



U.S. OLYMPIC & PARALYMPIC TRIALS PARTICIPANT RULES – COVID-19 MITIGATION MEASURES FREQUENTLY ASKED QUESTIONS

GENERAL

Q: What is the purpose of the USOPC's Trials Participant Rules COVID-19 Mitigation Measures?

- To protect the health and safety of all participants and larger population as a whole.
- Provide clear guidance to NGBs on how to implement measures to safeguard and eliminate the spread of the virus.
- Be aligned with US public health, International Sports Federations, Tokyo2020, and professional sports COVID-19 mitigation guidelines

Q: How were the USOPC's Trials COVID Rules developed?

The rules were developed in collaboration with NGB and athlete representatives along with medical expertise and are in line with local, state and public health guidelines as well as [recommendations issued by the CDC](#), International Sports Federations, Tokyo2020, and professional sports COVID-19 mitigation guidelines.

Q: What is the NGB's COVID-19 Mitigation Plan?

Per the policy, NGBs must create a COVID-19 Mitigation Plan when hosting a U.S. Olympic or Paralympic Trials event that covers all necessary mitigation measures for the event. This plan will address sport, venue and other specific measures and must adhere to the requirements listed in these rules.

Q: To whom does the USOPC's Trials COVID Rules apply?

Any athlete, staff, support personnel, or other individual who has access to athletes or athlete areas during the Trials event must comply with the rules.

Q: What must I do to be able to participate in the Trials event?

All participants must have proof of a negative COVID-19 test, be asymptomatic, and not have been in close sustained contact with someone who has tested positive with COVID-19 (unless they are vaccinated and/or have had a COVID-19 infection in the last 90 days) as a condition of participation at the Trials event.

Q: What restrictions on community activities do I need to follow?

To minimize the potential of developing COVID-19 or being exposed to an individual with COVID-19, each NGB COVID-19 Mitigation Plan will clearly articulate restricted community activities outside of the Trials Event that participants will not be allowed to engage in beginning 6 days prior to the first official activity and continuing through the completion of their



participation at the Trials event. For athletes, the first competition event is considered to be the first official Trials activity. Examples of restricted community activities may include sit-down dining, going to a movie, and participation in any large public gatherings, including other competitions.

Participants are strongly encouraged to minimize other community activities. The following recommended practices will help to mitigate exposure to COVID-19 as much as possible

- Food can either be self-prepared using food purchased prior to this timeframe and/or delivered to the home or hotel through a delivery service, ordering take-out or delivery from a restaurant, or eating at locations designated by the event organizer.
- Training should occur individually or with the minimum number of people required to effectively train. Participants should avoid training at a public facility during this timeframe, if possible.
- Participants should travel alone by personal transportation whenever possible.
- Participants should make every attempt to stay in their own hotel room or only stay with people they regularly have close sustained contact with (e.g., family, roommates, training partners for combat sports, etc.).

Q: What safety precautions will be in place at the Trials event to mitigate the spread of COVID-19?

All participants will undergo COVID-19 testing, signs and symptoms will be monitored, guidelines will be established for activities outside of the Trials event, and the following standard COVID-19 mitigation measures will be in place:

- Physical distancing
- Wearing a face mask - (1) a medical mask; (2) a KN95 mask; or (3) a fabric mask that is washable at high temperatures regularly, with at least two – but ideally three – layers, including an inner layer of absorbent material (such as cotton), a middle layer of non-woven material (such as polypropylene), and an outer layer of non-absorbent material (such as polyester or a polyester blend).
- Hand washing or use of hand sanitizer
- Avoiding face touching

ARRIVAL

Q: When do I need to arrive at my Trials location?

In order to facilitate adequate testing and opportunity for confirmatory tests, participants must arrive at least 72 hours prior to their first official Trials activity. For athletes, the first competition event is considered to be the first official Trials activity.



Q: What if I am unable to arrive at least 72 hours before my first official Trials activity?

Failure to arrive at least 72 hours before is a violation of this policy and may result in removal from the event. Exceptions will only be made for extenuating circumstances outside of your control, such as flight delays.

TESTING

Q: What testing documentation is required when I arrive at the Trials venue?

Participants must provide documentation upon arrival at the Trials venue of a negative COVID-19 PCR Test (Test 1) result obtained between four and six days in advance of the participant's first official activity at the Trials event. This requirement is true for individuals who are either traveling to the Trials venue from out of state, or for those who are already based in the city where the Trials is being held.

Q: Who will pay for testing and/or quarantine/isolation?

Each NGB must clearly articulate if it will cover the cost of pre-travel, on-site and/or confirmatory testing, and/or any quarantine or isolation measures, or if the participant (whether athlete or non-athlete participant) will be responsible for the expense.

Q: How do I find a testing location?

Visit testfortravel.com to find a testing location.

Q: Will I be allowed to access the Trials venue without documentation of a negative COVID-19 test result?

No, all participants must provide documentation of a negative COVID-19 PCR test result in order to gain access to the venue.

Q: What happens if my first test result is not negative?

If the test you take prior to arriving at the Trials venue is positive and the participant is asymptomatic and has no known exposure to an individual with COVID-19, the participant may obtain another COVID-19 PCR test for verification. If the result of the second COVID-19 PCR test is also positive, the participant is determined to be infected with COVID-19, should immediately begin isolation, and comply with all applicable public health requirements and guidance regarding COVID-19 infection. If the second test is negative, they may travel to the Trials event. If the original test or the follow-up test is equivocal or indeterminate, the participant must repeat the COVID-19 PCR test to obtain a clear positive or negative test result and determine if they can participate in the Trials event.

Q: What testing is required once I arrive at the event?

Participants must complete an on-site COVID-19 PCR test (Test 2) within three days (72 hours) of their first official activity at the Trials event, and must return a negative test result in order to participate at the Trials event. For athletes, the first competition event is considered to be the first official Trials activity.



Q: Will I be allowed to access the venue while I wait for the second test result (post-arrival)?

If the participant has proof of a negative pre-arrival COVID test, is asymptomatic and has not been in close sustained contact with someone known to be infected, they may be permitted to access the venue for training and other related Trials activities. NGBs may consider restricting access to the Trials event venue or practice (including avoiding having athletes train together) until post-arrival negative test results are received.

Q: What happens if my second test (post-arrival) is not negative?

Any participant who has a positive test will be removed from the venue. If they are asymptomatic and have not had known close sustained contact with someone diagnosed with COVID-19, they will be given the opportunity to obtain confirmatory tests (see next question). If the test is equivocal or indeterminant, they will need to repeat the test to get a clear negative or positive result before being allowed to enter the venue. If an athlete has a positive result that is confirmed with repeat testing, they must isolate and follow all relevant [CDC guidelines](#) for COVID-19 infection.

Q: What review opportunities do athletes have prior to being removed from the competition due to a positive COVID-19 Test 2 result?

Athletes who produce a positive test and are asymptomatic and have no known close sustained contact to an individual diagnosed with COVID-19 will be given the opportunity to take two confirmatory tests to rule out the possibility of a false positive, time permitting. These two tests may be collected at the same time. Both tests must return a negative result in order to compete. If either confirmatory test returns positive, regardless of whether the athlete is asymptomatic, the athlete must isolate and follow all relevant [CDC guidelines](#) for COVID-19 infection. Confirmatory testing for non-athlete participants is at the discretion of the NGB.

Q: What happens if my second test results are not returned in time for my first official Trials activity?

Non-athlete participants must have all testing completed prior to their first official Trials activity. For athlete participants, all testing must be completed prior to their first competition. If testing is not completed by the first official activity (non-athlete participants) or the first competition (athlete participants), they will not be allowed to participate.

Q: If the Trials event lasts several days, will I have to complete additional testing?

NGBs may require additional testing for participants who are required to be at the event venue for an extended time. Please consult your NGB COVID Mitigation Plan for additional testing details.

Q: If I have been vaccinated, do I still need to be tested?

Yes, vaccinated individuals must still complete all testing protocols (i.e. Test 1, Test 2 and confirmatory testing, if necessary).



Q: If I have been previously infected with COVID, do I need to be tested?

A participant who can provide clear documentation of COVID-19 infection within 90 days of the Trials event (i.e., a doctor’s note and evidence of a positive COVID-19 test result) and who is currently asymptomatic is not required to complete testing. If, however, you have signs or symptoms of COVID-19, you will need to participate in the COVID-19 testing protocol.

SIGNS AND SYMPTOMS

Q: What symptom monitoring will be conducted?

NGBs will implement COVID-19 signs and symptoms monitoring per [CDC guidelines](#), including temperature checks, for all participants upon arrival at the Trials event training or competition venue.

Q: What happens if I have signs or symptoms of COVID-19?

Any Trials participant who is experiencing signs or symptoms of COVID-19, should not go to the Trials venue and should contact the designated NGB COVID-19 officer and/or medical director. Any athlete participant who arrives at the venue displaying signs or symptoms of COVID-19 will be immediately taken to a designated isolation area or sent to an off-site healthcare facility to be examined and observed by a physician per the NGB Mitigation Plan. If it is determined that they do not have COVID-19, they will be allowed to enter the venue. Medical observation and evaluation for non-athlete participants is at the discretion of the NGB.

Q: What happens during a medical evaluation for signs or symptoms of COVID-19?

During a medical evaluation, the physician will monitor the athlete participant for a reasonable amount of time to make a medical determination regarding their participation. In the case of a fever, a second temperature check will be taken with a different thermometer. In the case of other symptoms, medical documentation, such as a doctor’s note, may be presented by the athlete to explain conditions that may be similar in appearance to the symptoms of COVID-19. If time permits, additional COVID-19 testing may be completed.

If the physician determines the athlete should not be allowed to compete, a secondary medical review will be conducted either at the venue or off-site. If both agree that the athlete should not compete, the decision stands. If the two physicians disagree, a third and final review will be conducted, either in-person or telephonically, to make a final decision. If the athlete is removed from the competition due to COVID-19 symptoms, they will be isolated per [CDC guidelines](#).

CONTACT TRACING

Q: What happens if I am told that I have been in close sustained contact with someone who is infected with COVID-19?

When an individual tests positive for COVID-19, the NGB-designated COVID officer along with public health officials will gather information to identify individuals who they have been in close sustained contact with. If you are identified as having close sustained contact, you will be



notified, not be permitted to access the Trials venue, and required to follow [CDC quarantine guidelines](#).

Q: What review opportunities do athletes have prior to being removed from competition due to displaying signs and symptoms of COVID-19?

Athlete participants may present evidence of their whereabouts and other relevant information to the COVID-19 officer who will determine if the athlete participant should be removed from the competition. Opportunity to present contact tracing evidence for non-athlete participants is at the discretion of the NGB.

Q: What if I have been in close sustained contact with an infected person, but I have been vaccinated or I was previously infected with COVID-19?

If you have completed a full COVID-19 vaccination series at least two weeks prior to the Trials event, or if you had previously been infected with COVID-19 in the last 90 days, and you are asymptomatic, you will not be required to quarantine if you have close sustained contact with an individual who is diagnosed with COVID-19, per the latest [CDC guidelines](#).

Q: How can I minimize my chances of being removed from the competition due to contact tracing?

Social distancing is the best way to reduce this risk. To the extent possible, avoid being in close proximity to others for longer than 15 minutes and avoid contact with individuals who have not completed testing protocols.

CONDUCT AND GRIEVANCE PROCESS

Q: Can I file a grievance if I am removed from the competition based on a medical determination?

No, all decisions by physicians and/or designated medical directors are reviewed by the COVID-19 officer to ensure the rules were followed appropriately and are final and binding decisions.

Q: What happens if I do not follow the NGB's COVID Mitigation Plan?

All participants must agree and adhere to the NGB COVID-19 Mitigation Plan as a condition of participation in the Trials event. If an individual does not comply with the mitigation plan, the NGB may impose sanctions, ranging from a warning to being barred from participating at Trials.

Q: What happens if I am removed from the Trials event for failure to follow the NGB COVID Mitigation Plan?

If you are removed due to failure to follow rules, you may request a hearing with the Trials Administrative Board.

Q: What is the hearing process with the Trials Administrative Board?

As soon as the NGB is informed of a request for a hearing, they will notify the USOPC Dispute Resolution Unit. The DRU will expediently convene the TAB to hear evidence from both the NGB



and the participant related to the violation. The proceeding will be held telephonically or via videoconference. The TAB will then render a decision based on a majority ruling. The TAB has the authority to impose any consequence, including the decision to uphold the bar on participation in the Trials event. The consequence will be effective immediately once a decision is made, unless stated otherwise.

Q: Who is on the TAB?

The TAB is comprised of the following individuals:

- USOPC board chair
- USOPC CEO
- National Governing Body Council chair
- Athletes' Advisory Council chair
- 10 year+ athlete (designated position from the chef de mission)

The TAB makeup is reflective of the USOPC bylaws to ensure 33% athlete representation. Upon request, a medical advisor may serve as a consultant to the TAB.

Q: What are my rights if I request a hearing with the TAB?

Participants may have the right to have counsel present at any point during the hearing at their own expense. The Office of the Athlete Ombuds is available to provide independent and confidential advice to athletes regarding their rights under these rules and each NGB's COVID-19 Mitigation Plan, and to assist in the resolution of athlete concerns, grievances and disputes. Athletes may contact the Athlete Ombuds at ombudsman@usathlete.org and 719-866-5000, or visit usathlete.org for more information and resources.