



GUIDELINES

SMART OFFICIATING – COVID19: TECHNICAL OFFICIALS GUIDE

DISCLAIMER

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1. GENERAL COVID-19 INFORMATION

(a) Definition and Symptoms

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019. COVID-19 is now a pandemic affecting many countries globally.

The most common symptoms of COVID-19 are fever, dry cough, and tiredness. Other symptoms that are less common and may affect some patients include aches and pains, nasal congestion, headache, conjunctivitis, sore throat, diarrhea, loss of taste or smell or a rash on skin or discoloration of fingers or toes. These symptoms are usually mild and begin gradually. Some people become infected but only have very mild symptoms.

(b) 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.

(c) 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.

(d) 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”](#).

(e) Education

The following educational tools should be acknowledged and adhered to by officials

- [Good hygiene for COVID19](#) (e.g. regular and thorough [handwashing](#))
 - Keep cough covered (covering mouth/ nose with a tissue or sleeve during coughing/sneezing)
 - Social distancing
 - [Advice for people at risk](#)
 - No sharing of drink bottles and towels
 - No sharing of equipment without an appropriate cleaning protocol
 - [Using a face mask correctly](#)
 - [Using gloves correctly](#) (pg 4 of WHO Leaflet)

Triathlon Australia (TA) recommends that technical officials (TOs) download the Australian Government COVID-19 contact tracing app (COVIDSafe) - <https://www.health.gov.au/resources/apps-and-tools/covidsafe-app>

2. RETURN TO OFFICIATING GUIDELINES

Although it is everyone's responsibility at an event to ensure they are abiding by social distancing measures, officials must lead by example. These guidelines will assist you in carrying out these measures and ensuring you put your safety first.

(a) Vulnerable groups identified:

Individuals/groups who are at greater risk or more serious illness if they are infected with coronavirus include:

- People aged 70 years and over
- People aged 65yrs and over with chronic medical conditions
- People with compromised immune systems
- Aboriginal and Torres Strait Islander people over the age of 50

Potential interventions for vulnerable officials include:

- Officiating in roles that are away from crowds e.g. away from Transition, Start and Finish lines
- Maintain social distancing measures
- Delaying a return to officiating (help with planning in the lead up to events instead)

If you fall under one of the vulnerable groups and are concerned about your return to officiating, please contact your STTA technical representative to discuss your options.

(b) Prior to the Event

- The Sanctioning and Technical Officer will contact the Race Director with officiating team options and confirm the team at least 30 days prior to the race where possible. The size of the team will depend on the event size/race format, official availability, and limiting travel where possible in order to ensure the officiating team is kept to the absolute necessary. The TD will work with the event organiser and ensure that they comply with the guidelines (see [TD Checklist-COVID19 Control Measures](#)).
- Familiarise yourself with the new procedures outlined in this document and the '[Triathlon Australia Guidelines – smart racing COVID19](#)' document
- If the event organiser has access to health screening facilities, officials should participate in this screening for each day that they officiate (eg. temperature measuring, etc.)
- Communicate with your Technical Delegate/Race Referee (TD/RR) or Chief Race Official (CRO) if you have any questions
- If you are unwell in any way, then advise the TD/CRO and do not attend the event
- Any official arriving at an event that is deemed to be unwell will be sent home immediately
- Officials are encouraged to complete the 'COVID-19 Infection Control Training' provided online by the Australian Government – www.covid-19training.gov.au

- We recommend you bring your own provisions so you feel safe at the event, these could include:
 - Hand sanitiser; soap; water; towel; tissues etc.
 - Any extra clothing or food supplies as there is no sharing at the event

(c) Arrival at the Event

- An official may be required to sign a waiver for the event organiser, confirming their full health before officiating at an event
- If the event organiser has access to health screening facilities, officials should participate in this screening for each day that they officiate (eg. temperature measuring, etc.)
- Report to the TD/RR/CRO and take up your role
- If you observe issues in your area in relation to the [Triathlon Australia Guidelines - smart racing COVID19](#), report this to your TD/RR/CRO
- ~~• Minimise what you bring into the field of play area and leave extra items in your car.~~
- Any shared equipment will be sanitised prior to the event, but if you are concerned, bring your own
 - Example: motorbike helmet; pencil/pen; yellow-red-blue penalty book

(d) Technical Officials Briefing/Debriefing

- Social distancing will always be applied
- ~~• For larger technical teams, smaller briefings with the chiefs of each area will be conducted. The chiefs will then brief their team. The same applies to the debrief at the end of the event.~~
- Alternatively allow officials to email their feedback to the TD/RR/CRO

(e) Transition Area Conduct

- Social distancing must be maintained as much as possible
- Consider wearing protective gear (face mask; gloves) if provided by event organiser
- Helmet and equipment checks are conducted visually from a safe distance and any adjustments must be done by the athlete
 - Example: helmet adjustment; brakes; handlebars
- Officials walking through transition will remind competitors of the social distancing guidelines. Remember that families will tend to congregate, so be positive and polite and ask them to comply.
- Once the event is completed, athletes leaving transition should be under the control of the event organiser/director
- Coordinate with the transition marshal if anything needs to be cleaned prior to or during the event. Any other issues report this to the TD/RR to address

(f) Technical Officials on the Swim

- In the start area, please assist participants in maintaining correct physical distancing and ensure spectators are doing the same. Work with the event team and announcer.

(g) Technical Officials on the Cycle

- If you have concerns about officiating on a motorbike, notify the TD/RR well in advance so you can be assigned another role at the event

- Any part of the motorbike that you will come into contact with will be sanitised prior to use.
- ~~Officials on motorbikes must wear an open face helmet with a face mask.~~ It is recommended to have your own motorbike helmet and gloves.

(h) Technical Officials on the Run

- Social distancing must be maintained as much as possible
- Confirm with the event team that borrowed bicycles have been cleaned prior to use
- Bring your own helmet, gloves, etc.
- If you have any concerns regarding aid stations or course crowding notify the TD/RR

(i) Technical Officials at the Finish and around the Venue

- Social distancing must be maintained as much as possible. Athletes should be guided through the finish area by marshals or medical

(j) Technical Officials departing the Venue

- If you wish to depart as soon as possible to minimise your contact with others, please inform your Chief, TD/RR/CRO before you leave

(k) Technical Officials at the Penalty Box

- ~~Technical Officials should have gloves and masks on~~
- Officials must remain at least 2m from the penalised athlete
- ~~If an official comes in contact with an athlete, they should replace their glove and use wipes to wipe the area of the body that was touched~~
- Penalised athletes shall not sign the penalty register
- Each Technical Official shall have his/her own stopwatch(es) and penalty register, which shall not be shared with anyone else

3. 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](#)