

COVID PROTOCOLS FOR THE BAHAMAS TRIATHLON ASSOCIATION (BTA)

February 2022

Based on the guidelines from World Triathlon and the protocols issued by the Ministry of Health (Ministry of Health and Wellness Guidelines for Submitting Events for Approval during COVID 19 Pandemic) these are the COVID protocols we will be implementing and will be repeatedly communicating at the online race briefing and at any events. Strict enforcement will be applied and repeated infractions will result in time penalties and in some cases disqualification.

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

- All Athletes age 12 and over must be fully vaccinated and provide a negative Covid test result.
- 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 have been adhered to and that test result certificates are obtained.
- Transportation will not be provided to or from the event
- All athletes, coaches, officials, Organizing Committee (OC) staff and volunteers participating in the event show proof of a negative Covid-19 test or of being fully vaccinated.
- To assist with contact tracing should it be required, the Bahamas Triathlon Association (BTA) will maintain a master list of all athletes, officials, OC staff and volunteers with address, email and phone numbers.

USE OF MASKS

- BTA 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.
- Volunteers and Officials will all wear masks and hand sanitizers will be widely available. The OC will communicate and frequently remind everyone of the proper use of masks.



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MEDICAL PROVISIONS AND RECOMMENDATIONS

- Alcohol-based hand sanitizers will be widely accessible in all common areas.
- A digital thermometer 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 or sent home.
- Determine with the Ministry of 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.
- There will be an ambulance and EMTs on site at each approved event.

ATHLETES' WAIVER

- 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 in advance through social media, websites and through BTA's communication channels.

PARTICIPANTS' CONDUCT

- The following measures will be implemented:
- Physical (at least 3 feet) separation of athletes, officials, and support staff.
- Athletes will be required to wear masks during any non-competition activity.
- Sharing of equipment will be prohibited (bicycles, shoes, goggles, swim caps), 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 organizing committee.

VENTILATION

- The entire event will be held outdoors.

LENGTH OF EVENTS

- Each race is between 10 minutes and 2.5 hours depending on the race. An event comprises of multiple races and lasts 5 to 7 hours.



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RECURRENCE OF EVENT

- March 20th – Potcakeman Triathlon/Carifta Qualifier
- May 15th – National Championships/Carifta Qualifier/Commonwealth Games Qualifier

VENUE

- All events will be held outdoors at Jaws Beach. Permit applications have been submitted through the Department of Parks and Recreation.
- The Swim will take place in the Jaws Beach Bay
- The bicycle will take place on the “Albany Loop” (Western Road, around Clifton Pier and back to Jaws Beach entrance)
- All working spaces and provided facilities will be organized in a way that social distancing is respected.
- At the entrance of each tent, alcohol-based hand sanitizers will be available.
- Hand washing facilities will be available near the portable toilets.
- Bins for safe disposal of hygienic materials (e.g., tissues, towels, sanitary products) will 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.
- There will be signage reminding everyone to wash their hands, sanitize and wear masks.
- There will be security at the event to enforce protocols along with enforcing crowd control.

FOOD AND BEVERAGE

- There will be food and beverages available for athletes, volunteers and spectators.
- Food will be served by approved vendors
- Beverages given to athletes shall not be shared.

STAFFING (VOLUNTEERS, OFFICIALS, OC 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.



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- The working conditions will follow the recommendations from the Bahamas Health Authorities, BTA and the World Triathlon COVID-19 Prevention Guidelines for Event Organizers.

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.

SPECTATORS

- Spectators will be physically distanced during the event as they naturally spread along the beach and roads to watch the event.
- Spectators will show prove of a negative Covid test or be fully vaccinated.
- Spectators will not be allowed in the athlete areas.

HOUSEHOLDS

- Triathlon is a family event, so there are usually multiple participants from the same household.

DEMOGRAPHICS

- We have both males and females competing from ages 5 to 75.

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 OC 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. The OC Chair will be available for any clarifications by phone or email.

EVENT REGISTRATION



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- Event registration is done online.
- In the event of cancellations refunds are posted to the individuals or credited to the next event.

RACE PACKAGE DISTRIBUTION

- Race packages:
- All health measures will be in place for the preparation of the race packages.
- Timing chips and Velcro 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 OC 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 OCation, 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.
- 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 OC.

COURSE FAMILIARISATIONS

- Course maps will be provided and discussed during the online briefing so there will be no in person course familiarizations.

TRANSITION ZONE CHECK IN/OUT

- The technical officials and volunteers involved in the process will wear masks.
- The OC 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.



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- Only self-body marking is allowed, or tattoo race numbers will be provided by the OC
- 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

START

- Based on the number of registrations the OC 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 OC 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.
- 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 OC will determine the number of lifesaving 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 10-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 OC 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

- Given the expected number of competitors the OC anticipates the athletes will be adequately distanced on the bike course.

RUN



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- 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.
- 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.

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 in proximity to the finish area with sufficient space to allow for social distancing.
- Massage facilities will not be provided.



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- 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 masks.

- The use of face shields will be recommended for the finish area.

Additional information for the event

- Ample parking exists for athletes and officials. Upon arrival at the venue a face mask should be worn (athletes and volunteers). Upon arrival all persons will have their temperature taken. Athletes, volunteers, and officials will then proceed to the second checkpoints "athlete check-in" or "volunteer check-in", where individuals will be lined up 3 ft apart 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. Once checked-in physical distancing should be maintained.
- Once an athlete is finished, they should promptly leave the finishing area and put on their mask and maintain physical distancing.
- 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 is asked to remain at 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 Dorian Roach at president@bahamastriathlon.org or 424-8038 as soon as possible.

Thank you in advance for your understanding and cooperation.