

## TRIMORE Sport Events "360° Total Care"

### 1. Organizing Secretariat

- 1.1 Team temperature Check and questionnaire – file.
- 1.2 Safe distance keeping (among organizers / athletes / visitors) and additional outdoor service.
- 1.3 Frequent hand hygiene.
- 1.4 Use of a mask in order to prepare Athletes Kits and when serving people.
- 1.5 Use of gloves in order to prepare Athletes Kits and when serving people.
- 1.6 Prohibiting entrance in the container (written marking).
- 1.7 48hour quarantine for material received before usage.
- 1.8 Keeping a record of athletes who receive an Athletes kit to make sure that they don't have symptoms and do not have been in contact with a person who has COVID-19.
- 1.9 Availability of hand sanitizer / antiseptic at the entrance and inside the secretariat container.
- 1.10 Availability of separate storage box for gloves and masks (with bag and lid).
- 1.11 Contactless payment card transactions.
- 1.12 Option for Athletes kit delivery by courier service.
- 1.13 Communication via Viber live chat during the event to avoid physical contact with the secretariat.

### 2. Race Brief - Inspirational Speeches

- 2.1 Sharing via e-mail and publishing YouTube videos on social media.
- 2.2 Integrating content with instructions on sanitary issues.
- 2.3 Committing athletes for mandatory monitoring.

2.4 Held under tent if possible.

2.5 Last minute race brief keeping safe distances and projection on led screen.

### 3. Transition zone

3.1 Setting up with distances (min 4 meters between racks and 3 bikes max).

3.2 Control and instructions upon entrance.

3.3 Overseeing rules and instructions.

### 4. Setting up and dismantling Athletes' village and staff positions

4.1 Programming and planning labor.

4.2 Working in couple keeping safe distances.

4.3 Frequent hand sanitizing.

4.4 Use of personal tools to avoid sharing them and COVID-19 propagation.

### 5. Planning Athletes' Village Site

5.1 Safe distances between sponsors.

5.2 Instructions and signs to avoid overcrowding.

5.3 Controlling overcrowding.

5.4 Locked exhibition vehicles.

5.5 Providing hand sanitizer.

5.6 Installing instructions signs.

### 6. Guarding gear and athletes swimming bag

6.1 Creation of a special area with restricted access organized by 50 seats each. Big entrance to accommodate large number of volunteers.

- 6.2 Layout with sufficient spacing for large attendance.
- 6.3 Use of mask and gloves for management volunteers.
- 6.4 Large number of volunteers for faster service and help avoid overcrowding.
- 6.5 Setting in numbered position only by holding handle/rope.
- 6.6 Urging athletes to pick their gear upon finishing.
- 6.7 Replacing mask and gloves during the race and before new service.
- 6.8 Delivering gear holding it only from handles/rope.

## 7. Race start

- 7.1 Swimming, from land, in groups of 50 athletes keeping a 1.5 m distance between them.
- 7.2 Swimming, from sea, in groups of 20 athletes keeping a distance of 1.5m between them.
- 7.3 Running from and back to the arch in groups of 10 athletes keeping a distance of 1.5m between them. Athletes wear a mask while getting to the line which they dispose right before the race starts in specific bins.

## 8. Toilets-Locker rooms

- 8.1 Meticulous and frequent (every 15 min) sanitizing of the toilets.
- 8.2 Providing soap and hand wipes.
- 8.3 Providing hand sanitizer outside of the toilets before and after each entry.
- 8.4 Providing garbage bins with foot pedal.
- 8.5 Disposal of mask and gloves before and after each entrance.

## 9. Results announcement

9.1 Publishing results online so athletes can have real time access through their smartphones.

9.2 Possibility of submitting real time score objections online.

9.3 Prohibiting access to the timing office.

## 10. Supplies

10.1 48hour quarantine of supply material.

10.2 Loading and unloading only by specific staff wearing mask and gloves.

10.3 Delivery and placement by specific staff wearing mask and gloves.

10.4 Reception and distribution by local volunteers wearing mask and gloves. Once the crates have been opened, volunteers must change gloves and reentry the premises with new ones.

10.5 Providing supplies to athletes wearing mask and gloves.

10.6 Disposal of empty boxes and crates in recycling bins.

10.7 Masks and gloves are worn off before entrance to the athlete's village and disposed in special bins.

## 11. Finishing-Medals-Recovery

11.1 Finishing medals (which have been quarantined for 48hour) are transported in closed boxes by volunteers wearing mask and gloves.

11.2 Medal boxes are positioned next to the finishing lines, closed.

11.3 Boxes are opened with worn gloves, but new ones must be worn to handle their content.

11.4 The athlete receives the medal which offered to him and he wears it himself around his/her neck.

11.5 Water has been provided safely on tables for the athletes to pick up on their own.

11.6 After finishing, and following volunteers' instructions, athletes are headed to the recovery area.

11.7 Any recovery food or gear is safely positioned on tables for athletes to pick up on their own.

11.8 Poofs are positioned in predefined areas.

11.9 Volunteers sanitize each poof after every use by an athlete.

11.10 Recovery massage out of the recovery area with responsibility of the provider.

## 12. Award ceremony

12.1 Safe transport, safekeeping and distribution of medals.

12.2 Choice of outdoor space suitable for safe distances.

12.3 Urging crowd to keep safe distances.

## 13. Parallel activities - Children activities

13.1 Prediction of non-overcrowding in areas (slow walking, chess, yoga, laser run, running relays, etc.).

13.2 Safe distance prediction between areas (chess, yoga, etc.).

13.3 Starting groups of 5 max in children land races, 10 max in children sea races, keeping safe distances.

13.4 Overseeing safe distance between spectators during activities.

13.5 Avoid contact between volunteers, children and spectators.

13.6 Sanitizing any gear to be used by children before every use.

## 14. Areas for First Aid-lifeguard and rest of assistance crews

14.1 Specific kiosks for land and sea rescue crews.

14.2 Prediction of safe distance between persons.

14.3 Use of new mask and gloves for every intervention.

14.4 Prediction for non-common gear as well as special common gear management.

15. Volunteers moving

15.1 Prediction on management training.

15.2 Prediction of sufficient space during preparation.

15.3 Use of disinfected buses with restricted access to avoid overcrowding and sufficient distancing between passengers on board.

15.4 Mandatory use of mask and gloves before boarding and until exit of vehicle.

16. Lending cars to elite/pro athletes

16.1 Overseeing correct cleansing and decontamination of the vehicle before car delivery.

16.2 Mandatory use of face mask and gloves from staff delivering cars.

16.3 Same procedure to be followed by athletes picking up a car.

17. Prompting individual responsibility

17.1 Indications, instructions rules and guidelines via site, social media and direct e-mail communication.

17.2 Urging anybody who is or was previously ill or weakened for any reason whatsoever not to participate to the event

17.3 Urging anyone who has been in contact with a COVID-19 case not to participate to the event.

17.4 Urging anyone who was affected by COVID-19 not to participate to the event.

17.5 Urging everyone to wear a face mask and use antiseptic gel located in visible spots across the Athletes' Village.

17.6 Informing about the score overview and e-objection procedures.

17.7 Informing about YouTube Race Brief and its importance.

17.8 Informing about Transition zone rules and gear safe keeping area.

17.9 Informing about Secretariat and rules.

17.10 Informing about Viber live chat and its informative role.

## 18. Medical aid/Ambulance

18.1 Every intervention will be manned by an ambulance crew except for COVID-19 cases for which specific procedures have to be followed as instructed by the Ministry, with special ambulances and emergency call to 1135.

18.2 The medical team use its medical gear as indicated by their health protocols.

## 19. Volunteers new responsibilities-training

19.1 Training about personal hygiene before, during and after the activities.

19.2 Training about enforcing rules for athletes and crowd.

19.3 Training about clean areas and waste disposal.

## 20. Health evaluation

20.1 Athletes must provide a health check evaluation upon inscription or before the race.

20.2 Athletes having previously contracted COVID-19 must provide an extra health evaluation by a cardiologist attesting the virus has not created any cardiovascular damage, which prevents them from participating in any physical activity.