
Visited or stayed in a closed environment with any patient having Coronavirus disease COVID-19?		
Worked together in close proximity, or sharing the same classroom environment with COVID-19 patient?		
Traveled together with COVID-19 patient in any kind of conveyance?		
Lived in the same household as a COVID-19 patient?		
Been in quarantine?		
Tested positive to the swap PCR test?		
<b>Experienced any of the following symptoms now and in the previous 14 days:</b>		
Fever		
Cough		
Fatigue		
Difficulty breathing		
Conjunctivitis (Pink Eyes)		
Sore Throat		
Congestion/Coryza, Anosmia/Dysgeusia (nasal congestion, loss of smell and others)		
Chest Pain		
Headache		
Chills		
Nausea/Vomiting		
Diarrhea		

Are you vaccinated with a COVID-19 vaccine?		
If yes, please indicate	Date of 2 <sup>nd</sup> injection	Manufacture of the vaccine

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**Signature**

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**Date**