

USA Triathlon Guidelines for Volunteers

Volunteers are vital to the execution and implementation of events. In all activities, volunteers should adhere to critical health and safety protocols in order to protect themselves and others.

General Guidelines for Volunteers:

DO NOT attempt to volunteer if you have:

- Experienced symptoms that could be related to COVID-19 in the last 10 days
- Been around anyone who has COVID-19 in the last 10 days
- Traveled to any foreign country in the last 10 days

DO NOT consider volunteering if you live with or are in frequent contact with people in the higher- risk categories for the virus. However, if those that fall within this category have been vaccinated, this inherently lowers the risk of transmission and would therefore be permitted to volunteer.

DO show up to volunteer knowing your specific duties, location, and interaction with others will be.

DO ask about any risk that may be associated with the task and specifics for the volunteer job function - **DO NOT** take part if you are uncomfortable with the level of risk – please be empowered to ask how the level of risk could be reduced.

DO practice universal infection control precautions.

- Clean and wash your hands before, during, and after volunteering for a minimum of 20 seconds prior to arriving for your shift, during your shift after making contact with items, and after your shift
- Avoid physical contact with others and maintain a social distance of 6 feet
- Cover your cough and sneezes with your elbow or tissue
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Wear a face mask by following WHO and CDC guidelines
- If wearing a fabric mask, ensure that it is at least two, ideally three layers

DO be on the lookout for additional safety precautions that should be taken before, during and after the shift

DO ask if any testing is required prior to volunteering

DO bring your own PPE items to volunteer in case they are not provided

DO allow for extra time for additional screening, if implemented, upon arrival to your shift

DO clean any used spaces thoroughly before and after

DO use proper/mandated Personal Protective Equipment (PPE) if needed/provided for the task

DO maintain the social distancing of 6 feet, even while wearing a mask when at all possible