

COVID PROTOCOLS FOR THE BARBADOS NATIONAL TRIATHLON CHAMPIONSHIPS

Based on the guidelines from World Triathlon and the protocols issued by the Local Health Authorities, these are the COVID protocols we will be implementing and will be repeatedly communicating at the online race briefing and at the event. Strict enforcement will be applied and repeated infractions will result in time penalties and in some cases disqualification.

PARTICIPANTS' HEALTH SCREENING (ATHLETES, COACHES, OFFICIALS, LOC STAFF, VOLUNTEERS)

- 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.
- Pre-Travel and Pre-Event Health Checks for all incoming athletes will be utilized to ensure exclusion of those with potential additional risks (comorbidities, medications). In the event of an overseas competitor we will ensure the travel protocols established by the Ministry of Health and Wellness have been adhered to and that test result certificates are obtained.
- All athletes, coaches, officials, LOC staff and volunteers participating in the event will fill in a Pre-Event Health Questionnaire and submit it electronically prior to race day, on race day temperature checks will be performed upon arrival (a temperature above 38°C will be reported to the Medical Liaison).
- The LOC medical team (Urgent Care Mobile) will be responsible for establishing further protocols to deal with incoming event participants who may need to have their participation deferred or may be tested on-site and to ensure proper case management by competent authorities.
- In order to assist with contact tracing should it be required BFIT will maintain a master list of all athletes, officials, LOC staff and volunteers with address, email and phone numbers.

USE OF MASKS AND RUBBER/ DISPOSABLE GLOVES

- BFIT requires the use of masks by volunteers and officials that are in contact with athletes (e.g. registration, transition zone, aid station, start area, post finish area).
- Athletes are to wear masks 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, with a bag liner to be sealed, cleansed, & disposed immediately after the start of the athletes, will be placed near the starting line so athletes can throw away their masks. Athletes can also hand their mask to a family member.
- Volunteers and Officials will be provided with rubber gloves, face shields (where applicable) and hand sanitizing spray bottles will be widely available. The use of rubber/disposable gloves and face shields will be employed for the volunteers assigned

to the finish area, aid stations and medical staff. The LOC will communicate and frequently remind everyone of the proper use of masks and gloves.

MEDICAL PROVISIONS AND RECOMMENDATIONS

- Alcohol-based hand sanitisers will be widely accessible in all common areas.
- A digital thermometer (e.g. infrared) to check the temperatures of athletes, volunteers and officials.
- Persons who become ill or are suspected to be ill while at the event will be isolated and dealt with by the medical team on hand for the event, Urgent Care Mobile.
- Determine with the local health authorities where an individual diagnosed with COVID-19 will be cared for and isolated.
- The medical staff attending persons who are ill will wear a mask and rubber/disposable gloves, and dispose of them immediately after contact and cleanse thoroughly afterwards.

EVENTS' INSURANCE AND ATHLETES' WAIVER

- The event is covered under our public liability insurance policy.
- All participants have signed a waiver during registration and will be asked to sign off that they have read and agree to the COVID protocols for the event.

RISK COMMUNICATION AND AWARENESS

- All the provisions in place will be communicated clearly to all participants and spectators in advance through social media, websites and through BFIT's communication channels.

PARTICIPANTS' CONDUCT

- The following measures will be implemented:
 - Physical (at least 3 feet) separation of athletes, officials, and support staff.
 - Spectators will be asked, and constantly reminded, to follow the social distancing rules.
 - Athletes will be required to wear masks during any non-competition activity.
 - Sharing of equipment will be prohibited, in particular ensuring that water bottles and cups are not shared.
 - Anyone due to participate in the event who is feeling ill will be asked not to come to the venue and be advised of the designated contact online or by telephone.
 - Everyone will be briefed on the protocols during the online race briefing.
 - Detailed contact details of each participant will be available to the organising 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.

VENUE (BRANDONS BEACH)

- All working spaces and provided facilities will be organised in a way that social distancing is respected.
- At the entrance of each tent, alcohol-based hand sanitisers will be available.
- Hand washing facilities will be in close proximity to all the key accredited zones (athletes' area, VIP, media, working spaces, portable toilets, etc.).
- BFIT to provide disinfectant wipes disinfect portable toilets
- Closed bins for safe disposal of hygienic materials (e.g. tissues, towels, sanitary products) in all rooms must be provided.
- Participants will be advised not to be bare feet when moving around the venue.
- In the case of portable toilets (2), they will be spaced out and a queue system will be created for guaranteeing the social distancing. The toilets should be cleaned throughout the day at appropriate regular intervals according to the estimated number of users.

SOCIAL ACTIVITIES

There will be no pre-event social activities.

STAFFING (VOLUNTEERS, OFFICIALS, LOC MEMBERS)

- All training sessions will take place via online platforms or on site while respecting social distancing.
- The number of volunteers must be reviewed and kept down to the absolute necessary. It is expected 60 to 70 volunteers will be required.
- The working conditions will follow the recommendations from the Barbados Health Authorities, BFIT and the World Triathlon COVID-19 Prevention Guidelines for Event Organisers.

SPECTATORS' FLOWS IN VENUE AREAS (CONTROLLED ACCESSED AREAS)

- The event will be open to spectators. Social distancing will be respected in all the areas where spectators are located. The venue layout can accommodate multiple locations for spectator viewing.
- Spectators will be advised not to stop in narrow sections of the venue.
- There will be no grandstands provided.
- Any pedestrian crossing points with different directions will be at least 2.5 metres apart.
- We will be offering a live Facebook stream of the event in order to reduce the number of spectators in attendance on the day

MEDIA & PHOTOGRAPHERS' SERVICES

- Accredited media & photographers representatives will be limited, taking into account social distancing and the available space.
- The wearing of masks when interacting with people will be enforced.
- On the photo stand (ie. podium), a distance of 1m must be kept between the photographers.
- The media representatives will be subject to the same health screening process as the rest of the accredited groups.

TECHNICAL OFFICIALS

- Technical Officials will be directed to: » Avoid touching athletes » Respect the 3 foot 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 »

The Technical officials briefing and debriefing will take place online or an outdoor location that permits social distancing.

ATHLETES' BRIEFING

- The athletes' briefing is mandatory for all athletes.
- All race information will be provided to the athletes online. The attendees will be view-only and watch the presentation by the LOC Chairman. They will have the opportunity to contribute questions or feedback by the online Q&A feature. If people cannot attend the session in real time, the presentation will be distributed by email. Penalties will be given for missing the online briefing. The LOC Chair will be available for any clarifications by phone or email.

EVENT REGISTRATION

- Event registration is done online via Google Forms.
- In the event of cancellations refunds are posted to the individuals.

RACE PACKAGE DISTRIBUTION

- Race packages:
 - » All health measures will be in place for the preparation of the race packages.
 - » Timing chips and velcros will be disinfected according to the recommendation from the manufacturers.
 - » Athletes will provide their own masks, disinfectant wipes and rubber/disposable gloves if willing to use them.
 - » Only competition-essential materials will be included inside the race package (e.g no promo materials) whilst reducing packaging as much as possible.
- All athletes:
 - » The LOC will establish race packet pick up times in specific time slots according to numerical or alphabetical order. Packet pick up will occur at an outdoor location, the time slot will be calculated according to the number of athletes. The athletes' race number will be communicated to the athletes online or through an sms message.
 - » A distance of 3 feet between athletes must be respected when arriving to collect race packets. The spacing must be marked on the ground by the LOC.
 - » All volunteers managing the packet pick up process will wear masks.
 - » Athletes will be advised to wear masks during the packet pick up process.
 - » The athlete must collect the race packages in-person from the specified location in a 2-hour window, on a time that will be advised by the LOC.

COURSE FAMILIARISATIONS

- Course maps will be provided and discussed during the online briefing so there will be no in person course familiarisations. Athletes will have the opportunity to review the course in person on race day once the road is fully closed to traffic.

TRANSITION ZONE CHECK IN/OUT

- The technical officials and volunteers involved in the process will wear masks.
 - » The LOC will establish transition check-in times in specific time slots according to numerical order of the athletes' race number.
 - » The time slots will be calculated taking into account the size of the transition zone, the number of athletes and the number of check-in gates.
 - » The athletes will be encouraged to spend the least possible time setting up in transition.
 - » The distance of 3 feet between athletes must be respected at the waiting area outside the transition zone.
 - » Athletes will wear masks during the transition check-in process.
 - » Only self body marking is allowed or tattoo race numbers will be provided by the LOC.
 - » Any minor bike maintenance (pump air, etc) should be performed by the athletes at self servicing areas. The tools used by the athletes must be disinfected after each use.

COMPETITION EVENT FORMAT

- The event will be non-drafting.

START

- Based on the number of registrations the LOC will implement a rolling start system in specific start waves with the provision of a waiting area for the athletes respecting the social distancing.
 - » The start order will be determined by the LOC and all waiting athletes will be advised to stay away from the start area until the time of their rolling start wave.
 - » Exact time intervals will be given to all athletes and athletes are not allowed to line up outside of these times.
 - » The LOC will provide bins at the line up area for giving the possibility for the athletes to dispose of their face covering at the last moment.
 - » ***Based on 100 expected athletes the groups for the rolling wave start will be limited to 15 to 20 athletes per group starting 2 minutes apart from each other. The swim start area is on the beach and there is sufficient area to allow for groups of this size to social distance.***

SWIM

- Based on the size of the swim course and the expected number of athletes in the water at a given time the LOC will determine the number of life saving personnel in the water.

SWIM EXIT

- Athletes will exit the water and proceed along a restricted path towards the restricted transition area where the bicycles will be racked.

TRANSITION ZONE

- The bikes will be racked on metal A frame racks of 20 foot length.
- Athletes will be called into transition by their assigned start group for set up. Wearing a mask will be mandatory when athletes are setting up in transition.
- The LOC will provide each athlete a minimum of 3 feet of space in the transition and if two rows of racks are required the distance between two rows of racks will be 5m or more apart.

BIKE

- A non-drafting race format will be used.
- The course will be a 4km loop on Mighty Grynner Highway. Given the expected number of competitors the LOC anticipates the athletes will be adequately distanced on the bike course.
- Technical officials on motorbikes must wear an open-face helmet with a mask.

WHEEL STATIONS

- At the wheel stations, all wheels will be disinfected before being delivered to the specific location. An athlete in need of a spare wheel will be directed by a volunteer to the proper wheel which can be picked up by the athlete.
- The wheel that is left behind by the athlete will be disinfected by the volunteer before being deposited at the station.
- Volunteers must wear a mask and rubber/disposable gloves.

RUN

- The run course is a 2 or 2.5km loop on the Mighty Grynner Highway.
- The athletes will be advised to avoid running directly behind another athlete at a distance less than 4m. If the distance is less, it is recommended to be either at a 45-degree angle or alongside the other athlete and avoid facing each other.

AID STATIONS

- There will be no aid stations available on the bike course.
- All aid stations on the run course will operate on a self-servicing basis.
- A different team of volunteers will be allocated to placing water on tables to be picked up by the athletes and a different team for collecting the disposed bottles/cups.
- All volunteers will wear masks and rubber gloves.
- The length of the aid station will be increased from what was done in the past to allow more space for athletes to pick up water without interfering with other bottles/cups.
- Only water will be provided.

RELAY EXCHANGE ZONE

- A line will 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.

FINISH AREA

- The finish chute will be split into 1.5m wide finishing lanes to prevent the athletes from coming closer than this distance.
- No finish tape will be used.
- Timing chip removal must be done by the athlete, who must deposit the timing chip to a specific bin close to the exit of the post-finish area.
- Teams will not be allowed to congregate in a Relay finish.
- Medalist photo at the post-finish area is not allowed.
- The post-finish area must be longer with a distance of 20m from the finish line to the photographers' area.
- Following the finish, all athletes will be directed to an open space where they can social distance and have access to self provided recovery drinks and food.
- The medical tent will be located in proximity to the finish area with sufficient space to allow for social distancing.
- Massage facilities will not be provided.
- A minimum number of volunteers will be available to support the athletes and make sure that the athletes are not congregating at the post finish area. These volunteers must wear rubber/disposable gloves and masks.
- The use of face shields will be recommended for the finish area.

COMPETITION JURY HEARING

- The hearing of the Competition Jury, if required, will take place in a location where social distancing is respected.
- All members of the Competition Jury must keep 3 feet of distance from each other and the persons attending the hearing.

AWARD CEREMONIES

- No formal award ceremony will be held.
- The top three finishers (male and female) of each race will be allowed to take a podium picture and will be awarded on the podium.
- Top age group finishers will be given their awards on different days and times with pictures being taken and posted on social media.
 - » The podium blocks will provide 3 feet of distance between the awardees.
 - » Athletes will get on the podium and collect their awards from the presenter who will be wearing a mask, face shield and gloves. The athletes will also be required to wear masks during this process.
 - » For the Relay event, only a team representative will be invited to the podium, representing the whole team.
 - » Combined ceremonies with medalists from different categories on the podium at the same time are not allowed.
 - » Only one presenter will be allowed at the podium for the awards of the top three finishers. That person will not come in contact with the athletes, thus wearing a mask, shield and gloves is required.
 - » The volunteer must disinfect the awards tray between podiums presentations.
 - » Hand shaking or hugs between the athletes and/or presenter will be avoided at all times.

Additional information for the event.

- *Virtual Race Briefing will be given by Zoom on October 24 at 4:30 pm.*
- *Ample parking exists for athletes and spectators at the road going towards the Coast Guard and Flour Mill. Upon arrival at the venue a face mask should be worn (athletes, spectators and volunteers). Upon arrival all persons will have their temperature taken at the South & North entrances of the Field of Play. Athletes, volunteers and officials will then proceed to the second checkpoints "athlete check-in" or "volunteer check-in" located on Brandons Beach, where individuals will be lined up 3 ft apart (marked with disc cones) to undergo hand sanitization, persons will wait in line until called to the check-in table (wearing a mask) and their contact details will be verified in case needed for contact tracing. The check in time for all athletes is prior to the start of the first race at 5:00 am. Once checked-in physical distancing should be maintained.*
- *Urgent Care Mobile will be on site to assist with any medical related matters.*
- *Once an athlete is finished they should promptly leave the finishing area and put on their mask and maintain physical distancing. They can remain at the event as a spectator but must stay out of restricted areas and observe the spectator protocols and designated areas.*
- *Athletes are asked to bring their own water bottles and post race nutrition which are clearly labeled. These items can be held by family members but are not to be shared with athletes outside of their immediate family.*
- *Designated areas with restrictions will be: registration & check-in, start line, transition, finish area, first aid and isolation area.*
- *There will be multiple hand sanitizing stations for the duration of the event. Frequent Hand Sanitization is encouraged. Persons are asked to walk with their own personal hand sanitizer.*
- *Anyone with a fever or other symptoms are asked to remain at home.*
- *Elderly spectators who are "at risk" will be encouraged to stay home.*
- *Violations of the above protocols will result in:*
 - *Warning and request to correct*
 - *Suspension of event until corrected*
 - *Athlete penalization*
 - *Athlete disqualification*

If you have any questions or concerns please contact triathlonbarbados@gmail.com as soon as possible.

Thank you in advance for your understanding and cooperation.

