

## 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](#).

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 Atlantic bubble are prohibited from participating in any capacity in training or competition.

Triathlon is grouped in the “moderate or brief contact sport” [category](#). For indoor activities, non-medical masks must be worn inside the facility; however, athletes may remove their mask once the activity commences (as athletes leave the change room to commence warm-up activities).

Coaches, managers, and other team personnel who may be verbally interacting with athletes should wear a non-medical mask while coaching indoors, or when close contact is required outdoors. Officials may wear non-medical masks while officiating. Officials should always wear a non-medical mask while moving through an indoor facility and not actively officiating. Minor officials and event staff should maintain physical distance from other minor officials and event staff.

## Return to Play – Training

### Individual Training

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

### Club-based Training & Canada Summer Games Training Squad

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 be recorded for contact tracing purposes. Such record should be compiled by one person 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 distancing (except for individuals in your 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 physical distancing.

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.

## Return to Play - Competition

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.

All participants (athletes, coaches, volunteers, officials, 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.

### 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 maintain physical distancing to the extent possible. Supporting documentation and diagrams are to be submitted as part of sanctioning. Considerations include:

- wave starts
- separating an event into multiple age group events with different start times
- check-in area size
- transition zone size
- race start waiting area size
- finish/recovery area size
- single-direction loops for run and bike courses
- minimizing bottlenecks which may force athletes to come in close contact

### 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.

### 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 pickup should be scheduled by bib # or name so that the number of athletes present at one time is limited. Staff at pickup should wear masks and gloves, and sanitation stations should be available for anyone entering the pickup location.

### Check-in

Athletes should wear a mask while checking-in, preparing for the race, and after completing the race. Athletes may remove their masks when leaving the transition area to go to the start line waiting area for their scheduled (wave) start time. Officials and other event staff should wear a mask at all times.

Check-in for the event should be scheduled by bib # or name 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 outdoors.

Staff may be required to ensure 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 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 distancing 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. As 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 social distancing and with sanitation options present. Use of masks should be encouraged. Staffing (with suitable protection) may be required to monitor and control spectator areas.

## Aid Stations

Staff at aid stations 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 as rapidly as possible. Any arrangements for official photos, removal of timing chips, etc. should have enough space to maintain physical distancing. Only essential staff should be in the finish area and should use appropriate protective equipment including masks and gloves.

The recovery area after the finish line should be outdoors. Any food provided must be individually wrapped – no buffet style selection. All items should be self-serve. Multiple stations should be provided to prevent athletes from bunching up or lining up. Staff should wear suitable protection and should not interact with athletes.

## 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.