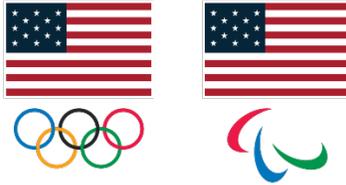


# Considerations for Participation in National or International Camps or Competitions in the Context of COVID-19

United States Olympic & Paralympic Committee



Sept. 9, 2020

***The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. All content – including text, graphics, images and information – is provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, the United States Olympic & Paralympic Committee makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your participation in a national or international camp or competition.***

## INTRODUCTION

The USOPC is dedicated to protecting the health and safety of Team USA. The purpose of this document is to provide athletes and sports organizations (including National Governing Bodies) with information to assist with planning for participation in national or international camps or competitions in the context of COVID-19.

As a guideline that is designed to be used in different settings (e.g. rural vs. urban, outdoor vs. indoor, etc.) by a variety of sports with vastly different resources and wide-ranging risk profiles (e.g. sport-specific risk, participants from a single region vs. international, national vs. international location, camp vs. competition, small vs. large number of participants and support staff, etc.), this document cannot be prescriptive; rather, it should spark thoughtful deliberation and assist you in creating your own unique plan that is specific to your sport and situation. These recommendations may not be practical for junior or lower-level amateur camps or competitions, but the general principles can be applied to these situations.

Many of the recommendations herein rely on rules and regulations set forth by public health authorities, which are constantly changing and will be different across the country and around the world. It is imperative to keep up to date on the latest COVID-19 information and public health recommendations in the region and country where you are located, and in the region and country where the camp or event will be taking place.

Finally, although young and healthy individuals tend to have less severe cases of COVID-19, every case of this disease is potentially life-altering or deadly, particularly in those with risk factors that may occur in Olympic or Paralympic athletes, such as asthma, hypertension, diabetes, liver disease, kidney disease, immune suppression or neurologic disorders affecting respiration.

Furthermore, many essential support staff and spectators will have one or more of these risk factors, plus additional risk factors such as age over 65. Even when no or very limited active transmission of COVID-19 is occurring in a specific region, it is likely that easing of public health restrictions or allowing people to travel to the event from distant sites will result in re-introduction of COVID-19 infections to the community and “second-wave” outbreaks. Until COVID-19 is either eradicated, a vaccine is developed, or an effective treatment is found, there is no way of completely eliminating the risk of life-altering or fatal infection. This should always be in the forefront of your mind when formulating your plans.

## PLANNING A NATIONAL OR INTERNATIONAL CAMP

Begin the planning process by reviewing the [USOPC Sports Event Planning Considerations Post-COVID-19](#) document and the [WHO Mass gathering COVID-19 risk assessment tool](#) that is specific to sports events. While some of the considerations and questions in these documents are not relevant to camps, many are, particularly if the camp is large and has participants from multiple different locations. Some key questions include:

QUESTION	SCENARIOS THAT MAY INCREASE RISK	SCENARIOS THAT MAY LOWER RISK
Will the camp take place in a region or country experiencing community transmission (larger outbreaks of local transmission), as defined by the WHO?	Camp held in a region with 30 cases of COVID-19 per 100,000 people	Camp held in a region with 2 cases of COVID-19 per 100,000 people
Will the camp be held at multiple different locations/venues?	Camp held at multiple different venues in different locations across a country	A camp that remains in one location using a single venue
Will the camp include sports that are considered at higher risk of spread of COVID-19 (ie: sports involving close, sustained contact)? Is there a culture of risk taking behavior that may be connected with the camp?	Large, multi-participant contact sport camp with athletes known for going out to bars and dance clubs	Small, individual sport camp with athletes who prefer to stay in their hotel rooms
Will the camp include sports that must share equipment?	Contact sport camp where multiple athletes strike the same pads/dummies without hand covering/protection and no cleaning protocols between use	Contact sport camp where multiple athletes strike the same pads/dummies, but wash hands and wear gloves during contact drills, and clean the pads/dummies with viricidal cleaner between each athlete use
Will the camp include regional or international participants from regions or countries experiencing community transmission?	International camp involving participants from multiple different countries, some of which have significant community transmission	Regional camp involving only local participants in an area with low community transmission
Will the camp be held primary indoors?	Indoor basketball court	Outdoor basketball court
What type of risk mitigation measures are in place for the camp?  Will the camp include a significant number of participants at higher risk for severe disease, and if so, can adequate precautions to ensure their safety be taken?	Camps without infection prevention measures in place resulting in multiple athletes and camp staff staying together in hotel rooms, lack of hand sanitizer, shared shared equipment, lack of equipment cleaning protocols  large number of athletes and staff, no social distancing, lack of facial coverings, no quarantine area for sick athletes or staff, etc.	Camps that have conducted a risk assessment and mitigation measures such as, but not limited to:  - pre-health checks of participants,  - strategies to enable social distancing and safe hygiene practices,  - screening measures in place, and  - preparedness to manage spread in the event of an outbreak

The camp location should be chosen based on availability of sufficient training facilities, local prevalence of COVID-19 and medical infrastructure to provide healthcare to camp participants. Work closely with county and state public health authorities in the United States, and regional and national health authorities when traveling internationally, to obtain the most accurate information regarding COVID-19.

Additionally, establish a medical plan to determine how injured or ill athletes and support staff will be treated during the camp. Identify local healthcare resources that can be used should an athlete or staff member become sick or need testing.

In addition to outlining your plan, make a concerted effort to develop relationships with the healthcare provider or facility that will facilitate care. Notify them of the number of athletes and staff who will attend the camp, where they are traveling from, any known medical problems, and the types of injuries and illnesses commonly experienced by athletes of the sport. Arrangements should also be made at the lodging facility where the athletes and staff will be staying for a quarantine room (or rooms) should an athlete or staff member become sick with COVID-19 or have close, sustained contact with an individual with COVID-19.

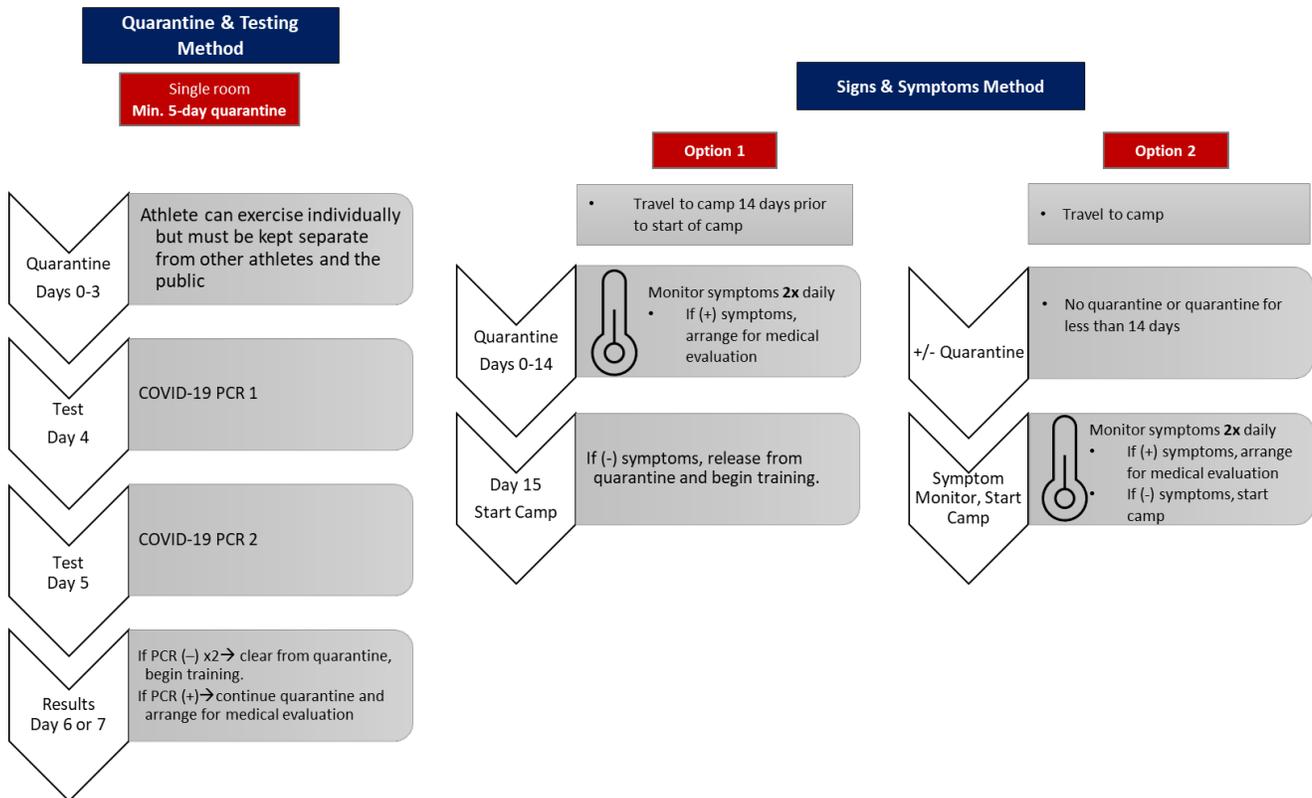
Camps should include the smallest number of athletes and staff necessary to host an effective camp. If possible, plan to host multiple, scaled regional camps, which have lower risk than a single, large camp with athletes and staff traveling from multiple locations.

Prior to the camp, athletes and staff should be informed of the infection mitigation measures in place. Athletes and staff should be educated on their responsibilities to prevent the spread of infection and should not attend camp if they have any signs or symptoms of COVID-19 (see **General Medical Considerations for Travel** section below) or have been in close, sustained contact (i.e. closer than six feet for more than 15 minutes) with someone with known or suspected COVID-19 in the past 14 days.

As an added precaution, camp hosts may consider requiring participants to have a negative COVID-19 PCR test prior to traveling to the camp (e.g., negative COVID-19 PCR test 48 hours prior to arrival). Athletes and staff should be informed of this requirement well in advance of the camp such that they can make the necessary arrangements to meet this requirement. Camp organizers should also consider identifying resources or establishing relationships with labs or healthcare systems that athletes can use to meet this requirement.

Athletes and staff should follow the **Air Travel** recommendations outlined below to minimize the risk of sustaining an infection while traveling to the camp. If the camp organizers are traveling to the camp, they should arrive early, if possible, to complete the quarantine, testing or symptom monitoring process described below to minimize the spread of COVID-19, set up for the camp, and provide support for athletes and staff as they complete the quarantine, testing or symptom monitoring process.

Upon arrival at the camp, it is important to minimize the potential spread of COVID-19 by any athletes or staff who currently have COVID-19 to other camp participants. There are several ways to approach this concern:



If the **Quarantine & Testing Method** is chosen, arrangements will need to be made to obtain the tests from a local healthcare provider or laboratory. Testing availability will vary by country and state.

Another option is to work with the Sports Medicine Research and Testing Laboratory (SMRTL) in Salt Lake City by contacting Daniel Eichner at 1-719-244-8994 or [de@smrtl.org](mailto:de@smrtl.org). You can order COVID-19 PCR test kits from SMRTL, bring them to the camp, obtain saliva specimens from the athletes and/or staff, and overnight the specimens to SMRTL for processing. The results typically are available within 24 to 48 hours from the time the kits are shipped. If you choose to pursue this option, you will need to work with a physician or other healthcare provider whose medical license allows them to order the tests from SMRTL and interpret test results. Furthermore, the healthcare provider would need to report positive test results to public health authorities.

For information regarding health insurance coverage of testing and medical treatment for COVID-19, see the **General Medical Considerations for Travel** section below. The camp organizer should clearly define and communicate to athletes and staff how costs of COVID-19 related testing and medical treatment will be handled (i.e. personal health insurance, camp covers costs, etc.).

The benefit of the quarantine and testing method is that it significantly increases the likelihood that an athlete or staff member with COVID-19 is identified prior to interacting or training with other athletes in the camp; however, it delays the time when the athlete can begin participating in the camp, extends the duration of the camp, increases the cost to the athlete or camp host, and requires more logistical planning for the testing and the quarantine process.

The benefit of the **Signs & Symptoms Method** is the lack of cost and logistics associated with testing. If the athletes arrive 14 days early, monitor for signs and symptoms of COVID-19, and train individually prior to the camp, this negates the need for a COVID-19 test; however, it increases the duration of time for the camp, as well as room and board costs. If athletes are not tested for COVID-19 or quarantined for 14 days upon arrival at the camp location, there is an increased risk that an athlete or staff member with COVID-19 will be missed and allowed to participate in the camp; however, it reduces the expense, duration and logistical complexity of the camp.

Unfortunately, monitoring signs and symptoms alone is not an effective way of determining if someone has COVID-19 as some people with COVID-19 never develop symptoms, while those who do develop symptoms are contagious for 24-48 hours prior to developing symptoms.

Regardless of which method is chosen, there are several measures that should be taken to mitigate the risk of infection exposure and transmission during the camp:



Athletes should be screened twice daily for signs or symptoms of COVID-19 throughout the duration of the camp.

- If they develop signs or symptoms of COVID-19, they **should not attend training**, should be placed into **quarantine**, and arrangements should be made for the athlete to be evaluated for COVID-19 by a local healthcare provider.



Athletes should be kept in single rooms or with the smallest possible number of roommates.

- Athletes who room together should be kept together for training, eating, travel to and from the venue, etc.



The number of athletes who train together during the camp should be kept to a minimum.

- If athletes can train **individually** under the guidance of the coaching staff, they should.
- If they need to train with other athletes during the camp, athletes should be divided into the **smallest groups possible** for effective training.
- Groups should **always remain the same**, and there should not be mixing of groups outside of training times.



When possible, use a private facility for training.

- If you need to use a public facility, try to arrange a time to train when the facility is **not open to the public**.
- If this isn't possible, try to train at a time with the lowest utilization and/or cordon off an area of the facility for your athletes that is **not accessible to the public**.
- Be sure to **clean equipment** before and after each use with an [EPA approved product](#) for COVID-19.



If lockers are used, athletes should be assigned to a specific locker, the lockers should be at least 6 feet apart, and cleaned regularly.



If possible, athletes should be assigned to a specific bathroom stall during tra

- If stalls need to be shared, clean the bathroom stalls between use with [EPA approved product](#) for COVID-19.
- Wash hands after using the bathroom.
- Open the bathroom door with a paper towel and use hand sanitizer after exiting the bathroom.



Standard infection prevention measures should be followed whenever possible including:

- Wearing a face mask
- Physical distancing of at least **6 feet during rest** and normal activities and **at least 12 feet when exercising**
- Washing hands frequently or using hand sanitizer
- Avoiding sharing equipment, towels, clothing, grooming/hygiene products, water bottles, etc. [EPA approved product](#) for COVID-19.
- If equipment needs to be shared, then the equipment should be cleaned between uses with an \_\_\_\_\_
- Avoiding public restrooms, locker rooms, showers, saunas, etc.

Athletes and staff should also “shelter in place” during the camp. Specifically, they should minimize any type of public interactions such as going to a restaurant, grocery store, bar or club, using public transportation, etc. Care should be taken to disinfect hotel rooms (see the **Hotels** section below) and follow best practices for acquiring food (see the **Food** section below).

If an athlete or staff member develops signs or symptoms of COVID-19, they should not attend training or competition. Signs and symptoms of COVID-19 include:



If an athlete or staff member develops any of these signs or symptoms, they should stay in their room and notify the team leader immediately. If they are not already in a single room, they should be moved into a quarantine room. Arrangements should be made to have the athlete or staff member see a healthcare provider.

The symptomatic athlete or staff member will likely be tested for COVID-19. If their test is positive, the healthcare provider will offer medical treatment and determine if the individual should remain quarantined at the camp lodging facility or hospitalized based on the severity of their symptoms. The athlete or staff member should plan on a minimum of 10 days of quarantine and treatment for their infection. During this time, they will not be allowed to travel.

Any athlete or staff member who had close, sustained contact (closer than six feet for more than 15 minutes) within 48 hours of symptom development with an individual who tested positive for COVID-19 will need to quarantine for 14 days and monitored for signs or symptoms of COVID-19. They are not allowed to travel during this time frame. If they develop signs or symptoms of COVID-19, they should be evaluated by a local healthcare provider.

See the **General Medical Considerations for Travel** section below for information regarding insurance coverage for COVID-19-related testing and medical care.

## **ATTENDING A NATIONAL OR INTERNATIONAL COMPETITION**

Many of the same considerations described for training camps also apply to competitions. Prior to traveling to a competition, review state-to-state or country-to-country entry/exit restrictions (see the **Entry/Exit Restrictions** section below). Any pre-travel COVID-19 testing requirements need to be met.

Appropriate travel precautions and infection prevention measures **should be followed at all times** (see prior section and information below). Athletes and staff should be familiar with the infection prevention measures put in place by the event organizers. These may include requirements for quarantining and/or COVID-19 testing prior to competition. If COVID-19 testing is required, contact the medical director for the event to determine how the testing will be provided and/or to assist with arranging for the tests.

## ADDITIONAL INFORMATION

**Athlete Ombuds:** The Office of the Athlete Ombuds is available to provide independent and confidential advice to elite Team USA athletes on sport-related rules, policies and processes. Athletes who have specific questions about their health and the risk factors of traveling should seek advice from their medical provider and public health officials. Athletes may contact the Office of the Athlete Ombuds at [ombudsman@usathlete.org](mailto:ombudsman@usathlete.org) or 719-866-5000, or visit [here](#) for more information.

**State Department Travel Advisories:** COVID-19 specific travel information from the State Department can be found [here](#). Country-specific travel advisories can be found [here](#).

**CDC COVID-19 Travel Recommendations:** COVID-19 risk assessment and travel recommendations by destination can be found [here](#). Travelers prohibited from entry into the United States can be found [here](#).

**State and Local Travel Restrictions:** For up-to-date information and travel guidance, check the [state or local health department](#) where you are, along your route and at your planned destination. During your travel, it is possible that a state or local government may implement travel restrictions, such as stay-at-home or shelter-in-place orders, mandated quarantines upon arrival, or even state border closures. Plan to keep checking for updates as you travel.



**Travel Documents:** Routine government processes – both in the U.S. and abroad – are experiencing delays due to staff reductions and additional operational adjustments. Please plan as far in advance as possible to ensure that you do not encounter any issues. If a Team USA athlete or NGB needs assistance with any items outlined below, contact the [USOPC's Government Relations office](#).

- **Passport:** Limited passport processing has resumed, but processing delays persist. Until full operations resume, applicants should mail their passports via standard processing procedures. Anticipate that the processing time will be approximately eight weeks. If a traveler needs expedited passport services, please contact [jen.gallagher@usopc.org](mailto:jen.gallagher@usopc.org).
  - Full operations, including expedited processing and in-person appointments, will resume when all passport agencies and centers have reached Phase 3 of the Department of State's reopening process. Please monitor the [Passport COVID-19 Status website](#) for updates.
- **Visa:** Many embassies and consulates have reduced operations and staffing levels, which may cause application delays or operational changes. Please check with the respective [embassy or consulate](#) to monitor their current status.
- **Driver's License:** If your license or state-issued ID expired on or after March 1, 2020, and you are unable to renew your ID, TSA will accept expired licenses up to a year after

expiration or 60 days after the duration of the emergency, whichever is longer. The new deadline to obtain a REAL ID-compliant driver's license has been extended to Oct. 1, 2021.



**Entry/Exit Restrictions:** Entry and exit policies vary by nation and are frequently modified. For the latest information regarding your destination, please visit the [Department of State's Country Specific Information website](#). Some countries may offer sport-based travel waivers or exemptions. For more information, contact [jen.gallagher@usopc.org](mailto:jen.gallagher@usopc.org).

If you are hosting a camp or competition in the U.S., and would like to invite foreign athletes or staff who have been in countries restricted by geographic presidential proclamations within 14 days of their arrival to the U.S. (including transit through an airport), please contact [david.francis@usopc.org](mailto:david.francis@usopc.org) to explore the possibility of obtaining a travel waiver to the U.S.

The [CDC's Travel page](#) provides links to information regarding travel recommendations by destination, travel health notices, post-travel recommendations, and additional resources such as traveler toolkits and specific recommendations related to different modes of travel (i.e. bus, plane, ship, etc.). In addition, review and adhere to your [state and local health department](#) travel policies.



**Air Travel:** Airports, airlines, hotels and ride sharing services are evolving their policies and procedures to protect travelers. As you travel, please be mindful of the policies implemented by your airline, accommodations and services that you may be using during your trip.

Many of the major U.S. airlines have agreed to a set of policies that enforce facial coverings aboard their planes. If a passenger opts not to comply with these policies, the airlines have agreed that there will be "consequences for noncompliance." These consequences will be determined by each carrier and may include suspension of flying privileges for that airline.

In addition, airlines and airports may enforce policies for facial coverings in areas within the airport prior to boarding. For example, Delta and United Airlines state that face coverings must be worn in the airport, including at customer service counters, kiosks, gates, jet bridges and baggage claim areas. Masks with an exhaust valve are not permitted to serve as an approved face mask for these carriers.

Passengers with medical reasons for not wearing a face covering may need to adhere to additional protocols, such as Delta's "Clearance to Fly" process, with a medical provider at the airport.

We encourage you to check with your airline prior to travel for specific requirements.

If you are sick, don't travel. If you choose to travel, here are things you can do to reduce your risk of infection:

- Wear a fitted or cone-style facial covering with multiple layers of fabric
- Consider wearing eyeglasses/eye shields to protect your eyes from respiratory droplets
- Avoid touching your eyes, nose or mouth
- Wash your hands frequently for at least 20 seconds if your hands are visibly soiled, or use hand sanitizer with at least 60% alcohol if your hands are not visibly soiled

- Practice physical distancing by staying at least 6 feet away from others
- Cover your coughs and sneezes with a facial tissue or your elbow
- Wipe down arm rests, tray tables, video monitors and seat belts with antiseptic cleanser
- Use hand sanitizer after touching anything that other people may have touched
- Get food from a drive-through, curbside restaurant service or at the store

Since food service isn't as readily available on flights, be sure to bring your own food and water on the plane. The following is a checklist of supplies you should consider bringing with you on your trip:

- Facial covering
- Eyeglasses/shields
- Hand sanitizer
- Antiseptic wipes
- Additional cleaning supplies for the hotel room
- Food and water
- Medications to last your entire trip

Finally, be sure to review travel related resources from the [CDC](#) and [WHO](#) prior to your trip.

As with all travel, please also be sure to register with the Department of State's STEP service to enroll your trip with the nearest U.S. Embassy or Consulate.



**Hotels:** Information regarding overnight travel can be found [here](#) on the CDC website. It is recommended that you take the following precautions when staying at a hotel:

Contact the hotel and learn about its COVID-19 prevention practices such as:

- Hotel cleaning and disinfecting policies
- Facial covering requirements for both hotel staff and guests
- Plexiglass barriers at counters
- Hand sanitizer dispenser locations
- Physical distancing practices and signage in public areas such as the lobby, check-in, elevators, restaurants, etc.
- Contactless check-in, room key and payment

Consider cleaning your hotel room with [EPA approved products](#) for COVID-19 using the [CDC's cleaning guidelines](#). Common room cleaning measures include wiping down all doorknobs, light switches, counters, faucets and remote controls with anti-septic wipes. Limit room cleaning to once per week if possible, to limit outside access to your room.



**Food:** Restaurants have been associated with many outbreaks. It is important to minimize the risk of COVID-19 spread by taking appropriate precautions. The lowest risk food service is take-out, curb-side pick-up, or drive-through service. If you cannot arrange for your food to be provided using one of these options, try to limit your in-restaurant dining to outdoor locations with at least six-foot distance between tables. If physical distancing of at least six feet cannot be maintained at the table, only have one person at each table, or only seat those who live or room together to sit at the same table.

Avoid buffet-style eating when possible. If this cannot be arranged, wash your hands immediately before and after going through the buffet line and wear a fitted facial covering while in the buffet line. Try to maintain at least six feet of physical distancing from other people in the buffet. After acquiring your food, wash your hands prior to eating.

Throughout your dining experience, follow all standard infection control measures including hand hygiene, wearing a face mask when not eating, not touching your face, etc.

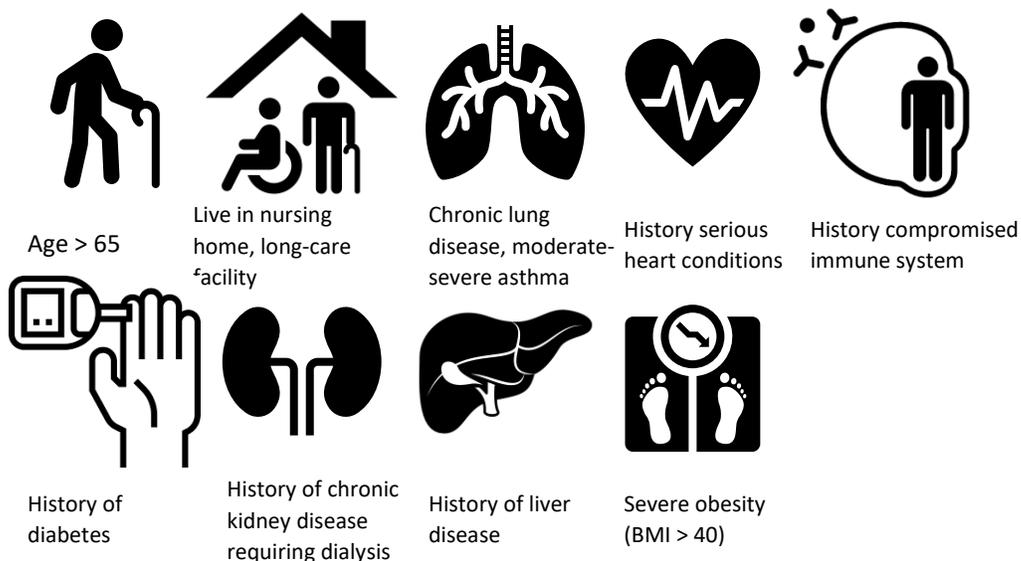
If you choose to make your own meals, try to order your food online from the store and have it delivered or arrange for a curbside pick-up. If this cannot be arranged, designate a single person from the team to shop for everyone and deliver the groceries to athletes and staff. They should follow standard infection control measures in the grocery store, including cleaning the grocery cart with anti-septic cleanser and using hand sanitizer prior to and after touching any items in the store – such as door handles, grocery carts, food items, self-check-out register, etc.

**General Medical Considerations for Travel:** Prior to scheduling a trip, there are many questions you should consider, including:

- ? Is there active community transmission of COVID-19 where you **live**?
  - Could lead to you introducing the virus to the location where you are traveling
- ? Is there active community transmission of COVID-19 where you are **traveling**?
  - Increases your risk of getting infected during your trip and/or taking an infection back to your community
- ? If **you** get infected, are you at **risk** for a more severe infection?  
 If **you** get infected, do you have close sustained contact with someone who is at risk for a more severe infection (*see risk factors below*)?
- ? Will you be required to quarantine for 14 days **at your destination** or **upon return** from your trip?

If you answered **yes** to **any** of these questions, you will need to plan accordingly or **consider canceling** or **delaying** your trip.

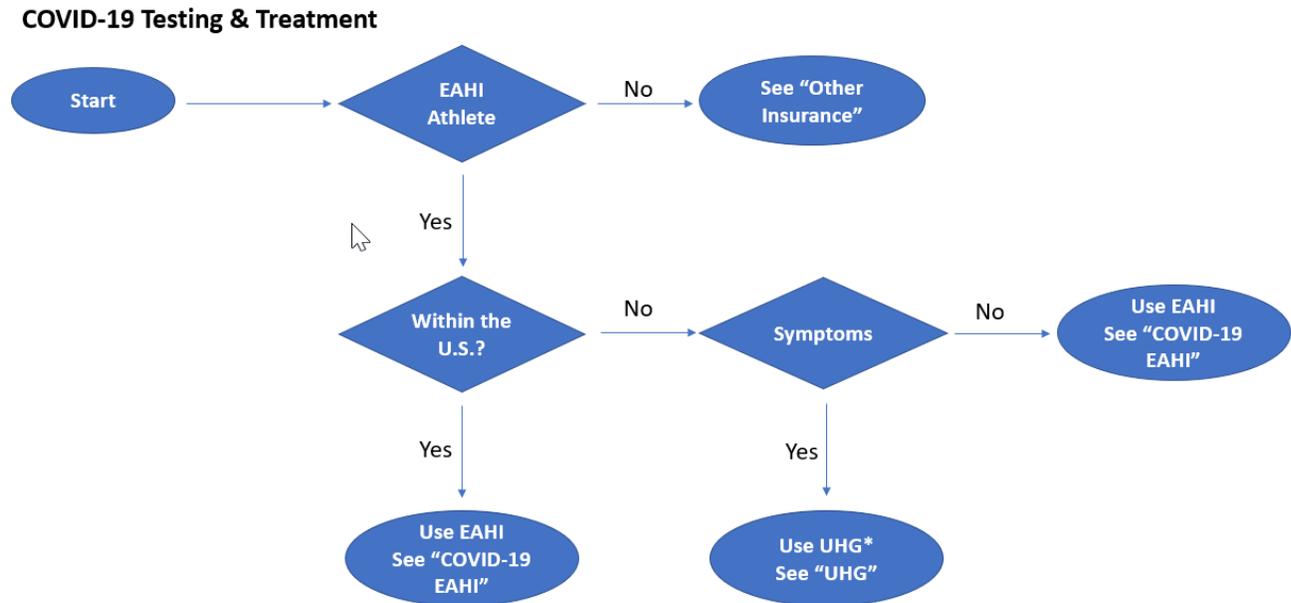
The following are **risk factors** for **severe infection**:



Follow all of the previously described infection prevention measures. If you experience **any signs or symptoms** of COVID-19, **immediately seek medical attention**.

## HEALTH INSURANCE

The below figure presents a flow chart demonstrating which insurance an athlete should use for tests or treatment related to COVID-19:



UHG = United HealthCare Global Travel Insurance

## Other Insurance

Athletes who are not enrolled in the USOPC's Elite Athlete Health Insurance should use their individual health insurance.

If traveling internationally, UnitedHealthcare Global (UHG) SafeTrip travel insurance may be purchased for Team USA athletes who are not enrolled in EAHI, and for NGB staff, coaches, etc. through the USOPC Friends and Family Program.

## COVID-19 Coverage Under EAHI

The following services related to COVID-19 are covered 100% by EAHI, **at no cost to eligible Team USA athletes**:

- Diagnostic testing for symptomatic and asymptomatic individuals (no limit)
- Rapid testing, if test is FDA approved
- Any health care provider (in-person and telehealth visits), urgent care or emergency room visit for evaluation and testing
- Antibody testing
- Inpatient and outpatient treatment

## **International Travel**

The same benefits listed above are covered internationally at any diagnostic laboratory or physician's office. The athlete will need to pay for services out of pocket, keep receipts and related documentation, and submit a claim for reimbursement. While traveling internationally, athletes should use EAHl for COVID-19 testing **only when asymptomatic** and/or in the absence of testing ordered by a physician or licensed health care professional.

## **UnitedHealthcare Global Travel Insurance**

All EAHl athletes are automatically enrolled in global travel insurance with UHG for travel outside of the United States. Athletes should use this **insurance first (over EAHl) while traveling and when exhibiting COVID-19 symptoms**. This insurance will not cover COVID-19 testing for asymptomatic individuals unless testing is ordered by a physician or licensed health care professional.

Athletes should also use this insurance **first for non-COVID-19 related illnesses or healthcare needs** while traveling internationally as the plan provides additional benefits, such as medical evacuation and repatriation services, that are not covered by EAHl.

## RESOURCES

- [Team USA Coronavirus Updates](#)
- [USOPC Government Relations](#)
- [CDC COVID-19 Travel Information](#)
- [WHO COVID-19 Travel Advice](#)
- [EPA Approved Cleaning Products for COVID-19](#)
- [State and Local Health Departments](#)
- [Dept. of State COVID-19 Passport Operations](#)
- [Dept. of State COVID-19 Visa Services](#)
- [Dept. of State Foreign Embassies and Consulates](#)
- [Dept. of State COVID-19 Traveler Information](#)
- [DHS U.S./Canada/Mexico Border Fact Sheet](#)
- [DHS Arrival Restrictions](#)
- [CTM Airline and Travel Update Summary](#)
- [Airline Policy Waivers](#)
- [United Airlines - Rebooking Due to Crowded Flights](#)
- [United Airlines CleanPlus](#)
- [IHG Clean Promise](#)
- [How to Clean a Suitcase](#)
- [How to Sanitize a Hotel Room](#)
- [TSA's Tips for Flying During COVID-19](#)
- [TSA Coronavirus Updates](#)
- [REAL ID Details and Extension](#)