



## ***Covid Travel Recommendations***

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**Athlete Personal Responsibility Statement:** The health and safety of athletes is a top priority for the multisport community. As an athlete, you understand that event producers are doing everything within their power to ensure safety at their events. It is the athlete's responsibility to stay safe leading up to the event, regardless of the distance traveled for the event.

The purpose of this document is to provide athletes with recommendations when traveling to and from an event, as well as during the event outside of competition. These recommendations have been developed by medical experts in partnership with USA Triathlon, relying on resources such as the Centers for Disease Control and Prevention, World Health Organization, United States Olympic & Paralympic Committee and World Triathlon. 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/>. Review travel related resources from the [CDC](#) and [WHO](#) prior to the trip.

## **INFECTION PREVENTION MEASURES:**

- Wear a facial covering when in public
- Physically distance > six feet at rest and during normal activities, and > 12 feet when exercising
- Avoid shaking hands and other unnecessary physical contact
- Avoid sharing of equipment
- If sick, do not travel
- Schedule a COVID-19 test to be completed upon return
- Use hand sanitizer or wash your hands after touching any surface
- Limit use of public restrooms, locker rooms, etc.
- Clean and disinfect everything
- Minimize community activities outside your home in advance of any travel

## **QUARANTINE GUIDELINES**

- Quarantine can end after Day 10 without testing and if no symptoms have been reported during daily monitoring.
  - With this strategy, residual post-quarantine transmission risk is estimated to be about 1% with an upper limit of about 10%.
- When diagnostic testing resources are sufficient and available, then quarantine can end after Day 7 if a diagnostic specimen tests negative and if no symptoms were reported during daily monitoring. The specimen may be collected and tested within 48 hours before the time of planned quarantine discontinuation (e.g., in anticipation of testing delays), but quarantine cannot be discontinued earlier than after Day 7.
  - With this strategy, the residual post-quarantine transmission risk is estimated to be about 5% with an upper limit of about 12%.

## **AIR TRAVEL:**

- When possible, choose direct flights or those with minimal layover time
- Adhere to facial covering policies
- Consider wearing eyeglasses/eye shields
- Avoid touching your eyes, nose or mouth

- Wash your hands frequently for at least 20 seconds with soap
- Use and carry hand sanitizer with at least 60% alcohol
- Avoid touching other travelers' belongings
- Wipe down arm rests, tray tables, video monitors and seat belts with antiseptic cleanser while wearing gloves
- Bring your own food and water on the flight
- Adhere to > six feet of physical distancing, including through security and at gate areas
- Avoid airport buses and trams, and if unavoidable, wear a facial covering and maintain as much physical distance as possible

## **AIR TRAVEL CHECKLIST OF ITEMS TO BRING:**

- Facial coverings
- Eyeglasses/shields
- Hand sanitizer
- Antiseptic wipes
- Additional cleaning supplies for the hotel
- Disposable gloves
- Food and water
- Any necessary medications
- Thermometer to self-check

## **CARS/VANS/GROUND TRANSPORTATION:**

- Public transportation should be used sparingly, including other shared ride services such as Uber and Lyft
- 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 (> six feet is ideal)
  - Make every attempt to ensure your carpool group is always the same
  - Only carpool with roommates, training partners, or those within your household
  - Ensure that all individuals wear fitted 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

## **ACCOMMODATIONS:**

- Recommendation is single occupancy rooms or staying with those within your household
- 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.
- Stay > 6 feet away from other people in all public areas
- Request contactless delivery for room service orders
- Be aware of high touch areas such as television remote, phone, and any glassware

- Avoid congregation in rooms
- 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
  - 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
- Follow guidelines set forth by establishment
- 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, if possible
  - Using your own bed linens and pillows
  - Using a portable air purifier or open windows if possible
  - Cleaning your own room regularly rather than allowing housecleaning to clean your room

Additional recommendations regarding overnight travel can be found here on the [CDC website](#).

## **FOOD/MEALS:**

- Order food for take-out, curbside pick-up, or drive-through service when possible
- Wipe down tables, seats and armrest with disposable cleaning wipes
- Only remove facial covering when eating
- Limit your in-restaurant dining to outdoor locations with at least six feet 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
- Avoid sharing a meal with others in indoor environments or when seated less than 6 feet apart
- If possible, outdoor meals should be prioritized when in the presence of others
- Avoid buffet-style eating when possible
  - If avoiding buffet-style eating is not possible:
    - Wash your hands immediately before and after going through the buffet line
    - Wear a fitted facial covering while in the buffet line
    - Maintain at least six feet of physical distancing while in buffet line
- If you choose to make your own meals:
  - Attempt to use a grocery delivery service or arrange for a curbside pick-up