



COVID-19 OPERATIONAL PROCEDURES

1. Screening Process – Registration / Expo / Merch

IRONMAN ATHLETES:

- IRONMAN 70.3 South Africa athletes will be sent a web link to download a screening questionnaire.
- You will be required to complete this questionnaire before arriving at the venue to register. Once you pass all the questions on the link, a QR code will be generated that will be scanned on site.
- Should you fail the questionnaire the system will not generate a QR code, you will be required to get a doctors clearance letter. Then you will need to contact Sharon Talbot (Sharon.Talbot@ironman.com) and supply her with this clearance letter.
- Once at the Venue, your QR code will be scanned by a volunteer, this will bring up your questionnaire and race details including your race number. A volunteer will check your temperature and input this data into the app.
- On passing the temperature check you will be given a sticker and may proceed into the Registration venue to continue with your race registration.
- Note: Athletes who register on Saturday and pass will not be required to do the additional temperature screening at Transition bike and gear bag check in as they will have the correct sticker.

FAILING THE SCREENING:

- Athletes who fail this temperature check or any of the questions on the questionnaire, will be required to have a Rapid Antigen Test done. This can be done onsite at the Medical Gazebo, outside The East London ICC or offsite by a testing centre. Note that both these options would be for the athlete's account.
- Once tested, you will need to contact Sharon Talbot (Sharon.Talbot@ironman.com) and supply her with the NEGATIVE test result, to proceed with your registration.

PUBLIC SCREENING:

- Public will be required to download the same questionnaire from a web link, prior to entering the screening queue. Should they pass, a QR code will be generated. A volunteer will record their temperature and input this data into the web link.
- At this point you will be given access to the Expo / Merchandise venue only. Registration is for Athletes ONLY.

FAILING THE SCREENING:

- Should a member of the public fail this screening process, they will not be granted entry into the venue and will be asked to leave site.

COVID-19 Screening Process – Transition Bike and Bag Check in

IRONMAN Athletes ONLY:

- All athletes will need to have completed the full registration process before checking their bikes and gear bags in Transition therefore, athletes will only be required to scan their QR code and have a temperature check at the Transition check in.
- Athletes who registered on Friday will be given a different colour sticker from the previous days Registration screening when passing this temperature check, this will give you access to Transition check in.
- Athletes who register on Saturday and pass will not be required to do the additional temperature screening at Transition bike and gear bag check in as they will have the correct sticker.
- No athletes will be allowed to check into Transition without this clearance sticker.
- Failing a temperature check will mean that you will need to return to the Medical Gazebo, outside The East London ICC for screening by the Event Doctor.

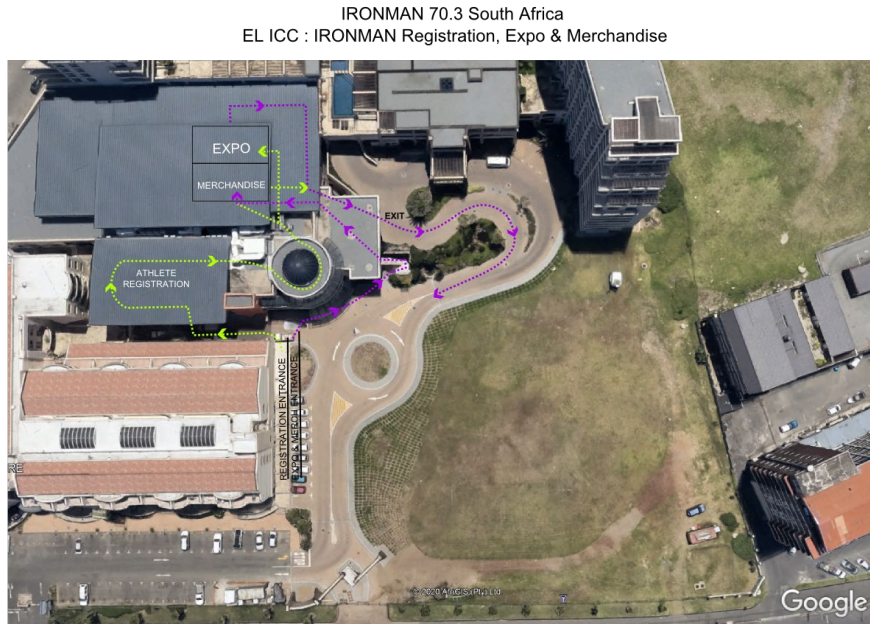
COVID-19 Screening Process – Race Day: Transition access

IRONMAN Athletes:

- On race morning athletes will only be given access to Transition in their relevant groups at their relevant times, this will be controlled by the different coloured wristband issued to you at Registration.
- An onsite temperature check will be done before entering the restricted Transition area. Failure of this temperature check will require you to proceed to the Main Medical tent, for additional screening and clearance by the Event Doctor.
- Should you feel unwell on race morning, please go directly to the Main Medical tent, to be cleared to race by an Event Doctor.

2. COVID-19 Registration Process / Time Slots

- IRONMAN Athlete Registration will take place at the East London ICC, access to the venue can be seen in the map below:



- There will be an athlete only queue leading up to the registration venue. Social distancing protocols in queues with 1.5m spacing applies together with the wearing of masks throughout the entire registration process.
- Athletes will be sent a web link to download a screening questionnaire. This questionnaire must be completed before arriving at the venue to register. A QR code will be generated and scanned at the entrance to registration, where athletes' temperature will also be taken and recorded on the link before entering the venue. (see document COVID Screening process)
- Athletes who pass the screening will get a coloured sticker to show that they have been screened. This colour will change daily to reflect that they have been screened on that day.
- Athletes who are flagged during this screening must leave the queue and go to the medical gazebo for secondary screening. Failing that, they need to seek private assistance. At this point only a letter from a medical professional can overturn the initial flagged assessment and open-up the registration path for athletes to participate, provided it is during the registration window.
- Only athletes and staff are allowed inside registration.
- The number of persons entering the registration area will be limited to the amount regulated.
- The registration process is cashless, and athletes can tap credit or debit cards for payments.
- Touch points in registration will be extremely limited. Where they do exist, which is at the biometrics section, the scanner, and at indemnities, the stylus and pad will be sanitised between each use. Work desks will also be sanitised at regular intervals.
- All volunteers and staff will wear the appropriate PPE and will have enough sanitising equipment at their relevant stations.

- Athletes will visit registration in their designated subgroups depending on the level of restriction. There is provision for eight groups of 100, four groups of 250 and 2 groups of 500. See table below for 100 per group:

| Friday 3 September 2021 | | Saturday 4 September 2021 | |
|-------------------------|---------------|---------------------------|---------------|
| ELICC | 14h00 - 19h00 | ELICC | 08h00 - 13h00 |
| Group 1 | 14h00 - 14h35 | Group 8 | 08h00 - 08h35 |
| Men 25-29 | | Women 45-49 | |
| Women 35-39 | | Men 55-59 | |
| | | Men 65+ | |
| Group 2 | 14h35 - 15h10 | Relay Teams | |
| Men 30-34 | | | |
| Men 18-24 | | Group 7 | 08h35 - 09h10 |
| | | Men 50-54 | |
| Group 3 | 15h10 - 15h45 | Women 40-44 | |
| Men 35-39 | | Women 60+ | |
| | | | |
| Group 4 | 15h45 - 16h20 | Group 6 | 9h10 - 09h45 |
| Women 25-29 | | Men 45-49 | |
| Women 30-34 | | Women 55-59 | |
| Women 18-24 | | | |
| Women 50-54 | | Group 5 | 09h45 - 10h20 |
| | | Men 40-44 | |
| Group 5 | 16h20 - 16h55 | Men 60-64 | |
| Men 40-44 | | | |
| Men 60-64 | | Group 4 | 10h20 - 10h55 |
| | | Women 25-29 | |
| Group 6 | 16h55 - 17h30 | Women 30-34 | |
| Men 45-49 | | Women 18-24 | |
| Women 55-59 | | Women 50-54 | |
| | | | |
| Group 7 | 17h30 - 18h05 | Group 3 | 10h55 - 11h30 |
| Men 50-54 | | Men 35-39 | |
| Women 40-44 | | | |
| Women 60+ | | Group 2 | 11h30 - 12h05 |
| | | Men 30-34 | |
| Group 8 | 18h05 - 18h40 | Men 18-24 | |
| Women 45-49 | | | |
| Men 55-59 | | Group 1 | 12h05 - 12h40 |
| Men 65+ | | Men 25-29 | |
| Relay Teams | | Women 35-39 | |

3. COVID 19 Transition Bike & Bag Check in

- All athletes will need to have completed the full registration process before checking their bikes and gear bags into Transition.
- Athletes will be required to scan their QR code and have a temperature check at check in.
- Check in must be done as per below time slots and wristband colour:

| | | | |
|-------------------------|----------------------|------------------------|----------------------|
| Group 1 | 13h00 - 13h30 | Group 5 | 15h00 - 15h30 |
| Yellow Wristband | | Green Wristband | |
| Men 25-29 | | Men 40-44 | |
| Women 35-39 | | Men 60-64 | |
| | | | |
| Group 2 | 13h30 - 14h00 | Group 6 | 15h30 - 16h00 |
| Orange Wristband | | Pink Wristband | |
| Men 30-34 | | Men 45-49 | |
| Men 18-24 | | Women 55-59 | |
| | | | |
| Group 3 | 14h00 - 14h30 | Group 7 | 16h00 - 16h30 |
| White Wristband | | Teal Wristband | |
| Men 35-39 | | Men 50-54 | |
| | | Women 40-44 | |
| | | Women 60+ | |
| | | | |
| Group 4 | 14h30 - 15h00 | Group 8 | 16h30 - 17h00 |
| Purple Wristband | | Blue Wristband | |
| Women 25-29 | | Women 45-49 | |
| Women 30-34 | | Men 55-59 | |
| Women 18-24 | | Men 65+ | |
| Women 50-54 | | Relay Teams | |

- Athletes who registered on Friday will be required to do another temperature check at Transition check in on Saturday, after passing this temperature check you will be given a different colour sticker from the previous days Registration screening.
- No athletes will be allowed to check into Transition without having this clearance sticker.

4. COVID 19 Race Day: Transition access & Start times

- On race morning athletes will only be given access to Transition 1 in their relevant groups at their relevant times, this will be controlled by the different coloured wristbands issued to you at Registration. See below table for times:

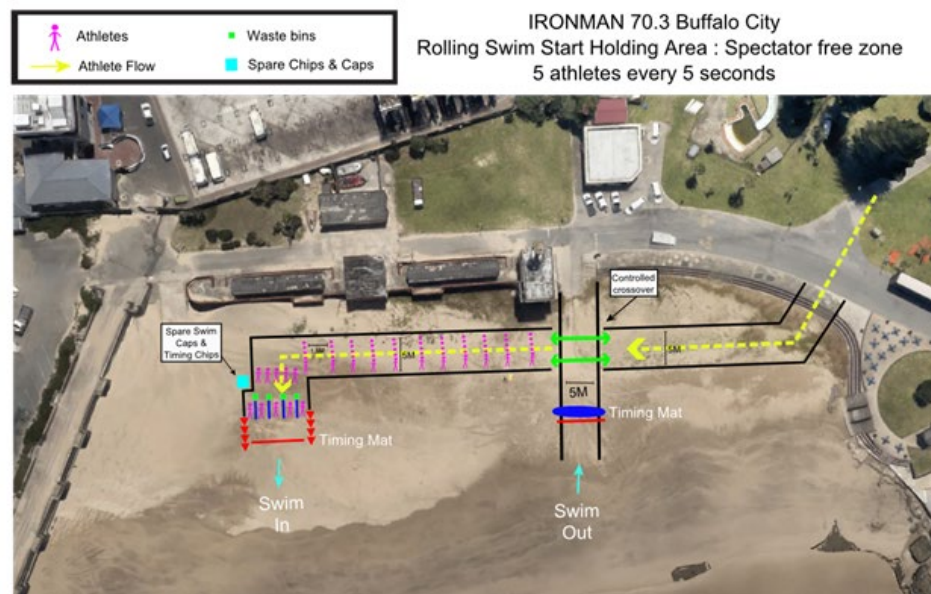
| Pro Athletes | | | |
|------------------------|-------------------|------------------------|--------------------|
| Silver Wristband | Transition Access | Report to Swim Holding | PRO Swim Start |
| Male & Female | 05:45 - 06:25 | 06:15 - 06:30 | 06:35 |
| | | | |
| Group 1 | | | |
| Yellow Wristband | Transition Access | Report to Swim Holding | Rolling Swim Start |
| Men 25-29 | 06:00 - 06:30 | 06:20 - 06:35 | 06:40 - 06:42 |
| Women 35-39 | | | |
| BIKE Roll Start | | | 07:20 |
| | | | |
| Group 2 | | | |
| Orange Wrist band | Transition Access | Report to Swim Holding | Rolling Swim Start |
| Men 30-34 | 06:10 - 06:40 | 06:30 - 06:45 | 06:50 - 06:52 |
| Men 18-24 | | | |
| BIKE Roll Start | | | 07:30 |
| | | | |
| Group 3 | | | |
| White Wristband | Transition Access | Report to Swim Holding | Rolling Swim Start |
| Men 35-39 | 06:20 - 06:50 | 06:40 - 06:55 | 07:00 - 07:02 |
| BIKE Roll Start | | | 07:40 |
| | | | |
| Group 4 | | | |
| Purple Wristband | Transition Access | Report to Swim Holding | Rolling Swim Start |
| Women 25-29 | 06:30 - 07:00 | 06:50 - 07:05 | 07:10 - 07:12 |
| Women 30-34 | | | |
| Women 18-24 | | | |
| Women 50-54 | | | |
| BIKE Roll Start | | | 07:50 |

| Group 5 | | | |
|------------------------|-------------------|------------------------|--------------------|
| Green Wristband | Transition Access | Report to Swim Holding | Rolling Swim Start |
| Men 40-44 | 06:40 - 07:10 | 07:00 - 07:15 | 07:20 - 07:22 |
| Men 60-64 | | | |
| BIKE Roll Start | | | 08:00 |
| | | | |
| Group 6 | | | |
| Pink Wristband | Transition Access | Report to Swim Holding | Rolling Swim Start |
| Men 45-49 | 06:50 - 07:20 | 07:10 - 07:25 | 07:30 - 07:32 |
| Women 55-59 | | | |
| BIKE Roll Start | | | 08:10 |
| | | | |
| Group 7 | | | |
| Teal Wristband | Transition Access | Report to Swim Holding | Rolling Swim Start |
| Men 50-54 | 07:00 - 07:30 | 07:20 - 07:35 | 07:40 - 07:42 |
| Women 40-44 | | | |
| Women 60+ | | | |
| BIKE Roll Start | | | 08:20 |
| | | | |
| Group 8 | | | |
| Blue Wristband | Transition Access | Report to Swim Holding | Rolling Swim Start |
| Women 45-49 | 07:10 - 07:40 | 07:30 - 07:45 | 07:50 - 07:52 |
| Men 55-59 | | | |
| Men 65+ | | | |
| Relay Teams | | | |
| BIKE Roll Start | | | 08:30 |

- An onsite temperature check will be done before entering the restricted transition area. Failure of this temperature check will require you to proceed to the Main Medical tent for additional screening and clearance by the Event Doctor.
- Each group will roll start the moment their transition check in window closes on race morning, eliminating the time for athlete to meander around the venue to wait for their respective wave group roll starts.
- All athletes will be required to wear a face mask and social distance throughout the race morning check in process and inside the swim holding chutes, masks may only be removed in the last holding pen before crossing the start mat.
- Once you have completed the pre-race transition visit, you must make your way to the swim start. When you exit the Transition area to head to the swim start you will hang your streetwear bags on the racks according to your race number.

Swim Start Procedure

- Once you have completed your Transition checks you will be required to make your way directly to the swim holding area. To comply with COVID – 19 regulations, there will be no self-seeding at this event.
- The swim holding area will be made up of rows of 5 athletes with 1.5m gaps between them. If the row in front of you is full you may not push to the front of the group, you MUST stand in the next available gap and maintain social distancing. Athletes who do not adhere to the queuing system will be penalised.
- A group of 5 athletes will be released every 5 seconds to cross the timing mat to commence the swim. You may only remove your mask when you are in the very last holding row before entering the water.
- Masks should be discarded into the bins provided by IRONMAN.



Bike / Run Athletes Procedure

- Athletes who opted out of the swim portion of the race will still adhere to all the same time frames as the athletes doing all three disciplines. You will be allocated to a wave group based on your Age Group, you will need to do your race morning check at those specific times and then make your way out of Transition to the holding area.
- All Bike / Run athletes will start rolling into transition 40 minutes after the start of their relevant waves swim start. Roll start of all non-swimmers will be 1 athlete every 15 seconds, following the same path through transition as the swimming athletes
- The holding area for Bike / Run athletes will be outside transition, at the Team Holding area. Athlete will line up 1.5m apart in the chute along the Esplanade pathway, entrance to the area will be strictly by band colour / wave start times
- Please see more information in the Bike Run Format document.

5. COVID-19 Awards process

The IRONMAN 70.3 South Africa awards proceedings will take place in two ways. Firstly, there will be a trophy collection at the East London ICC for athletes. And secondly, there will be an online awards broadcast that will be streamed in the evening on IRONMAN South Africa's social media channels and on YouTube.

Trophy allocation:

IRONMAN will have the top 3 podium spots set up at the East London ICC, along with trophies for the age-group winners. This process will be controlled by an IRONMAN Staff member and the Race Director.

Podiums will be spaced, with 1.5m gaps between them and masks will be compulsory for all throughout the entire process. No Mask, No Entry.

Athletes will be required to arrive within their allocated time slot to collect their trophies and have their pictures taken by our media partner, FinisherPix.

The following table shows the time slots for trophy collection:

| | | |
|--------------------|--------------------|---------------|
| Men 18-24 | Women 18-24 | 17:30 - 17:35 |
| Men 25-29 | Women 25-29 | 17:35 - 17:40 |
| Men 30-34 | Women 30-34 | 17:40 - 17:45 |
| Men 35-39 | Women 35-39 | 17:45 - 17:50 |
| Men 40-44 | Women 40-44 | 17:50 - 17:55 |
| Men 45-49 | Women 45-49 | 17:55 - 18:00 |
| Men 50-54 | Women 50-54 | 18:00 - 18:05 |
| Men 55-59 | Women 55-59 | 18:05 - 18:10 |
| Men 60-64 | Women 60-64 | 18:10 - 18:15 |
| Men 65+ | Women 65+ | 18:15 - 18:20 |
| Relay Teams | | 18:20 - 18:25 |
| Tri Clubs | | 18:25 - 18:30 |

Awards Presentation:

The IRONMAN Media Team, along with our race announcers, will put together and stream the awards production using the race day footage and age-group winners' presentation. The awards production will be aired in the evening.

This presentation will be available on the IRONMAN Social platforms and can be streamed by athletes and their families.

All athletes will receive a voucher to the value of R120 to redeem at one of the relevant restaurants along the East London Beachfront.

6. COVID-19 IRONMAN 70.3 World Championship Slot Allocation

- Due to the current COVID – 19 restrictions placed on our events, there will be no onsite slot allocation ceremony rather a virtual allocation.
- The IRONMAN 70.3 South Africa is offering Age Group Slots for next year's IRONMAN 70.3 World Championship in St George, Utah. All athletes who have qualified for the 2022 IRONMAN 70.3 World Championship and want to accept their slot MUST show their intent by "opting in" or "opting out" of this slot allocation process. The roll down will only be offered to athletes who opted in for the IRONMAN 70.3 World Championship slot allocation. This choice cannot be changed post event.
- When collecting Registration packs pre-event, athletes will be asked the following question: ***"Should you qualify, do you intend on accepting an Age Group slot to the IRONMAN 70.3 World Championship in St George, Utah on the 28th & 29th October 2022?"***
- Only athletes who opt-in (say yes to this question) will be eligible for the slot allocation process post race.
- Post race, those athletes who qualified and followed the "opting in" process at registration will receive an email informing them that the process has started. A link to the list with the athletes who qualified will be included in this email.
- In the following days, athletes who have won an automatic slot will receive an email with a link from ACTIVE to register for the 2022 IRONMAN 70.3 World Championship. Athletes will have 48 hours to redeem their slot through the link and proceed with the payment of the entry fee (\$550 USD) plus processing fee (Active fee).
- Should a qualifying athlete not accept the slot within 48 hours, the next eligible finisher within the same age group will be notified and the link to the slot will be transferred.
- Once all the slots have been secured, all athletes that secured their slots will receive an email notifying them that the process is over, and the final list will be updated.
- Prior to race day, at least one slot will be tentatively allocated to each Age Group category (both male and female). Final numbers of slots per Age Group will be determined on race day based on the number of official starters. If there are no starters in a particular Age Group, then that slot will be moved to the next calculated Age Group within the gender. If there are no more eligible finishers in a particular Age Group or no other finishers accepted the slot in that Age Group, that unclaimed slot will be reallocated to another Age Group within the gender based on the athletes-to-slots ratio. The Age Groups within the gender with the largest athlete-to-slot ratios will receive the second re-allocated slots and so on.
- The administrative allocation of slots will be executed by the organisers. Warning : Check your emails and spam carefully. *See the IRONMAN website for additional information*