

# TRIATHLON PEI 2020 COVID-19 RETURN TO PLAY PROPOSAL

Updated and modified September 4th, 2020 following review of original May 2020 plan by CPHO

## Section 1: Table of general precautions and office / operational policies required by CPHO:

Office policies for staff- symptoms and cleaning	We currently only have 1 staff member who is part-time and works from home as we do not have an office. For races, we will supply hand sanitizer at transition and registration areas and also thoroughly clean each bike rack after each race. The bike rack is the only equipment participants touch that is not their own (participants do not touch a section of the bike rack other than the section they have been assigned- it is against the rules of the sport)
Staff required to self-isolate if displaying symptoms	We currently only have 1 staff member who is part-time and works from home as we do not have an office. We occasionally have volunteer coaches who give clinics or training for a stipend and they are required to cancel the training if they are feeling ill. For any races we will also have signage at the entrance to our transition and registration areas indicating that no human being is allowed to enter if they have symptoms, have been in contact with anyone who has tested positive within the last 14 days, or have been outside of the Atlantic bubble in the last 14 days
Participants required to self-isolate	We use BOTH a template from Sport PEI AND a template from Triathlon Canada which all human beings must sign every time they participate, officiate, coach, or volunteer in any event. Both of these forms require human beings to attest that they do not have symptoms and will cease participation if they have symptoms. For any races we will also have signage at the entrance to our transition and registration areas that all human beings must not enter if they have symptoms, have been in contact with anyone who has tested positive within the last 14 days, or have been outside of the Atlantic bubble in the last 14 days
Contact tracing and tracking	Our events are open only to our members. Member information is kept in a Tri Canada database and contains name, phone number, address, and email. All members must sign up in advance and check in so we know who attended what events. Upon arrival they must also complete a 10-page packet of waivers based on templates and attestations provided by Sport PEI and Triathlon Canada.
Disinfection of frequently-touched surfaces	We are an outdoor and individual sport. The only equipment participants touch is their own (ex: their personal helmet, bicycle, water bottle), and during a race, a section of a bike rack that has been designated exclusively for their individual use. For this we would use a can of "Lysol" spray or "Lysol" wipes. Participants do not share equipment. Specific cleaning procedures during races that use/ rent indoor pool lanes will follow the protocol of the host facility.
Washrooms	As we are an outdoor sport, we use whatever washrooms are in the vicinity of where we are cycling or running, which means we use washrooms belonging to various facilities and abide by the rules for washroom use in those facilities. For any races, if we happen to have secured the use of a washroom for our use only, we will be sure to post a sign limiting admission to only 1 person at a time. Also, if we use the washroom of a facility during an indoor portion of our race (ex: an aquatic centre) we will follow all of their facility protocols.

Additional signage	We will put signage at our registration desk and in the transition areas of races to remind all humanity to keep 2 meters apart. The rules of triathlon prohibit drafting in our local races (ie: getting too close to another cyclist) and as our events are typically held outdoors there is plenty of space for participants to stay away from each other.
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## Section 2: Clinics and programs - modifications

Original Plan	Modification
Kids of Steel clinics- several younger kids with one or two adults supervising and training	Due to difficulty of keeping kids apart, this year we may offer a "parent-child" format. Clinics will be limited to 6 parents, plus 1-2 children per parent. Maximum 15 participants plus 3 coaches and 1 administrator. Group will be divided into 3 "groups", with 2 parents (and their children) in each group. Therefore, each clinic will have no more than 20 people involved, with participants only interacting in any significant way with a maximum of 9 people.
Kids of Steel clinics	If we do individual clinics for Kids of Steel, they will be limited to 6 participants and 1-2 coaches in order to ensure that the kids are kept apart. We may also put a lower end age cap so that only children who are old enough to understand social distancing can participate.
Kids of Steel stand-alone races	May not be able to pull these off this year. Too difficult to enforce social distancing among young children, and too many other people (parents, volunteers) needed. Small "mini-races" may be held in conjunction with the participant-capped parent-child clinics or mini Kids of Steel clinics referenced above.
Triathlon "camps" for older kids	Instead of extensive day-long or week-long camps insides with lots of participants, we'll offer 2 or 3 2-3 hour clinics with caps of perhaps 10 participants, with almost all activities taking place outdoors. Ex: teen clinic.
Yoga for triathletes clinic indoors	Yoga for triathletes clinic outdoors to allow human individuals to space out.
Early-season duathlons	"Virtual duathlon" where participants choose to do a race at their own time at a location of their choice and record their times.
Scheduled local races	Multiple adaptations - see separate table below
World Qualifier major race	Postponed until next year
Canada Games team training	Very few modifications required because we are an individual sport and at present have fewer than 6 athletes in training.
Bike repair and maintenance clinic	Virtual, since 1-2 participants can be on Zoom demonstrating and others watch, or now that indoor gathering limits have been lifted, a cap of 10 participants in a big space.

## Section 3: Modifications for races (Triathlons typically take place outdoors, unless the swim portion is moved inside)

### ALL EVENTS WILL REQUIRE SIGN-IN SHEETS FOR TRACKING, HAND SANITIZER, AND SIGNAGE TO KEEP 2 M APART

"Regular" season	Modifications this year
Many spectators & family members	Kindly request participants to limit family members and spectators, or ask them to stay in their cars and watch from their cars along the roads as the athletes run and cycle by. Have 2 levels of cordons / barriers for transition. Normally, the transition area and the areas by the start and finish line are roped off to non-participants anyway. This year, there will be a second perimeter so

	that other humans who are not active athletes, volunteers, or officials can't gather around these areas to watch. With such strict caps on participation this year, the number of potential spectators will also be drastically lower.
No participation caps	We will always limit the number of human beings in any way connected to our event to numbers below the cap in progress at the time of the event. We will cap athlete numbers low enough to allow for volunteers and safety personnel to be present and still be under the caps.
Many Volunteers in addition to participants	Ask participants to volunteer before or after so we can minimize the number of people who are "only" volunteers. We will also limit the number of services we provide (ex: no body marking, no food or water handed out) so we won't need as many volunteers.
Mass starts	"Wave" or "Staggered" starts ex: In open-water swim, participants line up 2 meters apart in the order in which they will be swimming. Every 30 seconds, one athlete runs/jumps into the water to begin swimming their race. OR In indoor events, where there is a cap of 4 swimmers at once in the pool, we will have 15 minutes in between each wave of 4 swimmers so that there are no more than 4 swimmers in the pool at one time. (Waves will be spaced out enough so that the first wave will be out of the pool and on their bikes before the second wave starts.
Super-sprint, sprint, and Olympic distances	Super-sprint distance only. Due to staggered starts/ waves, the events will take much more time than usual.
Food - "buffet" style	A bottle of water will be provided in registration packets. Because we are hosting only super-sprint distances this year, participants can go without food or bring their own. We will not be providing food at the event.
Water- handed out	A pre-filled individual water bottle to each athlete at registration.
Medal ceremony	No ceremony. Participation medals can be put in registration packets. Medals will be mailed or dropped off to the winners.
Transition- close quarters	Double the space and provide guidelines on ground. Because of the strict participation caps, we have more than enough bike racks to space out our transition or to offer 2 transition zones. We can Pre-mark individual transition "zones" for participants with little flags or tape on the ground so they know where to put their stuff without getting too close to others.
Body marking	None or DIY themselves BEFORE arrival
Timing chips	Disposable race bibs
Check-in desk	Check-in table will not have cash (must pre-register) and there will be a line on the ground that registrants have to stand behind. Whoever is checking people in will wear a mask and participants will be asked to wear a mask for check-in. There will be sanitizer available at the registration desk and it will be cleaned using "Lysol" products every 15 minutes.
No cleaning	Cleaning of bike racks, check-in desk. We will use "Lysol" products. No equipment is shared during a triathlon. Each athlete is allocated an individual space in the transition zone and is not allowed to touch other parts of the bike rack other than their own. At the end of the event, we will disinfect the bike rack with Lysol spray and wipes. We will disinfect the registration table every 15 minutes with Lysol wipes.
Washrooms	We use toilets belonging to other facilities (ex: TCAP Aquatic Centre and Bell Aliant Centre). We do not have our own facility, our own office, or our own washrooms. Therefore, we will abide by whatever policies are in place at the facilities we are using at the time. If we happen to have exclusive use of a facility (ex: Vernon River Community Hall), we will have signage for only 1 at a time in the washrooms and will mark spots on the ground to form queues. This year, we will not use any Porta-Potties for our training or races and will instead only hold races near facilities with running water toilets and COVID procedures in place.
Hand sanitizer	Coaches will be provided with a first aid kit with extra hand sanitizer during clinics. Hand sanitizer will be available at races in both the transition area and at the registration desk.

Contact tracing	<p>Our events are open only to our members. Member information is kept in a Tri Canada database and contains name, phone number, address, and email. Members and volunteers must sign up in advance for our event and check in upon arrival.</p> <p>The staff member and all athletes, coaches, officials, volunteers, safety personnel will be required to sign in and provide contact information.</p> <p>In addition, any human being who during the course of the event happens to come within 2 meters of the transition and registration areas used during the transition or registration process will also be requested to sign the contact log.</p> <p>Upon arrival all participants (athletes, volunteers, our 1 staff member, and officials) must also complete a 10-page packet of waivers based on templates and attestations provided by Sport PEI and Triathlon Canada.</p> <p>Records will be kept for one month to facilitate contract tracing in the event of an outbreak. These records will be quickly retrievable 24/7 as they will be kept in the home of our one staff member (for events) or at the home of the team manager (for Canada Games practice sessions). They will be stored in a safe, secure location for one month after creation of the records and then disposed of using a shredder to maintain the confidentiality of participants.</p>
Signage	Extra signage- Signage will be in place at the registration desk and at the entrance to the transition zone to remind people to social distance.