

Reviewed and Approved by GNL Return to Triathlon Plan April 14, 2021

RETURN TO SPORT PLAN

Introduction

All return to play guidelines and recommendations are subject to current Public Health Orders. Please consult current orders and alert levels for more [information](#) and for [specific information](#) relevant to sports.

Persons who have COVID-19, symptoms of COVID-19, have been in contact with someone with COVID-19 or COVID-19 symptoms, or have recently travelled outside the Province are prohibited from participating in any capacity in training or competition.

Triathlon is an individual, non-contact sport with most activities and competitions taking place outdoors. For indoor activities, non-medical masks (NMM) must be worn inside the facility; however, athletes may remove their NMM once the activity commences.

NMM must be worn by all participants (athletes, coaches, managers, officials, minor officials, organizers, and other staff) in training and competitive activities, with exemptions only for athletes during active training or competition. Temporary exemptions to the use of a NMM would apply to PA announcers and similar situations, where clear verbal communication is required (e.g., safety warnings), but every effort must be made to maintain physical distance at all times.

Alert Level 3

Individual Training

Outdoor training is encouraged where possible. When using an indoor facility, individuals should adhere to all physical distance and NMM usage requirements as established by the facility. Any close contact with other individuals during training should be limited to those within your household bubble. Coaches may provide individual training to athletes, or athletes from a single household, as long as physical distance between the coach and athlete(s) can be maintained.

Club or Group Training

Club or group training is not permitted under Alert Level 3.

Competition

Competition is not permitted under Alert Level 3.

Alert Level 2

Phase 1

Individual Training (March 29 – May 21)

Outdoor training is encouraged where possible. When using an indoor facility, individuals should adhere to all physical distance and NMM usage requirements as established by the facility. Any close contact with other individuals during training should be limited to those within your household bubble.

Club-based Training & Canada Summer Games Training Squad (March 29 – May 21)

Club-based training is approved when using the established sanctioning procedure. All participants in the training must sign a Declaration of Compliance/Pre-Activity Screening, as well as a Waiver. Participants in each training session must

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be recorded for contact tracing purposes. Such record should be compiled by one person or electronically and not by handing around a sign-in sheet.

Training group sizes must not exceed the gathering limits currently in force for indoor and outdoor activities, including athletes, coaches, and other personnel.

Outdoor training activities must maintain physical distance (except for individuals in your household bubble). There should be no sharing of items such as water bottles, etc.

Indoor training must adhere to the rules of the facility being used, including maintaining physical distance.

Club coaches and other personnel should adhere to the general guidelines described in the Introduction section while conducting training sessions.

Training leaders should be prepared for incidents which may require close contact with participants, due to a medical emergency by having appropriate PPE and sanitation available.

Group training activities of the Canada Games Training Squad will follow these club-based guidelines.

Competition

Competitions will not take place during Phase 1.

Phase 2

Individual Training (May 22 – June 30)

Same as Phase 1.

Club-based Training & Canada Summer Games Training Squad (May 22 – June 30)

Same as Phase 1.

The Canada Games Training Squad consists of 12 athletes, of which 4 are located outside of the Eastern Health region. Both Canada Games coaches are in the Eastern Health region. It is likely that a training camp will be scheduled for the full squad during Phase 2, which would be held in the St. John's area. Any travelling athletes, will be staying with their own families. Training activities will be conducted according to the group training guidelines as described for Phase 1.

Competition (May 22 – June 30)

Triathlon is an individual, non-contact sport in which most competitions are held outdoors in public spaces, such as parks, ponds, and roads. Competitions can be easily modified to improve physical distancing, and minimize the number and duration of possible contacts among participants.

Competition may be approved when using the established sanctioning procedures. In particular, the NTRS sanctioning process and use of the NTRS registration system is mandatory, in order to ensure proper documentation of safety procedures and a complete record of all athletes participating. Registration must be expanded to include all volunteers, officials, and other event staff who will be present at any event activities (including in-person meetings, kit preparation, kit distribution, etc).

All participants (athletes, coaches, volunteers, officials and staff) must sign a Waiver and a Declaration of Compliance as part of registration for the event. All participants must additionally undertake a pre-screening assessment before each day of event activities. Access to a venue or site may also include a temperature check.

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Event participants will be limited to residents of the health region where the event is taking place during Phase 2.g [With the exception of one event in Corner Brook in August, all currently scheduled triathlon competitions take place within the Eastern Health Region.]

Physical Distancing

Competition organizers must explain how the flow of athletes and event staff through the event will be controlled and monitored to minimize contact and maintaining physical distance to the extent possible.

The primary objective is to reduce the amount of interaction between individual participants, and the duration of any such interactions. Areas of concern during events where interactions are more likely to occur include:

- Kit assembly (individuals/groups working together to assemble kits)
- Kit distribution (athletes collecting kits prior to the competition)
- Check-in (screening, tracing record, equipment check, timing chip)
- Transition Zone (athlete preparation prior to competition start, during the competition, and after competition)
- Start (gathering for the start, athlete counts, actual start)
- Finish (timing chip collection, finisher medals, etc)
- Food/water stations

Organizers should consider how they will prepare these areas and activities so that interactions are reduced or eliminated. Examples:

- The distance of a competition could be shortened to eliminate the need for the event to provide food or water during the event and athletes can be advised to bring enough for their own needs.
- Transition zone space can be expanded, and/or the number of competitors reduced so that each athlete has sufficient space for (extra) social distancing.
- A race can be configured as a time trial, in which individuals start spaced apart by an interval in time. Or wave starts can be used to start small groups that can maintain physical distance at the start. Starts can be separated by category (age, distance, gender, etc.), so as to reduce the number of athletes starting at one time.
- Run and bike routes should be designed so that athletes are not turning around and moving so as to face other athletes.

Supporting documentation and diagrams addressing these issues are to be submitted as part of sanctioning.

Documentation must clearly address:

- check-in area size and arrangements
- transition zone size
- race start waiting area size and staging
- finish/recovery area size
- single-direction loops for run and bike courses
- minimizing bottlenecks, which may force athletes to come in close contact
- minimizing the number of staff and other volunteers interacting with each other and competitors.

Size of the Event

Group size for both indoor or outdoor competition, including athletes and all event-related staff, must comply with current public health orders for the size of gatherings.

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Large competitions which have several categories of competing athletes can separate categories into separate races, so as to remain within gathering size limitations. Such races would be spaced apart in time sufficiently, so that athletes from one category will have departed before the next category arrives to prepare to race.

Pre-race Briefing

The in-person pre-race briefing for athletes should be replaced with an online briefing (live or recorded), with a call-window opportunity for athletes to ask questions online or over the phone.

Race Packages

Race packages should be limited to essential items as much as possible, such as bibs, bike and helmet numbers, timing chips and straps, etc. Some items may be distributed digitally, such as sponsor coupons, etc. Package pick-up should be scheduled by bib # or name, so that the number of athletes present at one time is limited. Athletes and staff at pick-up must wear non-medical masks. Sanitation stations should be available for anyone entering the pick-up location. Pick-up should be organized to maximize maintaining physical distance and to reduce the interaction among staff, and between staff and athletes. A record of everyone attending pickup must be collected.

Non-Medical Masks (NMM) on Race Day

Athletes should wear a NMM mask while checking-in, preparing for the race, and after completing the race. Athletes must wear a NMM while waiting to start, and may only remove their NMM when called to the start line. Officials and other event staff should wear a NMM at all times.

Since athletes will be asked to discard their NMM near the start line, and then put on a NMM when finished, the event should provide athletes at check-in with a NMM to go to the start line. Athletes will be encouraged to bring their own NMM to wear for arrival at the event, and to put on after finishing, but the event should have an additional stock of NMM to assist where necessary.

Check-in

Check-in for the event should be scheduled by bib #, name, or start time, so that the number of athletes checking in at any one time is limited to the capacity available in the check-in area. Check-in should be held outdoors. Staff may be required to ensure that only those scheduled to check-in are given access to the check-in area and to disburse any early arrivals. Hand sanitizer stations should be available at check-in. Physical contact for inspections should be minimized and only when sanitary wipes can be used to disinfect contact surfaces.

Athlete Gear

Athlete's gear should be stored at their transition station rather than in any sort of gear storage area. Sufficient spacing should be provided at each transition station to maintain physical distance and gear storage space. Changing tents are not permitted; athletes must arrive at the event dressed in a manner that does not require a changing tent (either before or after their event).

Spectators

Spectators may be allowed for indoor competitions only in accordance with the rules of the facility. Spectators should be discouraged, but since most triathlons are outdoor events in public spaces, control of the locations and numbers of spectators may be problematic. Spectators should be encouraged to use suitably sized areas specifically set up for such purposes to maintain physical distance and with sanitation options present. Use of NMM should be encouraged, although enforcement will be problematic in public outdoor spaces. Staffing (with suitable protection) may be required to monitor and control spectator areas.

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Aid Stations

Events will optimally be reconfigured to eliminate the need for aid stations and athletes will be advised to bring enough food and drink for their own needs.

If aid stations are needed, then staff should wear suitable protection, including masks and gloves. Athletes should only touch the specific aid item they have selected from the aid station table. Food items (only for events greater than standard-distance triathlons) must be individually packaged. Liquids are to be served in individual cups prepared in compliance with food hygiene practices. Aid stations should be self-service with athletes taking the item from a table rather than having it handed to them.

Finish & Recovery Area

Once finished the race, athletes must move away from the finish line area as rapidly as possible. Any arrangements for official photos, removal of timing chips, etc. should have enough space to maintain physical distance. Only essential staff should be in the finish area and should use appropriate protective equipment including NMM and gloves.

The recovery area after the finish line should be outdoors (although a tent may be provided, in case it is required for medical treatment) and should only be intended to deal with post-race medical issues. There should be no food provided, with the exception of bottled water.

The finish area should be connected to the transition area, so that athletes can return to their gear and put on a NMM as quickly as possible after finishing. Organization of the transition zone and the scheduling of components of the event should be arranged, so that such athletes are not interfering/interacting with athletes still in competition.

Awards/Reception

Awards ceremonies and receptions are not allowed. Award recipients should be given a time/location to pickup their awards or arrangements for shipping of such awards should be available.

First-Responders

First responders may be required to come into close contact with a person in the case of a medical emergency. Any such emergency personnel should have appropriate training in the use of protective equipment and processes, and should have the necessary PPE for such purposes.

Phase 3

Individual Training (July 1 – August 31)

Same as Phase 1.

Club-based Training & Canada Summer Games Training Squad (July 1 – August 31)

Same as Phase 1.

The Canada Games Training Squad consists of 12 athletes, of which 4 are located outside of the Eastern Health region. Both Canada Games coaches are in the Eastern Health region. It is likely that one or more training camps will be scheduled for the full squad during Phase 3, which would be held in the St. John's area. Any travelling athletes will be staying with their own families. Training activities will be conducted according to the group training guidelines as described for Phase 1.

Competition (July 1 – August 31)

Same as Phase 2, with the exception that athletes from any part of the province may enter a competition.

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List of Potential Competitions

Mad Moto

July 4 or July 11

This is a new event proposed for 2021. It takes place on a mini-course consisting of 100m swim, 2.5km bike, and 1km run. The competition consists of a series of waves of up to 10 racers. Each wave takes about 15 minutes to complete, and wave starts are separated by 30 minutes. The setup is organized, so that each wave of racers flows through the competition without being in contact with other waves. Anticipated participation is 50 – 70 athletes.

Carbonear Triathlon

July 18

This annual event usually has between 60 and 80 competitors. The course consists of a 500m swim at Freshwater Pond, a 20 km bike course which ends at the Carbonear Collegiate parking lot, and a 5 km run which finishes on the track at the Carbonear Rec Complex. If the number of competitors exceeds the current group size restrictions, the field can be split by gender into two waves.

Humber Valley Triathlon

July 31 or August 1

This annual event usually attracts between 30 and 50 competitors. The course is in and around Pasadena Beach and is comprised of several races of different distances. The number of competitors in each race should be within any group size restrictions.

St. John's Triathlon

August 8 or August 22

This annual event usually attracts between 120 and 150 competitors and typically includes two races – a sprint distance (750m swim, 23km bike, 5km run) and a standard distance triathlon (1500m swim, 46km bike, 10km run). The course uses Healey's Pond and Rotary Park, Bennett's Road, and the roads circling Windsor Lake. The event has always employed two waves – one wave for the sprint racers, and one wave for the standard racers, and is usually close to a 50/50 split in numbers.

In 2021 several additional measures are being considered including:

- splitting each distance into two further waves by gender
- splitting the event over two days, with the sprint distance on Saturday evening and the standard distance on Sunday morning, with the potential to split these starts further by gender
- expanding the transition area by about 50%
- capping the number of competitors.

Paradise Triathlon

August 8 or August 22

This annual event takes place at Octagon Pond and the roads and trails in the area of the Paradise Rec Centre. Typical participation ranges from 70 – 90 athletes. If the number of competitors exceeds the current group size restrictions, the field can be split by gender into two waves.

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Open Water Swim Series

Wednesdays – July 7 to August 11

This annual series consists of a set of six swim races on consecutive weeks and is held at Octagon Pond. Competition is broken into three groups by age and capability: Elite, Senior, and Junior. Each group arrives, races, and departs in a different time slot from the other two groups – no two groups are present at the same time.

Elite: 20 – 25 athletes

Senior: 40 – 50 athletes

Junior: 40 – 50 athletes

Each group is further divided into two sections based on distance to be raced – 750m or 1500m. The two sections are kept separate and start in waves about 5 minutes apart.