



# GUIDELINES

## SMART RACING – COVID-19

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Recent changes are highlighted in yellow

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## 1. GENERAL COVID-19 INFORMATION

### (a) Transmission

COVID-19 is highly transmissible from person-to-person and readily spreads to close contacts of infected individuals. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces (fomites), then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19. The virus can persist in the air for up to three hours and on a variety of surfaces for up to 72 hours.

### (b) Prevention

Pre-emptive low-cost interventions such as enhanced hygiene and social distancing measures reduce numbers of cases through several mechanisms. Social distancing decreases the risk of transmission by reducing incidence of contact while enhanced hygiene reduces disease transmission, if a contact occurs. Education of the public and enhanced medical resources have also been shown to reduce transmission.

### (c) Preparation for community and individual sport resumption

Prior to the resumption of community sport, it is important for sports clubs/groups to safely prepare the sporting environment. A thorough risk assessment must be carried out and preparation will be specific to the sporting environment. A resumption of sport activity should not occur until appropriate measures are implemented to ensure safety of community sport members. For more information please go to [“COVID-19 RETURN TO SPORT”](#).

### (d) Education

Education of community sport members about COVID-19 risk mitigation strategies is crucial.

Possible education measures include:

- [Good hygiene for COVID19](#) (e.g. regular and thorough [handwashing](#))
  - Keep cough covered (covering mouth/ nose with a tissue or sleeve during coughing/sneezing)
  - Self-isolation
  - [Advice for people at risk](#)
  - No sharing of drink bottles and towels
  - No sharing of equipment without an appropriate cleaning protocol
- Display appropriate education material within sporting environments and facilities
- Recommend community sport members download the Australian Government COVID-19 contact tracing app (COVIDSafe)

### (e) Vulnerable groups

Vulnerable groups such as para-athletes and others with medical conditions may be at increased risk. Those with associated medical conditions need individualised management in consultation with their regular treating doctor(s) prior to return to training/ racing environments. Considerations include increased susceptibility to respiratory infections, unique equipment (e.g. wheelchairs) that requires cleaning, accessibility of medical resources, risk of underlying medical condition, and access to alternate training options. Athletes/other personnel with concurrent medical conditions including; respiratory or cardiac disease, hypertension, diabetes, obesity and immunosuppression due to disease or medication may be at

increased risk. Other groups that require special consideration include; individuals over 70 years of age, carers for or a household contact of a vulnerable person, athletes with suboptimal access to medical care (e.g. remote) and Aboriginal and Torres Strait Islander Communities.

Potential interventions for vulnerable athletes/other personnel include:

- Delaying a return to sport
- Training scheduled at designated 'lower risk' times (i.e. with no one else around)
- Staff working off-site where possible
- Maintaining social distancing measures
- Exclusion of 'high risk' athletes/other personnel from the training environment.

#### **(f) Proposed criteria for resumption of sporting activity**

Initial resumption of community and individual sport will be governed by public health policy and Federal, State/Territory Government directives. It is worth noting that different States/Territories may permit the resumption of some sporting activities at different times, dependent on local COVID-19 transmission, resources and other variables influencing local policy. Even within a State/Territory there could be geographical variability. All community sporting organisations must ensure that the activities undertaken in training and competition are consistent with the applicable guidance from Local Public Health Authorities.

Three levels (Levels A, B, C) of sporting activities are recommended in the context of a COVID-19 environment (Table 1). For each level, permitted activities, general hygiene measures, and spectators, additional personnel considerations are provided as recommendations for community and individuals sport before the resumption of community or individual sport.

#### [Description of recommendations for Level A, B, C activities in community and individual sport](#)

## **2. RETURN TO RACING RECOMMENDATIONS**

The impact of coronavirus will undoubtedly have a long-lasting and significant impact on event planning and operations. The following recommendations are designed to provide a scalable application to all sizes and forms of endurance events. Race organisers are ultimately responsible for the safety and well-being of their event participants and should exercise discretion for how they implement these recommendations at their own events. Before holding an event:

#### **MANDATORY CONTROLS**

- Adhere to the mass gathering limitations set by local authorities
- Read TA guideline to comply with sanctioning and contact sanctioning officer if required
- Have plans in place for preventing, mitigating, responding to disease transmission
- For more information please go to ["COVID-19 RETURN TO SPORT"](#)

#### **(a) Three levels (Levels A, B, C) exist for the safe return to training & racing - [Appendix A](#)**

- A Solo or in pairs only. Consider remote programming. In pool water training if access to your own pool (consider using swim tether) or open-water only. Consider the use of wind trainer and treadmill for those in quarantine (who are medically well).
- B Avoid cycling in slipstream of others — maintain 10m from cyclist in front Avoid packs of greater than two. Avoid packs of greater than 2 running. Maintain social distancing while running. Use of communal pool with limited numbers.
- C Full training and competition.

### **(b) Participants communications and preparation for return to racing**

Participants must pre-monitor their health status continuously for 14 days before the event (including monitoring symptoms and taking temperature). Consider a pre-race medical questionnaire to be sent out to the participants to have completed 1-2 days prior to racing or alternatively get participants to sign a waiver confirming their full health.

#### MANDATORY CONTROLS

As the pandemic evolves, follow the advice and instructions of your state or territory Chief Medical Officer and consult with your Sanctioning Officer regarding scaling back or modifying your COVID-19 control measures.

Continue to regularly review and test your crisis management plans.

### **3. EVENT OPERATIONS**

The following provides guidance for event organisers holding events. The controls are correlated with the size of your event, should you have any questions, please contact your sanctioning officer. Event organisers may need to comply with state based, local or facility-based regulations.

#### **(a) Sanitisation Protocols**

Basic infection prevention measures must be implemented to protect all persons at your event. This includes but is not limited to:

#### MANDATORY CONTROLS

- At the venue display signage encouraging regular [hand washing](#) and sanitising
- Create enough hand washing and sanitising areas
  - Transition
  - Aid stations
  - Portable toilets
  - Finish line
  - Post-race recovery & food providers
- Extra rubbish bins placed around event venue
- Regular cleaning of high touch areas
- Advise athletes, staff, and spectators to stay home if they are feeling unwell
- Discourage use of other people's equipment, phones, tools, etc.
- Extra portable toilets
  - Provide sanitation options (hand wipes, sinks, sanitisers) outside portable toilets
  - Lower the ratio of athletes per portable toilet
  - Adding space between portable toilets to encourage social distancing
- Have volunteers available to monitor and restock supplies continuously

#### **(b) Venue Setup and Flow**

Promote physical distancing and mitigate person-to-person contact

#### MANDATORY CONTROLS

- Provide signage placed in key areas of venue encouraging physical distancing
- Add markings to the ground around potentially crowded areas

- Design venue in a way that allows for smooth flow and mitigates crowds
- Check points should be made as wide as possible

OPTIONAL CONTROLS

- Consider offering live athlete results and/or live video stream to YouTube or other internet streaming services to encourage spectators to watch and track athletes from home
- Have the race announcer make announcements periodically to remind spectators about guidelines and government regulations.
- **Restrict access of spectators where possible**

### (c) Event Medical and Safety Operations

Remember, gloves only protect the person wearing the gloves. Dirty gloves can transmit disease in the same fashion as dirty hands without gloves. Gloves should only be worn in key areas of food/fluid preparation, proximity to participants or other areas as necessary where transmission of disease or dirty substances is high.

MANDATORY CONTROLS

- With your medical provider develop event medical plan with attention to COVID-19 factors. Upload the plan in OSP (TA Online Sanctioning Portal).
- Request medical to be equipped to support patients with respiratory symptoms
- Staff members should be dedicated on constantly cleaning tables, chairs and other high touch areas. An additional consideration could be disposable covers on each of these items
- Ice baths must not be used
- Supply enough hand sanitiser, fresh towels and wipes, rubbish bins and other cleaning products
- Find a medical facility that manages COVID-19 infection and inform them about your event

OPTIONAL CONTROLS

- **Consider screening everyone that enters the venue**
- Consider a larger tent for medical and a separate isolation area/ tent for COVID-19 symptoms
- Consider cooling fans instead of ice baths
- Have medical staff equipped with thermometers, extra masks and gloves

### (d) Registration and race pack pickup

Registration and packet pickup procedures should be altered to promote physical distancing and mitigate person-to-person contact.

MANDATORY CONTROLS

- Consider what can be done online (eg. registration, payments, briefing, Q&A)
- Specific arrival times to the venue for certain groups of athletes
  - Registration
  - Transition drop off
- Race packs contents
  - Timing chips and straps must be disinfected before every use

OPTIONAL CONTROLS

- If possible, disposable chips should be considered (have a recycling plan in place)
- Race packs pick up
  - Consider run or bike shops to assist in dispersing the race packs
  - Consider a drive-through race packs pick up
  - Consider mailing race packs to athletes ahead of time
  - Consider having race packs at the bike racks
  - Allow single person pick-ups for multiple registrants without proof of ID
  - Hand out only competition-essential materials
  - Offer multiple/ designated pick up times
  - Include timing chip in the race pack if possible or create separate pick up area
- Body Marking
  - Only self-body marking / tattoos
  - Provide guidelines on how and where to apply body marking

**(e) Bag drop & equipment check**

MANDATORY CONTROLS

- Inform participants that they must anticipate delays as they may encounter a queue
- For collection of gear bags participants must show their bib number

OPTIONAL CONTROLS

- Consider self-service bag drop (physical distancing must be adhered to)
- Preferably no bag drops at the venue – inform athletes to bring only essential equipment
- Participants bag (equipment) should be put in a disposable bag (have a recycling plan in place)

**(f) Course familiarisations and swim warm-up**

MANDATORY CONTROLS

- If possible, participants should be given the opportunity to warm-up in the body of water that the race will take place while practicing physical distancing. This should be a structured and well thought out approach

OPTIONAL CONTROLS

- Shift course familiarisation to a virtual format
  - Drive the course and record
  - Use virtual 3D mapping with instructions
  - Standard map with extra instructions
  - Virtual webinar escorting viewers through the course using maps

**(g) Race briefings**

MANDATORY CONTROLS

- Run multiple, smaller briefings instead of one larger briefing

OPTIONAL CONTROLS

- Share race briefing information via social media and/or send by email
- Virtual briefings are recommended

**(h) Expo and partners**

Expo should be altered to promote physical distancing and mitigate person-to-person contact.

MANDATORY CONTROLS

- Extended hours / footprint to limit the number of people in one area
- Vendors to provide acceptable COVID-19 management (hygiene) plans
- Ensure a good hygiene practice at the expo

OPTIONAL CONTROLS

- Limit the number of expo vendors to allow more space
- Be upfront with sponsors/partners about limitations to the venue
- Defer to a later event in 2020 or 2021

**4. RACE OPERATIONS**

**(a) Transition area**

MANDATORY CONTROLS

- Set up and dismantling activities to be performed wearing work gloves
- Establish multiple and separate entry/ exit points for competitors checking in
- Limit number of people in the transition at any one time
- Areas will need to be sanitised prior to racing and once racing concludes
- All equipment checks will be only visual (technical officials at the transition entry)
- No one should touch or handle gear other than the participant
- Create wider entry/ exit during the race

OPTIONAL CONTROLS

- Create more space in transition (nominal 1,5m space between bikes)
- Consider temperature screening during check-in
- Alternating racking may be used
- Consider participants and volunteers to wear face mask
- Consider check in times for different age group participants
  - The time slot must be calculated according to the size of the transition zone, the number of athletes and the number of check-in gates

**(b) Start area**

MANDATORY CONTROLS

- Create larger start area and think about the flow (use corrals, signs, etc.)
- Use wave start vs. mass start

- Start time intervals where athletes are not permitted to gather outside of designated time

### (c) Swim course

#### MANDATORY CONTROLS

- Run smaller and more frequent waves, announce the waves in advance
- Discuss with lifeguards protective gear and safe rescue operations
- Timing mats/ check points should be made as wide as possible

#### OPTIONAL CONTROLS

- Inform Para athletes to bring their own support
- Exit showers are recommended if possible
- Rolling starts only, with “fastest to slowest” dispatch

### (d) Bike course

#### MANDATORY CONTROLS

- Provide the best possible athletes’ distribution on the bike course
- Minimise narrow points of the course where cyclists are forced to ride close to each
- Create wider mount and dismount line (to avoid bottlenecks)
- Timing mats/ check points should be made as wide as possible

#### OPTIONAL CONTROLS

- Events should be non-drafting (until further notice) with minimum 10m draft zone
- Wider road used and one-way looped course

### (e) Run course

#### MANDATORY CONTROLS

- Minimise narrow points on the course that cause participants to naturally run closer to each other
- Timing mats/ check points should be made as wide as possible

#### OPTIONAL CONTROLS

- Consider a looped course vs. out and back
- Increase the width of the run path
- Participants are recommended to avoid running directly behind each other

### (f) Mixed Relay exchange zone

#### MANDATORY CONTROLS

- A line must be drawn within the exchanging area. When the finishing athlete passes this line, the next athlete from the same team starts without any physical contact.
- Adjacent corridors must be provided for incoming and outgoing athletes
- Create large enough area for finishing athletes

### (g) Aid stations

#### MANDATORY CONTROLS

- Have extra cleaning and sanitation supplies at aid stations
- **Volunteers must wear gloves**
- Group volunteers into a group that only pours cups and a group that only hands cups out
- Add extra trash cans and bags next to the aid station to encourage participants to toss their used cups and other trash directly into bins

#### OPTIONAL CONTROLS

- **Consider providing volunteers with face masks (must be provided by the event organiser)**
- If possible cancel bike aid stations and encourage participant to bring their own water
- If a bike course aid station is necessary, only pre-filled bottled fluids should be used
- Consider small single serve mini-water bottles (have a recycling plan in place)
- Consider having participants to fill and utilise their own water bottles (designated tables)
- Do not provide any food
- Cups could be pre-poured and staged on a table close to the running lane
  - Plan for extra tables so there is a longer range for participants to grab a cup
  - Spread cups out to mitigate the chance of a participant touching other cups

### (h) Penalty box

#### MANDATORY CONTROLS

- ~~Use other areas to hand out penalties~~
- Technical Officials should wear gloves
- The area should be designed to respect physical distancing

### (i) Finish area

Finish area setup and procedures should be altered to promote physical distancing

#### MANDATORY CONTROLS

- Expand the size of the finish area to keep physical distancing and create smooth flow
- Post signage around the finish line encouraging physical distancing
- Encourage participants to keep moving and minimise spitting or nose blowing
- **Water should be handed to participants by staff or volunteers wearing gloves**
- Only dry towels may be given away at the completion of the race
- Finisher medals should be handed to participants by staff or volunteers wearing gloves
  - Medals should be awarded into the hand rather than around the neck
  - Completion certificates should be sent electronically
- Timing chip collection should occur outside the finish area to stop congregating participants
  - Have volunteers requesting that participants remove timing chips themselves
  - **Any volunteer retrieving timing chips should wear gloves**
  - Bins for timing chips placed at the collection area

#### OPTIONAL CONTROLS

- Consider spectator free finish area
- Consider not using a finish tape or use a disposable tape (have a recycling plan in place)

- Provide some chairs for people to sit and remove their own timing chips
- Consider face masks for volunteers in the finish area

#### Post-race food and vendors

##### MANDATORY CONTROLS

- Create a large area for food trucks and picnics to encourage physical distancing
- Vendors to provide acceptable COVID-19 management (hygiene) plans

##### OPTIONAL CONTROLS

- Consider not providing post-race food/ vendors
  - Make sure that athletes are aware prior to registering/ arriving to the venue
- Consider offering a voucher to claim post-race food at a local restaurant

#### (j) Awards and award ceremonies

##### MANDATORY CONTROLS

- Create larger waiting area and space around the podiums
- Avoid physical contact including but not limited to high fives, hugs, and handshakes
- Ask participants to retrieve their own awards (under staff/ volunteer supervision)

##### OPTIONAL CONTROLS

- Consider spreading out awards over several tables
- Consider posting awards

#### (k) Media

##### MANDATORY CONTROLS

- Consider limiting media and ensure physical distancing is adhered to
- Brief all media about physical distancing and movement around the venue

#### (l) Staff and volunteers at event

##### MANDATORY CONTROLS

- Remind staff and volunteers that official communications about the event is only to come from the race director or other appointed person in charge of media communications. Avoid speculations on event changes, participant or staff illnesses or injuries, or other variables surrounding the pandemic and its effect on the event
- Staff/ volunteers not feeling well must not attend the event
- Staff/ volunteers must be sent home if they arrive and are unwell
- Reduce staff and volunteers where possible but increase in key areas, as necessary
- Supply sufficient amount of hand sanitiser, gloves, water, food and sunscreen
  - Provide at least 2 pairs of gloves per staff member, including officials
- Encourage staff and volunteers to complete 'Infection Control Training - COVID 19' provided online by the Australian Government – [www.covid-19training.gov.au](http://www.covid-19training.gov.au)

OPTIONAL CONTROLS

- Have temperature checks available
- Supply face masks to staff & volunteers (always follow the Federal/State/Territory Gov. regulations)

**(m) Public safety and security**

Plans should determine who is allowed at the event or in specific designated areas. Adhere to the mass gathering limitations set by local authorities.

MANDATORY CONTROLS

- Consider none or limited number of spectators in accordance with your local government mass gathering thresholds (every State and Territory may have different regulations)
- Use multiple communication strategies to encourage [vulnerable groups](#) not to attend the event
- Create lines of communications between medical team, event organiser, event staff, participants, coaches and spectators
- Ensure staff understand that participant/ public/ volunteer who become unwell should be immediately isolated and given a clean disposable facemask to wear
- Identify access/ egress routes for medical personnel for ill patient removal
- Identify an area for someone with symptoms and provide a mask if available

OPTIONAL CONTROLS

- Consider screening temperature for everyone attending if practical
- Use different entrance/ exit for spectators and participants
- Should it be necessary, call the emergency contact and/or call the COVID-19 triage care hotline 1800 020 080

## RESOURCES

1. [AIS – The Australian Institute of Sport framework for rebooting sport in a COVID-19 environment](#)
2. [ITU – World Triathlon COVID-19 prevention guidelines for event organizers](#)
3. [USAT – Return to racing recommendations](#)
4. [AUS GOVERNMENT - How to protect yourself and others from coronavirus \(COVID-19\)](#)
5. [WHO - Key planning recommendations for Mass Gatherings during COVID-19](#)
6. [WHO – Q&A on Mass Gatherings and COVID-19](#)
7. [WHO - Generic Risk Assessment and Mitigation Checklist](#)
8. [SPORT AUSTRALIA - “Return to Sport” protocol](#)

These Guidelines have been prepared by Triathlon Australia (TA) in conjunction with, and the support of, all State and Territory Associations (STTA’s). This document is current from 03 June 2020 and will be updated regularly during this transition phase.

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