

Athletes Guide

Dear triathletes,

The summer months are probably the most beautiful for every sports enthusiast, as it is easy to get active in nature. Whether in the water, on the bike or on the running track - exercise is good for you! The warm season also brings with it the competition season and with it the sporting competition with others.

In this context, the Junior European Cup offers the best opportunities to compete with others at the junior level and to gain international experience. That's why I'm

very happy that the Junior European Cup is stopping over in Germany again. The last time, in 2011 also in Düsseldorf, athletes like Jelle Geens, Justus Nieschlag or Leonie Periault were competing, who today all belong to the world's best in the short distances. Therefore, eleven years later, the spectators along the course can once again expect to experience the stars of tomorrow up close.

© DTU/Jan Papenfuss

Apart from the pure sporting comparison, such a sporting festival also offers the youth many opportunities to come into contact with athletes from other nations and to make friends. The recent past has taught us exactly how important this exchange at eye level is. Sport can overcome borders, build bridges and thus create the basis for peaceful coexistence in Europe and the world.

I wish all the young athletes, their coaches and also the organisers of the city of Düsseldorf an event with top-class races that will whet their appetite for more triathlon and more togetherness.

Yours, Prof. Dr. Martin Engelhardt
President, German Triathlon Union



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1. GENERAL INFORMATION

1.1. INTRODUCTION

This Athlete's Guide is to ensure that all athletes, coaches and Team Leaders are well informed about all procedures concerning the Europe Triathlon Junior Cup Düsseldorf 2022, which will take place on 19th June 2022. There will be an information stand on the lawn in front of the NRW state parliament.

All the latest information can also be found on our website and Facebook page.

Final information will be communicated at the athlete briefing on the weekend of the event.

Website: <https://www.psd-bank-triathlon-duesseldorf.de/>

Facebook: <https://www.facebook.com/PSDBANKTriathlonDuesseldorf>

1.2. KEY CONTACTS

Sonja Oberem, Race Director

E-Mail: Oberem@d-sports.de, Phone: +49 (0) 171 7724597

Lorand Kalotai, Technical Delegate

E-Mail: kalotai.lorand@gmail.com

Lutz Steinmann, Assistant Technical Delegate

E-Mail: lutz@steinmann-wf.de

Maike Hendelkens, Project manager, Athlete services manager

E-Mail: hendelkens@d-sports.de, Phone: +49 (0) 151 15764635

Europe Triathlon office

E-Mail: etu_hq@etu.triathlon.org, Phone: +32 (0) 478 825456

1.3. CONTACT DETAILS

The organizer is D.SPORTS/D.LIVE

D.LIVE GmbH & Co. KG

Arena-Str.1

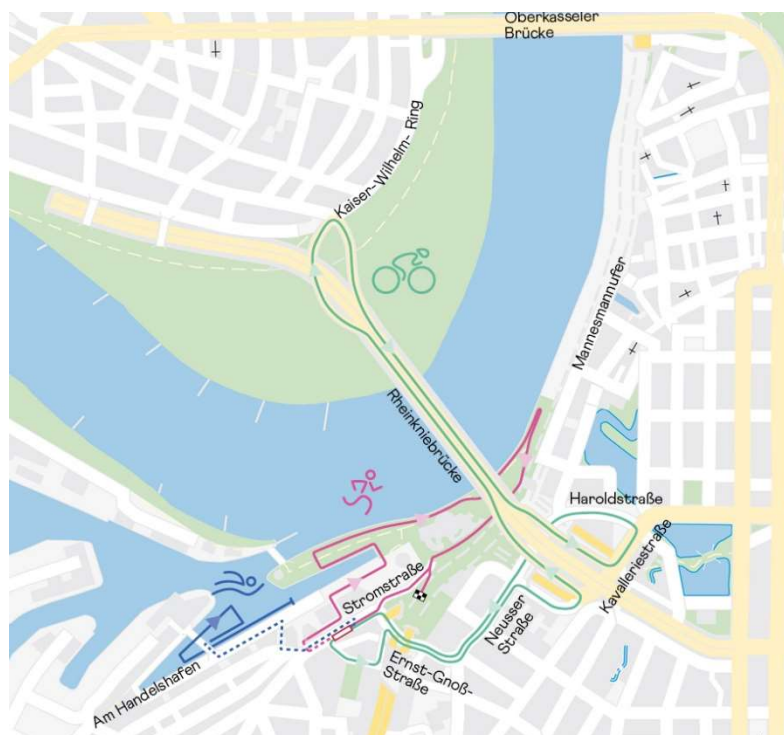
40474 Düsseldorf

E-Mail: info@d-sports.de

2. VENUE

2.1. RACE VENUE

Medienhafen Düsseldorf
Neuer Zollhof
40221 Düsseldorf



2.2 COURSE FAMILIARISATION

On Saturday, 18.06., from 16:00 to 17:00 swim course familiarisation. It's also possible to practice the swim exit and the ramp.

2.3. ATHLETE'S LOUNGE

The Athlete's Lounge will be located near the finish area, on the Landtagswiese, 250m from the Transition Area.

A recovery zone is also on the lawn in front of the NRW state parliament.

Our partner for physiotherapy is:

re.ac.me

Grafenberger Allee 125

40237 Düsseldorf

Phone: (0211) 875 47 93-0

info[at]reacme.de

www.reacme.de

More detailed information on booking a physiotherapy appointment on site will be sent to you shortly.

2.4. Junior ATHLETES' RACE PACKAGE

Athletes can get their race package in a conference room of the INNSIDE Hotel Düsseldorf Hafen Saturday, 18.30 - 19.30.

2.5. DOPING CONTROL

Doping tests will be conducted according to TRI/WADA rules. The athletes must carry their identification to the doping control facilities.

The doping control will be carried out on the NRW State Parliament premises. The rooms will be marked.

2.6. SECURITY

Safety during the whole competition will be guaranteed by a specific Security Plan. In the swim course security will be guaranteed by the DLRG together with lifesaving staff. In the cycle course Local Police and the Traffic Guard will guarantee security along with a large and very well trained volunteer team. Along the running course security will be guaranteed. In addition, a private security company will be in charge of access into venues.

2.7. LOC OFFICE

The LOC is located inside the state parliament of NRW, directly next to the expo village.
opening hours are on Saturday from 8:00 to 18:00, on Sunday from 8:00 to 18:00.

3. ACCOMMODATION

The host hotel will be the INNSIDE Düsseldorf Hafen.

Address: Speditionstr. 9, 40221 Düsseldorf Phone number: (+49) 2 11 44717 0

Website: <https://www.melia.com/en/hotels/germany/dusseldorf/innside-dusseldorf-hafen/index.htm>

Due to a large number of big events in Düsseldorf, a high number of visitors and therefore high hotel occupancy is to be expected. We therefore ask for early reservations

4. TRANSFER AND TRANSPORT

Airport

There are many ways to leave the airport to the town center and to the race venue. You can go by bus, taxi and also by subway.

You can directly purchase your bus and subway tickets at the airport.

Please find the link below with all the information you need to get a shuttle:

<http://www.duesseldorf-flughafen-shuttle.de/Default.aspx>

(The shuttle from the airport to the host hotel costs approximately 45€ for 3 persons).

Train

The train station to the race venue is the central station, situated about 4,4km away from Düsseldorf Medienhafen. Here you can find train and subway stops that can lead you to almost everywhere in town.

Düsseldorf Hauptbahnhof

Address: Konrad-Adenauer-Platz 14, 40210 Düsseldorf

Telephone: +49 211 36801888

Directions from Düsseldorf Hbf to the Medienhafen:

S-Bahn route S 11, direction Bergisch Gladbach to stop D-Hamm S. Then continue by bus line 725

Tram route 719 direction D-Medienhafen to stop Kesselstraße.

Please find an overview of the public transport on our [homepage](#).

Car

Please note that some roads will be closed on the event weekend due to the triathlon.

We recommend the following routes for travelling by car:

You are coming from the north of Düsseldorf (Stockum/A44):

On the A44, take the exit "30 Düsseldorf-Stockum", turn off at the crossroads and continue on Danziger Straße / Kennedydamm in the direction of Düsseldorf Zentrum.

After approx. 3.7 km turn left onto Fischerstraße and continue onto Kaiserstraße and Hofgartenstraße

Enter the Kö-Bogen tunnel and continue on Berliner Allee and Corneliusstraße

Turn right onto Bilker Allee

Turn right onto Gladbacher Straße and drive straight ahead, you will automatically reach Medienhafen

You are coming from the south of Düsseldorf (Bilk/A46):

On the A46 take the exit "23 Düsseldorf-Bilk

At the traffic lights, turn onto Südring and continue straight ahead onto Merowingerstraße - Friedrichstraße

After approx. 1 km turn left into Bilker Allee and drive straight ahead for approx. 1.7 km, you will automatically arrive at the Medienhafen

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES



SWIM

Rheinbad Hallenbad + Freibad

Sportpark Nord / Europaplatz

Europaplatz 1

40474 Düsseldorf

<https://www.baeder-duesseldorf.de/baeder-und-saunen/freibaeder/rheinbad-freibad/>

Schwimm´in Bilk

Bachstraße 145, 40217 Düsseldorf

Telephone +49 211 95745840

<https://www.baeder-duesseldorf.de/baeder-und-saunen/hallenbaeder/schwimm-in-bilk/>

Allwetterbad Flingern

Flinger Broich 91, 40235 Düsseldorf

Telephone +49 211 95745-920

<https://www.baeder-duesseldorf.de/baeder-und-saunen/freibaeeder/allwetterbad-flingern/>



BIKE

&



RUN

Additional bike and run training have to be done by the athletes independently.

5.2. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Registration area before and during the training sessions and during the race. There will be First Aid and Emergency Medical Services at the Race Village on competition day.

Medical and Paramedical personnel will be available throughout the race. Several ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area.

GENERAL EMERGENCY CALLS **112**.

The nearest hospital to the venue is the St. Martinus Krankenhaus.

St. Martinus Krankenhaus

Gladbacherstr. 26

40219 Düsseldorf

Tel.: 0211-9170

www.martinus-duesseldorf.de

5.3. BIKE MECHANICAL SERVICE

During the race weekend there will be a bike mechanical service at the expo "Landtagswiese"

Expo opening hours: on Saturday: from 12:00 to 18:00, on Sunday: from 7:00 to 18:00

6. COMPETITION SCHEDULE

6.1. Junior WOMEN

DAY	START	END	ACTIVITY	LOCATION
17.06.	11:00	12:00	Press Conference	INNSIDE Hotel
18.06.	16:00	17:00	Swim Course Familiarisation	Medienhafen
	18:00		Athlete's briefing	Online
	18:30	19:30	Race Pack distribution	INNSIDE Hotel
19.06	10:30	11:25	Athlete Lounge check in	Athletes Lounge
	10:30	14:25	Athlete Lounge Open	Athletes Lounge
	11:00	11:30	TA check in	Transition Area
	12:00	12:30	Swim warm-up	Medienhafen
	12:45	12:55	Calling area	
			Athletes introduction	
	13:00		Start	Medienhafen
	15:30		Award Ceremony	Landtagswiese

6.2. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
17.06.	11:00	12:00	Press Conference	INNSIDE Hotel
18.06.	16:00	17:00	Swim Course Familiarisation	Medienhafen
	18:00		Athlete's briefing	Online
	18:30	19:30	Race Pack distribution	INNSIDE Hotel
19.06	10:30	11:25	Athlete Lounge check in	Athletes Lounge
	10:30	14:25	Athlete Lounge Open	Athletes Lounge
	11:00	11:30	TA check in	
	13:00	13:30	Swim warm-up	Medienhafen
	14:00	14:25	Calling area	
			Athletes introduction	
	14:30		Start	Medienhafen
	15:30		Award Ceremony	Landtagswiese

6.3. COMPETITION RULES

The event follows the latest published Competitions Rules of World Triathlon (TRI).

6.4. ATHLETE'S BRIEFING

Athletes briefing will be pre-recorded and available on the LOC and World Triathlon Webpage of the Event.

6.5. TIMING CHIPS

On race day athletes will be given a timing chip, to be worn on the athletes' ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure.

6.6. RESULTS

Results will be uploaded live at the World Triathlon official website www.triathlon.org.

6.7. PROTEST & APPEALS

Standard procedures will be followed according to the World Triathlon Competition Rules

7. ACCREDITATION

The LOC will provide all the Organising Committee Members, TRI Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official Accreditation Card. Athletes will get their Accreditation Card at the hotel with the race package distribution. Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition.

All accredited people are requested to carry their Accreditation Cards with them at all times and to show them upon request. Accreditation Cards are mandatory to enter the venue.

8. COURSE MAPS



SWIM START



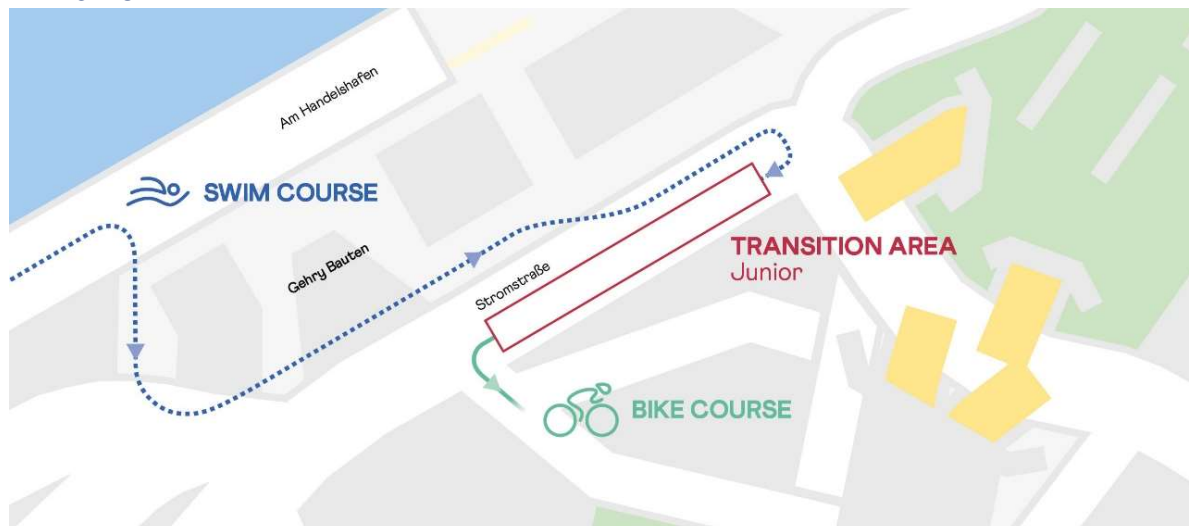
Start procedure: Pontoon start

The Head Referee, with assistance from Technical Officials, who are assigned to the start, will start each race.

Number of laps: 1 Lap

Average water temperature: 18 Degrees Celcius

TRANSITION 1



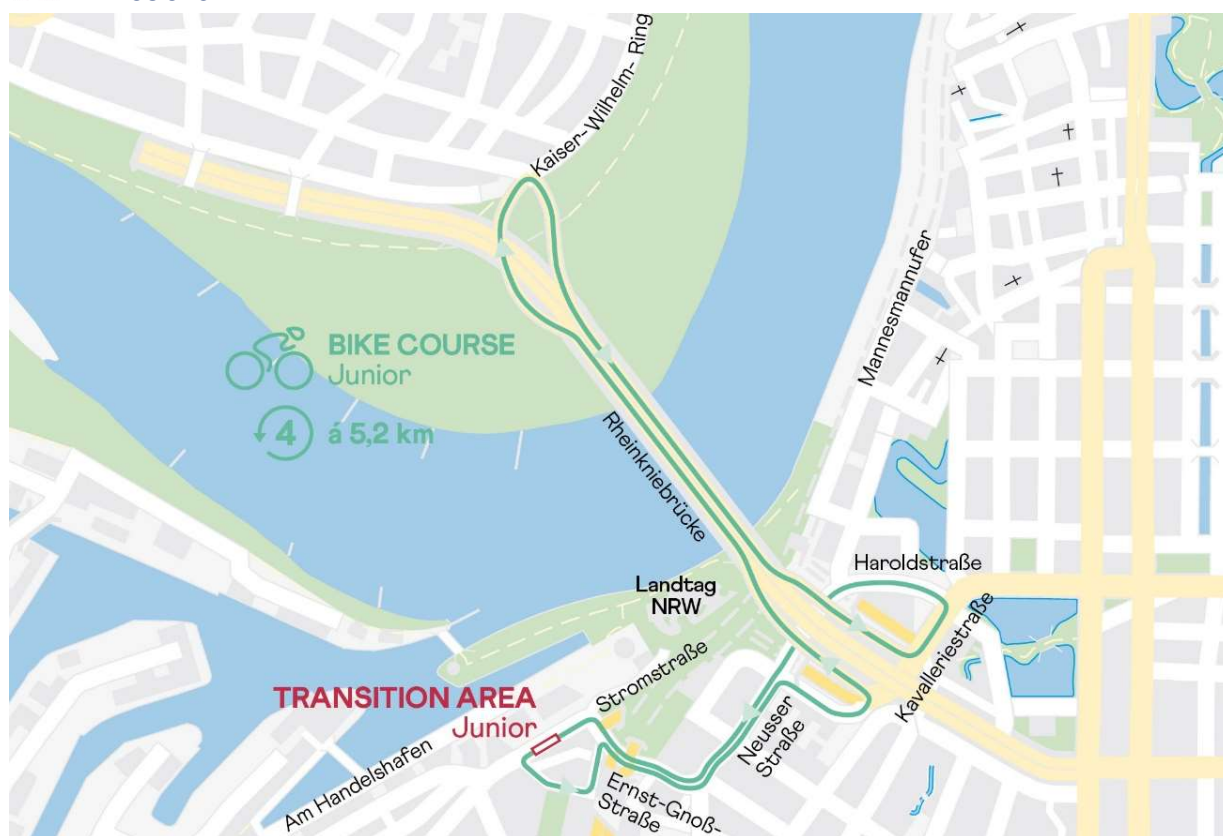
The distance from swim exit to TA1 is about 480m long.

Traditional Bike racks will be used.

Athletes enter the transition and must deposit swim gear in their box placed beside the traditional bike racks. Athletes' names and/or numbers are displayed on the top of each bike rack.



BIKE COURSE

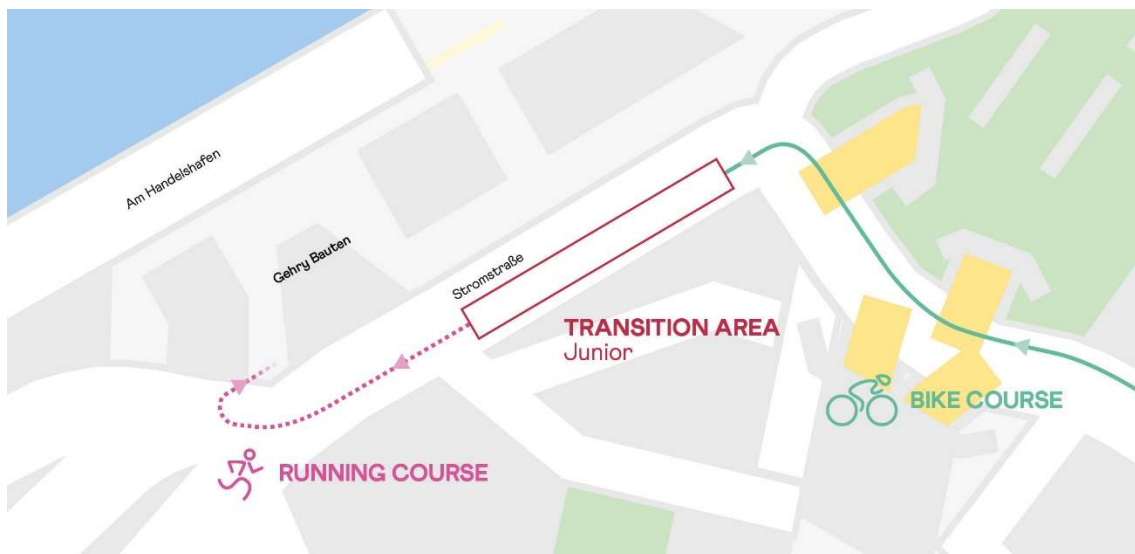


Number of laps: 4

The bike course is almost totally flat and completely good quality asphalt.

There will be a neutral wheel station.

TRANSITION 2



RUN COURSE



Number of laps: 1 lap of 2625 m and 1 lap of 2125 m.

The run course is almost flat on asphalt roads.

Aid Station and Penalty Box locations: There are two aid station.

The penalty box is just before the lap / finish turn.

9. COVID-19 MEASUREMENTS FOR ATHLETES AND COACHES

9.1. Travel

For arrival into Germany please check the most up to date information here:

<https://www.bundesgesundheitsministerium.de/en/coronavirus/infos-reisende/faq-tests-einreisende.html>

9.2. Airport Transfer

In the current COVID-19 situation, wearing a mask and disinfecting hands are mandatory.

The regulations may change until the weekend of the event. All important information can be found on the above-mentioned website.

9.3. Accommodation

Any specific measures that need to be respected at the hotel, you will find here:

<https://www.melia.com/en/hotels/germany/dusseldorf/innside-dusseldorf-hafen/stay-safe.htm>

9.4. Training sites

Athletes are recommended to keep distance during running sessions and during their session in the swimming pool. Overall recommendation is to try to have those sessions in the morning to avoid peak times.

9.5. Testing protocol and health screening

SPECIFIC MEASURES APPLIED AT ALL WORLD TRIATHLON AND CONTINENTAL TRIATHLON EVENTS STARTING FROM 30 OCTOBER 2021

- All individuals (except for the LOC, its volunteers and contractors) applying for an accreditation to World Triathlon and Continental Triathlon events must respect the following conditions:
 - Fill in the online pre-event questionnaire through the World Triathlon website
 - Finally, all junior athlete, coaches, team medical and support NF personnel must perform an Antigenic pre-race test at the arrival in the hosting city. In case of a positive result, a PCR swab test must follow. Time and place for these tests will be determined by the LOC.
- All the specific measures can be found in the table below:

Categories	Pre-event questionnaire	Process before traveling	Medical certificate before travelling	COVID-19 test at event	Daily health screening
Elite athletes	In case of stand alone event only			In case of stand alone event only	yes
U23 athletes					yes
Junior athletes					yes
Para triathlon athletes/ personal handlers/ guides					yes
Youth athletes	n/a	Respect the travel regulations set by the host country	Follow public health or World Triathlon request	Follow public health request	yes
AG athletes					yes
Coaches/team medical/ support NF personnel					In case of stand alone event only
TDs /ITOs/NTOs/ Competition Jury	In case of stand alone event only			yes for the ones in close contact with the athletes; the others follow public health request	yes
IF/Continental Federation Delegations	In case of stand alone event only				yes
LOC/ Contractors	Follow public health request			Follow public health request	yes

9.6. Athlete's briefing

Online

9.7. Race package distribution

Race package to be collected between 18.30 to 19.30 local time on Saturday at INNSIDE Hotel Düsseldorf Hafen by the athlete. The use of masks and social distancing is mandatory.

9.8. Health screening

Temperature checks will be performed every time the athletes and coaches are on site, including at the times of the athletes' package distribution and familiarizations. Saturation levels lower than 95% and a temperature above 38°C will be reported to the RMD/MD.

9.9. Competition activities

The mask should be worn until the last minute before athletes' introduction.

Please make sure that you will wear your mask after the warm-up.

Wheel stations:

Technical officials will wear masks/mouth-nose face covering and rubber/disposable gloves

Finish Area

- 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.
- Medallist photo at the post-finish area is not allowed.
- All recovery stations will be self-served.
- Food provided will be individually wrapped.
- Massage facilities will not be provided.
- Athletes must avoid lying or sitting down on the blue carpet (without any medical need/problems). 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 will wear rubber/disposable gloves and masks/mouth-nose face covering.

- Masks will be distributed to the athletes to wear at their earliest convenience.

Medal Ceremonies

Medal ceremonies will be performed according to the COVID-19 guidelines for medal ceremonies that can be found on the [World Triathlon COVID-19 Guidelines for Event Organisers](#).

9.10. Spectators' access

The event will be open to spectators. Non-accredited persons can watch the event from the spectator's areas.

9.11. HYGIENE/CLEANLINESS

All facilities used by the athletes will be cleaned and disinfected by the LOC throughout the day.

9.12. COVID-19 medical protocols

COVID-19 emergency contact details:

Please contact the athletes service manager in case of COVID-19 symptoms.

Maike Hendelkens, Project manager, Athlete services manager

E-Mail: hendelkens@d-sports.de, Phone: +49 (0) 151 15764635

Protocols to be followed in case of a positive case:

Process:

- a. Rapid test – positive
- b. PCR test via COVID-19 Hotline: +49 (0) 211 89-99069
(Monday to Saturday from 8:00 to 16:00)

Good luck!