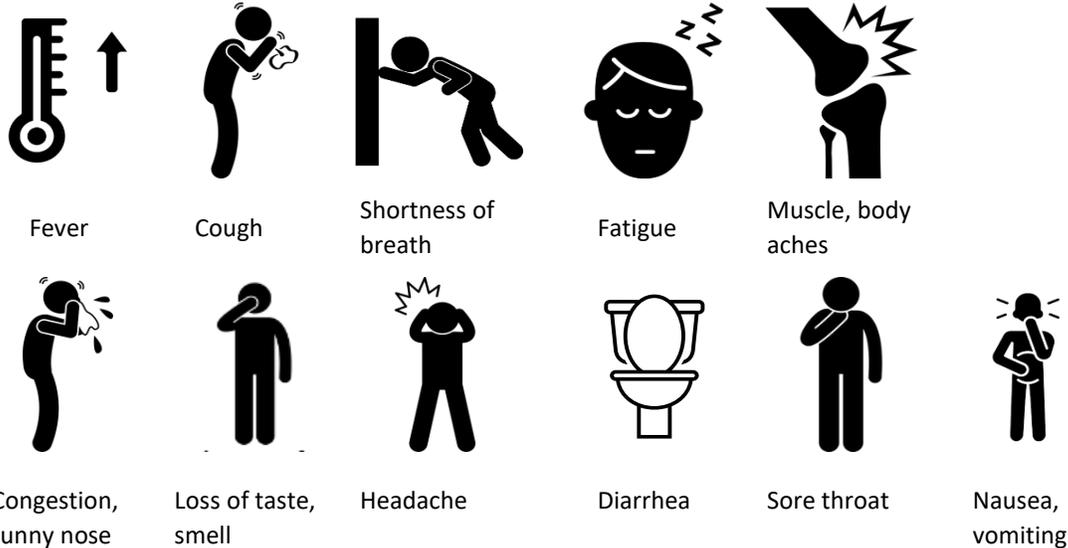


Version 4.0 - *Updated 15 April 2021*

Athlete health and safety are the top priority of USA Triathlon (USAT). In order to ensure that all athletes, coaches and staff participating in training or competitions are as protected from COVID-19 transmission as possible, USAT expects that all U.S. athletes, team support staff and service providers adhere to all directives below. The directives have been developed by medical experts in partnership with USAT staff, relying on resources such as the Centers for Disease Control and Prevention, World Health Organization, United States Olympic & Paralympic Committee and World Triathlon.

USA Triathlon may assist with logistics, testing and necessary travel documents, with an aim to provide support when possible for athletes who intend to travel and compete at international events, but this should never be interpreted as encouragement to travel or compete. Athletes must analyze the risk vs. reward of each decision they make and be sure it aligns with their personal comfort level during the COVID-19 pandemic. Athletes are encouraged to research the trends and case prevalence in all areas they intend to travel to and through: <https://globalepidemics.org/key-metrics-for-covid-suppression/>.

**COVID-19 General Information:** COVID-19 is a disease caused by the SARS-CoV-2 virus. This highly contagious virus is spread primarily through respiratory droplets from infected individuals. Signs and symptoms of COVID-19 include:



Along with getting the COVID-19 vaccine, the primary methods of prevention of COVID-19 are through physical distancing, personal hygiene measures (e.g., hand washing, proper coughing/sneezing etiquette), wearing facial coverings, not sharing equipment, thorough cleaning procedures, identification of infected individuals or those exposed to infected individuals (i.e., contact tracing), and quarantining those individuals until they are no longer infectious.

**Testing:** All staff, service providers and athletes attending any competition trip or camp will be required to obtain a PCR COVID-19 test immediately in advance of travel (72 hours unless destinations require something else). Results of the PCR COVID-19 test should be emailed to the Team Leader for the trip prior to departure, and please ensure you understand how long test results will take since they can be as long as 48-72 in some locations. If you test positive or if your results are “indeterminate”, you will need to stay home and contact your healthcare provider for further recommendations and treatment. If you test negative, be sure to bring proof of the negative COVID-19 PCR test with you when you travel so you can provide it to government officials upon arrival. When possible, USAT will identify and/or provide onsite testing solutions when deemed valuable, beneficial and practical.

With testing much more common across the world, we ask that athletes and staff research trusted and low cost testing solutions in their home/training environment prior to departure. If there are no options, USAT will help to find a testing



solution. USAT makes no guarantee it will be able fund all testing that may be required of all athletes before, during and after travel, but will aim to lay out expectations in advance of any event or camp travel for transparency purposes.

**(+) COVID-19 Test:** If you have a positive COVID-19 test at any point during travel, arrangements will need to be made for you to see a healthcare provider for an evaluation and treatment. While the healthcare provider, or the authorities in the country visiting, will determine how long you need to remain in quarantine, CDC recommends that you remain in quarantine for at least 10 days since symptoms first appeared. Quarantine may end after 10 days IF your symptoms have improved and you no longer have a fever while not taking any medications that reduce your temperature (e.g., acetaminophen, ibuprofen, aspirin, etc). Quarantine times and isolation procedures will be dependent on the country, and any cost of quarantine during travel is not guaranteed to be covered by USAT.

**Close Contact & Exposure to Someone with COVID-19:** If it is determined that you spent 15 minutes or more within 6 feet of someone (unmasked), in a 24 hour period, who tests positive for COVID-19 while they are sick or within 48 hours of the onset of their symptoms (or if they never had symptoms, within 48 hours of a positive COVID-19 test), you need to isolate until you can be seen by a healthcare provider and get tested for COVID-19. Those who have been fully vaccinated and who have can show proof of having been COVID-19 positive within the past 90 days, may be able to avoid full quarantine and continued isolation. Monitoring for signs and symptoms should be continued twice daily for a period of 10 days minimum.

**Contract Tracing:** When a COVID-19 infection is identified among an athlete, spectator, official, volunteer, or staff, it is critical to conduct immediate contact tracing and identify all those who have been in close contact with this person. This should be done individually for each person identified with COVID-19 including laboratory confirmed and suspect cases. Contact tracing slows the spread of COVID-19 by identifying and notifying people that they may have been exposed, asking them to monitor their health and to self-quarantine. Timely and thorough contact tracing can effectively interrupt the chain of disease transmission and is an important public health intervention to prevent or contain an outbreak. By keeping those who may have been exposed to COVID-19 away from others, further transmission may be prevented. USAT Team Leader and/or local health officials will follow CDC and local guidelines for contract tracing, including making every effort to inform all athletes and staff of any “close contact” scenarios that we are made aware of via phone, text, WhatsApp or email as quickly as possible.

**Infection Prevention Measures:** The following general infection prevention measures should be followed at all times:

- Wear quality facial coverings/mask (KN95/KF94 as an example)
- Physically distance > 6 feet at rest and during normal activities, and > 12 feet when exercising
- Avoid shaking hands or other unnecessary physical contact with others
- Wash your hands for a minimum of 20 seconds often and when they are visibly dirty
- Use hand sanitizer or wash your hands after touching any surface that may have been touched by someone else
- Avoid sharing equipment, towels, clothing, grooming/hygiene products, food, water bottles, etc.
- Avoid public restrooms, locker rooms, showers, saunas, etc.
- Clean and disinfect everything – this includes your bedroom, shared spaces, bathrooms, equipment, frequently touched surfaces (doorknobs and light switches), etc.
- Limit entering other athletes’ or staff rooms – please keep communications or check-ins to outdoor spaces
- In order to protect your fellow teammates and coaches, we expect you to minimize community activities outside your home in advance of any travel. (see Best Practices section on pages 6 & 7)

**Signs and Symptoms Monitoring:** If you are experiencing any of these signs or symptoms prior to your trip, delay your trip until you can see your healthcare provider to ensure you do not have COVID-19. After returning from trips, please continue to monitor for symptoms of COVID-19 for a minimum of 14 days. If you develop any symptoms and/or test positive for COVID-19 please see your healthcare provider as well as contact USAT immediately for contract tracing purposes.

Bring a thermometer with you on the trip, but if you don’t have one or your thermometer stops working, let the Team Leader know so they can assist you with acquiring a thermometer. Take your temperature and check twice daily for signs or



Symptoms of COVID-19. Loss of taste or smell, mild fever, cough, nasal congestion”, as well as fever are all considered potential symptoms of COVID-19. If you have signs or symptoms, you should stay in your room and notify the Team Leader immediately and arrangements will be made for you to see a healthcare provider for further evaluation.

**Cars/Vans/Ground Transportation:** Public transportation or transportation provided by the race organizer should be used sparingly and should only be done with limited passengers on board, and with all wearing face coverings at all times. If this is not possible, alternative options should be used. Contact USAT staff onsite for assistance. Consider the following transportation safety measures:

- Drive alone in your own car
- If you need to carpool:
  - Keep the number of people as small as possible, don’t exceed 50% of the normal capacity of the car, and maintain as much physical distancing as possible (> 6 feet is ideal)
  - Make sure your carpool group is always the same
  - Only carpool with roommates or training partners
  - Ensure that all individuals wear fitted or cone-style facial coverings with multiple layers of fabric while in the car – bandanas and gaiters do not offer the same level of protection and are not recommended
  - Keep the windows rolled down enough to allow air to circulate in and out of the car

**Limited Interaction:** USAT expects its athletes and staff to have limited group interaction during any travel and that includes with athletes, coaches and officials from other nations even if a close preexisting relationship exists. Best practice includes no physical contact with anyone, which includes not greeting anyone with hugs or handshakes.

**No Team Functions:** Until further notice, USAT will not offer team functions at any scheduled World Triathlon (WT) events as they have in the past. Travel logistics and lodging will be arranged, but there will be no team meetings, meals, gathering, in-person briefings, etc., and we will not greet each other with handshakes, or meet closer than 6 feet at any time without both parties wearing masks, etc.

**Communication:** Communication should be digital, or at 6+ feet distance with face coverings at all times, and should take place in open spaces or outdoors. Daily communication will continue to be sent by the Team Leader when present on a trip.

### **Air Travel:**

We encourage you to check with your airline prior to travel for specific requirements and if you are sick, do not travel. If you choose to travel, here are things you can do to reduce your risk of infection:

- Wear a quality well fitted facial coverings/masks (KN95/KF94 as an example)
- 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 (when possible)
- 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
- Eat before and after flights when there are no other travelers around instead of taking your mask down during a flight to eat or drink when all others on the plane are likely doing the same (during meal and drink times)

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
- Food and water
- Medications to last your entire 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. Review travel related resources from the [CDC](#) and [WHO](#) prior to your trip.

**Bubble Scenarios at World Triathlon events:** please note that several World Triathlon events will enforce a “bubble scenario” created and implemented by the Local Organizing Committee. Those rules and regulations will be enforced in conjunction with USAT’s protocols outlined below.

**Accommodations:** USAT will prioritize single occupancy rooms for all athletes and staff. If athletes have been living together in a home (squad) environment in the preceding 6 days, they may request to share a room. **DO NOT CONGREGATE IN ROOMS.** Hotel rooms, like dorm rooms at universities, are a common place for people to transmit COVID-19.

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:

- Make reservations, check-in and check-out online
- Request mobile room key and contactless payment methods
- Stay at hotels that implement the following infection prevention measures:
  - Require staff to wear masks while at work
  - Plexiglass barriers at check-in counters
  - Physical distancing requirements throughout hotel, including elevator
  - Rigorous cleaning and disinfecting procedures for frequently touched surfaces
  - Hand sanitizer dispensers located throughout the hotel facility

Clean your hotel room with [EPA approved products](#) for COVID-19 using the [CDC’s cleaning guidelines](#). Simple recommendations include:

- Cleaning the room with gloves and then throwing them away
- Wiping down doorknobs, light switches, counters, faucets and remote controls with antiseptic wipes
- Laying plastic down on carpets
- Using your own bed linens and pillows
- Using an air purifier
- Cleaning your own room regularly rather than allowing housecleaning to clean your room

Be sure to take the following infection prevention measures while at the hotel:

- Wear a mask anytime you are outside of your room
- Use stairwells instead of elevators if possible. If you must take the elevator, try to ride alone or only with people you are living/rooming with
- Stay > 6 feet away from other people in all public areas
- Request contactless delivery for room service orders

**Food/Meals:** 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, curbside 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 at the same table. Sharing a meal with another athlete, staff, squad mate, or anyone else, at a distance less than 6 + feet, and/or in an



indoor environment is strongly discouraged, since masks will be removed for eating and drinking. When possible, outdoor meals should be prioritized when in the presence of others.

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 antiseptic 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.

**Service Providers:** Support staff and sport performance providers will follow strict protocols and remain at a 6+ foot distance from athletes when possible and will always wear masks. If it becomes necessary for a provider to be within close proximity to an athlete (less than 6 feet), the provider will be expected to wear an N95 quality mask, and should ensure the athlete is also fully masked during this time as well (exercise exemption permitted). Provider will wash hands (or use liberal hand sanitizer) before and after each exchange in which anything was touched or exchanged with athlete or athlete's gear. Face shields will be utilized, when possible, by providers in addition to N95 masks for interactions that are within very close proximity in an indoor environment, but this type of interaction is highly discouraged and will be avoided as much as possible.

### **USAT Physio Guidelines:**

- Please stay in your room until your appointment time. Your provider will text/call when ready for you.
- No food or drink will be allowed inside the treatment room.
- Controlling patient flow: Only one athlete is allowed in the treatment room at a time.
- Non-contact thermometer readings will be taken upon entry for both therapist and patient (***if the temperature is 100°F or higher you will not be treated and should isolate until COVID-19 can be ruled out***).
- Facemasks are required by both patient and provider inside the treatment room.
- In general, no more than one athlete and one therapist should be in the treatment room at a time.
- At any point we may cancel your appointment if safety measures are not being met or if there are any concerns that the environment is not optimally safe.
- Physio staff will follow USAT COVID-19 Team Travel Guidelines and complete the daily screening process daily.
- Between each appointment there will be a 10-15-minute window to ensure thorough cleaning.
- In addition to a quality face mask at all times, provider may wear a face shield and gloves at their discretion.
- The treatment room, all modalities, instruments, & surfaces will be sanitized with CDC approved disinfecting solutions at the start and end of each treatment day as well as before and after each patient and throughout the session.

**Facilities:** On competition trips and at camps, we frequently use unfamiliar facilities to either train or perform testing (local pool, wind tunnel, etc.). The COVID-19 protocols for these facilities will be researched and disseminated to all athletes and staff prior to the event. Should these protocols not meet our standards, we will communicate any concerns with participating athletes and staff, search for alternative facilities, and/or cancel the trip in question.

**Equipment Protocols:** If USAT is able to provide a mechanic for any particular trips there will be specific protocols provided in advance highlighting the steps that will be taken to minimize contact and associated risk. Examples are as follows:

- Upon arrival each athlete will build their bike and give it a good wipe down
- Reach out to the mechanic or bike lead via email to establish a time to drop off bike
- Athletes will leave bike at mechanics door at their specific time



- Mechanic staff will clean bike with bike-safe disinfectant prior to work
- Mechanic staff will wear gloves during services
- Post service, mechanic staff will clean bike with disinfectant and message back to athlete that service is complete
- If any issues arise during prep week, athletes will message mechanical staff and work up plan on an as-needed basis
- At the race venue, interaction with staff will be kept to a minimum

**Set the Example:** USAT expects its staff and athletes to set an example for how we can keep ourselves and our colleagues from around the world safe during this time. This will show we are taking this pandemic seriously and supports the chance for additional events to be scheduled and executed safely in the future.

**Social Media:** Please be exceptionally mindful of what you're posting on social media, especially when you are in a location where travel restrictions exist. If you do post, make sure you are following all protocol – wearing a face mask (correctly covering nose and mouth), practicing social distancing, etc. As stated above, be the example to our peers, young triathletes, experienced triathletes and everyone in between.

**Personal Responsibility:** All athletes are responsible for their own health and safety. If an athlete feels that the training environment is not safe for them, they should remove themselves and work with their coach and/or USAT staff to find alternative training options. Go to the [CDC website](#) to find out if you are at high-risk for serious illness due to COVID-19.

**Safe Training Environment:** While it is impossible to eliminate the risk of COVID-19 transmission, the steps outlined below are reasonable measures that support a safe training environment for athletes and coaches.

#### **Best Practices and Expectations for USAT athletes in advance of all travel:**

- Follow all social distancing [recommendations from the CDC](#).
- In order to protect your fellow teammates and coaches, we expect you to minimize community activities outside your home environment especially in the 6 days in advance of any travel. Minimize your activities outside of your home to **essential activities** to protect yourself, your teammates and staff. If possible, use delivery services to avoid going to grocery stores or retail shops. Avoid situations and activities that expose you to groups of people when social distancing cannot be maintained. Finally, **always use a quality face covering (KN95/KF94 as an example)**.
- Examples of **essential activities** include:
  - Going to the grocery store, shopping for supplies or equipment, although we encourage you to have these items delivered;
  - Picking up mail, medications at a pharmacy or take-out food from a restaurant, although we encourage you to have all possible items delivered;
  - Putting gas in your car;
  - Individual training that takes place outdoors (e.g., cycling and running) and does not involve community or athletes outside of your team/squad (who are known to be maintaining a high health standard);
  - Outdoor activities in a remote area with other individuals (who are known to be maintaining a high health standard) while following hygiene and physical distancing recommendations (e.g., do not drive in the same car) and avoiding high-touch areas (e.g., do not use pull-up bars at a playground).
- Examples of activities that would **not** qualify as an **essential activity**:
  - Social activities with people outside your immediate family or normal training group, where social distancing and masks are not being utilized, sporting events, concerts, parties, indoor restaurants, etc.

**During Travel:** All athletes, coaches and staff are expected to follow these guidelines when traveling to any USAT-organized competition or camp:

- Keep all required documents (invitation letters, waivers, proof of negative COVID-19 test) printed and on your person throughout the duration of travel. Have these easily accessible along with your passport in your backpack.
- Travel with and regularly utilize anti-bacterial hand sanitizer, sanitizing wipes and extra face masks.



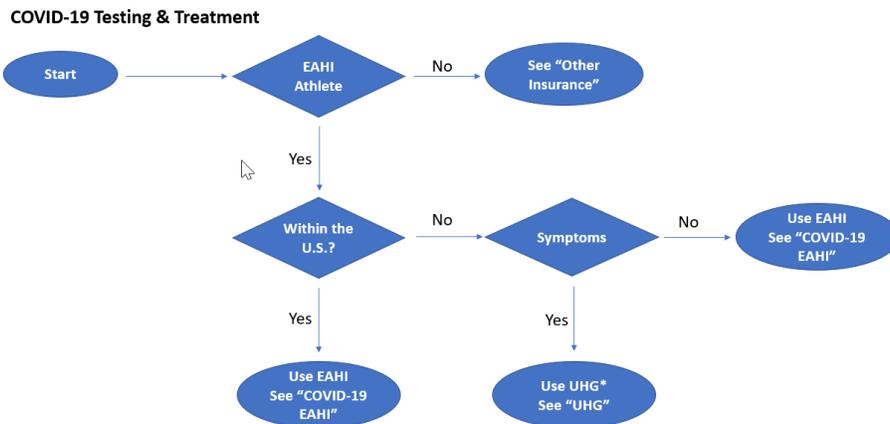
# USA Triathlon COVID-19 Team Travel Guidelines | 2021

- If possible, bring your own neck pillow, eye mask, headphones and scarf/blanket and avoid using the airline provided amenities.
- Stay hydrated and get as much rest as possible.
- Wear your face mask at all times.
- While wearing an N95, KN95, or KF94 style mask may not be comfortable for long uninterrupted hours of use, they provide excellent level of protection and peace of mind when in higher risk environments, so consider traveling with these types of masks.
- Finally, listen to the Team Leader. If the group is meeting in a designated location after disembarking the plane, please be on time and ready with your required documents.

**Hotel and Training:** All athletes, coaches and staff are expected to follow these guidelines when staying in the hotel and training **in a group** at any USAT-organized location (training camp or competition).

- *Temperature Monitoring:* Athletes and staff are required to check themselves for symptoms before arriving at the first session of the day, including taking their temperature and reporting it as requested by the Team leader.
- *Self-Monitoring:* All athletes and staff should self-monitor for signs or symptoms of COVID-19 daily. If you develop any signs or symptoms, you should **notify USAT Team Leader via text or phone**, not attend any training sessions and contact your health care provider immediately.
- Wear a facial covering at all times except when training or when the facial covering would inhibit exercise or potentially be dangerous.
- Frequently wash your hands for 20 seconds with soap and water or using alcohol-based hand sanitizer with a minimum of 60% alcohol.
- Cover your mouth and nose with a tissue when coughing or sneezing, dispose of the tissue in the trash, and wash your hands or use hand sanitizer.
- Maintain 6 feet of physical distance when not exercising and not breathing heavily.
- Maintain 12 feet of physical distance during indoor exercise with heavy breathing.
- Do not share food, water bottles, towels or other personal hygiene products (i.e. sunscreen, chapstick, etc.).
- Follow best practices related to riding or runs (no drafting with less than 12 feet of separation when behind and maintain at least 6 feet of separation when beside teammates) as much as possible.

**HEALTH INSURANCE:** Be sure to check on your health insurance prior to traveling. If you are on the National Team, you may have Elite Athlete Health Insurance (EAHI) and UnitedHealthcare Global. If you don't have EAHI, be sure you understand your personal health insurance policy. The below figure presents a flow chart demonstrating which health insurance you should use for tests or treatment related to COVID-19:



UHG = United HealthCare Global Travel Insurance



**Other Insurance:** Athletes and staff who are not enrolled in EAHl should use their individual health insurance. If traveling internationally, UnitedHealthcare Global (UHG) SafeTrip travel insurance may be purchased (ask USAT).

**COVID-19 Coverage Under EAHl:** The following services related to COVID-19 are covered 100% by EAHl, **at no cost to eligible 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 (if offered by USAT). 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.

**COVID-19 Vaccination:** if you have received the vaccine, and feel comfortable sharing that information, please let USAT HP staff know so we can keep track. Also make sure to travel with this vaccine verification on your person during travels and while at events and training sessions. If possible, the USAT Team Leader will share in advance the vaccination status of support staff.

**Failure to abide by the outlined Guidelines above may result in dismissal from USAT event, camp, or projects.**

*\*Questions can be sent to Courtney Gardner, Olympic Program Senior Manager [Courtney.gardner@usatriathlon.org](mailto:Courtney.gardner@usatriathlon.org); Amanda Duke Boulet, Paralympic Director [Amanda.Duke@usatriathlon.org](mailto:Amanda.Duke@usatriathlon.org); John Farra [HPGM@usatriathlon.org](mailto:HPGM@usatriathlon.org)*