



USA Triathlon Safe Return to Multisport Initiative

May 20, 2020

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Objective: To provide guidelines for a safe return to multisport racing and training using a three-phased approach

USA Triathlon's Approach for a Safe Return to Multisport

- Prioritize safety of our athletes, race directors, volunteers and the rest of the multisport community
- Make consistent with [Federal Government Guidelines](#), specifically the three-phased approach to reopening each state
- Provide Return to Racing Recommendations for Race Directors that they can adapt based on specific direction from local authorities and experts
- Local authorities provide final approval regarding when and how events safely return in each community
- Rely on data, resources and guidance from medical experts and the [World Health Organization](#) ("WHO"), the [United States Centers for Disease Control & Prevention](#) ("CDC") and the [Occupational Safety and Health Administration](#) ("OSHA")
- Make consistent with the United States Olympic and Paralympic Committee's ("USOPC") [Safe Return to Training Considerations](#), the [USOPC's Event Planning Considerations](#)) and the International Triathlon Union's ("ITU") [World Triathlon COVID-19 Prevention Guidelines for Event Organizers](#)
- Collaborate with endurance sport leaders to compile and distribute industry-wide best practices
- Include key constituents – race directors, athletes, coaches, health and medical experts, officials and other endurance leaders – in the planning process
- Effectively communicate changes and set expectations with athletes
- Due to the rapidly changing situation, these guidelines will continue to be updated as new information is made available

Phase I

Phase I Overview

No events are permitted by state or local authorities. Virtual racing only and training with strict limitations while maintaining adherence to mass gathering thresholds, physical distancing and sanitation protocols. All decisions continue to be consistent with federal guidelines and guidance from state and local authorities, and aligned with local circumstances.

Phase I

Racing Overview

- Virtual racing only
- In-person racing prohibited by state or local authorities

Phase I

Training Overview

- Should not exceed local mass gathering thresholds while maintaining strict physical distancing and sanitation protocols
- **Outdoor Camps/Clinics:** Group size must be limited to local mass gathering thresholds with strict physical distancing and sanitation protocols (must receive proper approval from local health authorities, if necessary)
- **Virtual Camps/Clinics:** Strongly encouraged
- **Swim (pool):** Resume if local gym/swim facility has re-opened to the public and is adhering to strict physical distancing and sanitation protocols
- **Swim (open water):** Resume when water locale is open and is practicing strict physical distancing and sanitation protocols
- **Bike:** Avoid riding in a pack, including drafting, to maintain physical distancing requirements
- **Run:** Avoid running in a pack to maintain physical distancing requirements
- **Nutrition:** Do not share food or drink, and do not reuse containers from previous sessions

Phase II

Phase II Overview

In-person racing is permitted with local event size restrictions and strict limitations, and training with moderate limitations, while continuing to adhere to mass gathering thresholds, physical distancing and sanitation protocols. All decisions continue to be consistent with federal guidelines and guidance from state and local authorities, and aligned with local circumstances.

Phase II

Racing Overview

- See the [Return to Racing Recommendations for Race Director](#) for more details
- In-person racing may return pending local mass gathering thresholds are not exceeded and additional mandated guidelines are strictly followed
- Must receive clearance from all governing entities (city, state, local, federal) for racing to take place
- Must follow direction of local governing entities regarding race size, testing and pre-event quarantine measures
- Tiered schedule, rolling, time trial or small mass starts should be supported
- Must adhere to sanitation protocols
- Physical distancing must be maximized in all areas, including but not limited to packet pick-up, transition, race start, aid stations, finish, and post-race food
- Briefings and awards ceremonies should be virtual
- Highly recommend swim familiarization or clinic prior to race
- Discourage or prohibit spectators to assure local event size restrictions are not exceeded
- Strict health and safety considerations around staffing and volunteers
- Education for athletes about what to expect and their responsibilities to prepare for a safe race
- Education for volunteers about what to expect and their responsibilities

Phase II

Training Overview

- Follow the guidance from the United States Olympic and Paralympic [Return to Training Considerations](#)
- Should not exceed local mass gathering thresholds while maintaining physical distancing
- **Outdoor Camps/Clinics:** Group size must be limited to local mass gathering thresholds and camp/clinic is adhering to physical distancing and sanitation protocols (must receive proper approval if necessary)
- **Swim (pool):** Resume if local gym/swim facility has re-opened to the public and is adhering to physical distancing and sanitation protocols
- **Swim (open water):** Resume when water locale is open and they are adhering to physical distancing and sanitation protocols
- **Bike:** Avoid riding in a large pack, including drafting, to maintain physical distancing requirements
- **Run:** Avoid running in a large pack to maintain physical distancing requirements
- **Nutrition:** Do not share food or drink, and do not reuse containers from previous sessions

Phase III

Phase III Overview

In-person racing is permitted with no local event size restrictions and moderate limitations, and training with considerations, while continuing to adhere to physical distancing and sanitation protocols. All decisions continue to be consistent with federal guidelines and guidance from state and local authorities, and aligned with local circumstances.

Phase III

Racing Overview

- See the [Return to Racing Recommendations for Race Director](#) for more details
- In-person racing may proceed as long as local guidelines are strictly followed
- Must receive clearance from all governing entities (city, state, local, federal) for racing to take place
- Mass starts can return as long as local guidelines are followed
- Must adhere to standard sanitation protocols
- Standard physical distancing is preferred in areas including but not limited to packet pick-up, awards ceremonies, transition, race start, finish, aid stations and post-race food
- Virtual briefings and award ceremonies are recommended but not required
- Highly recommend swim familiarization or clinic prior to race
- Limit spectators as needed to stay within the local event size restrictions
- Consider limiting staff and volunteers
- Education for athletes about what to expect and their responsibilities to prepare for a safe race
- Education for volunteers about what to expect and their responsibilities

Phase III

Training Overview

- Follow the guidance from the United States Olympic and Paralympic [Return to Training Considerations](#)
- **Outdoor Camps/Clinics:** Group size must be limited to local mass gathering thresholds with limited physical distancing and standard sanitation protocols (must receive proper approval if necessary)
- **Swim (pool):** Resume if local gym/swim facility has re-opened to the public and adheres to standard sanitation protocols
- **Swim (open water):** Resume when water locale is open and is practicing standard sanitation protocols
- **Bike:** May resume while following local physical distancing requirements
- **Run:** May resume while following local physical distancing requirements
- **Nutrition:** Do not share food or drink – do not reuse containers from previous sessions



Return to Racing Recommendations for Race Directors

The Return to Racing Recommendations have been developed by experienced race directors and medical experts relying on fact-based recommendations from other expert resources such as the Centers for Disease Control and Prevention (“CDC”), World Health Organization (“WHO”), Occupational Safety and Health Administration (“OSHA”) and sport-specific guidelines developed by the United States Olympic & Paralympic Committee (“USOPC”) and the International Triathlon Union (“ITU”). The recommendations provided in this document are broadly focused to allow for clear, flexible, and scalable application across all sizes and scopes of endurance events. Importantly, event organizers must adhere to any rules or regulations that their local authorities’ issue; these recommendations are designed to be applied based on those local directives.

A separate document, [Return to Racing Recommendations for Athletes](#), is now available and race directors are encouraged to pass along to their athletes.

Section I: Phased Approach to Return to Racing¹

The Return to Racing Recommendations have been developed to align with the three-phased approach for resuming normal business and lifestyle operations as provided by the Federal Government. Please note, these recommendations apply to the location of where your event is held.

There are several resources available for determining what phase your state and local jurisdictions are currently operating under. Refer to your local and state health department websites for this information. You can also reference many sources that have compiled information nationwide like the New York Times [Coronavirus Reopen Map](#) and NPR's [State-by-State Guide for Reopening](#).

Here are the overviews from the Guidelines for the three phases:

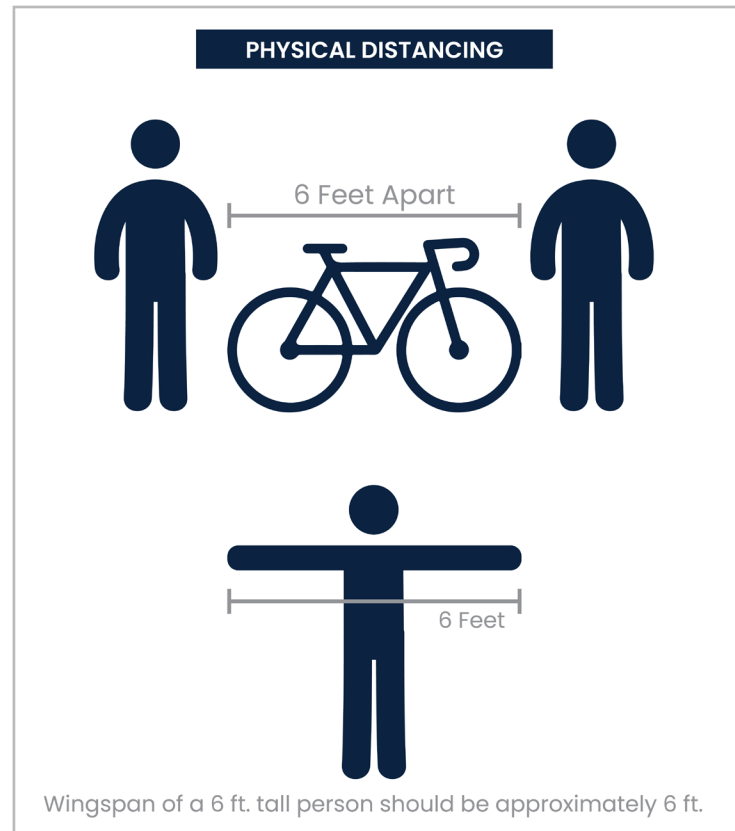
- **Phase I Overview:** No events are permitted by state or local authorities. Virtual racing only and training with strict limitations while maintaining adherence to mass gathering thresholds, physical distancing and sanitation protocols. Virtual events are covered through insurance as long as they are sanctioned as a clinic through the USA Triathlon sanctioning system². All decisions continue to be consistent with federal guidelines and guidance from state and local authorities, and aligned with local circumstances.
- **Phase II Overview:** In-person racing is permitted with local event size restrictions and strict limitations, and training with moderate limitations, while continuing to adhere to mass gathering thresholds, physical distancing and sanitation protocols. Perform a WHO risk assessment to determine if your event is located in a Very Low or Low Risk Category³. All decisions continue to be consistent with federal guidelines and guidance from state and local authorities, and aligned with local circumstances.
- **Phase III Overview:** In-person racing is permitted with no local event size restrictions and moderate limitations, and training with considerations, while continuing to adhere to physical distancing and sanitation protocols. Perform a WHO risk assessment to determine if your event is located in a Very Low or Low Risk Category³. All decisions continue to be consistent with federal guidelines and guidance from state and local authorities, and aligned with local circumstances.

Section II: Impact to Racing and Recommendations for Event Planning and Operations

The impact of coronavirus will undoubtedly have a long-lasting and significant impact on event planning and operations. The following recommendations are designed to provide a scalable application to all sizes and forms of endurance events.

Race organizers are ultimately responsible for the safety and well-being of their event participants and should exercise discretion for how they implement these recommendations at their own events. Before holding an event, race directors must 1) identify and adhere to the mass gathering limitations set by local authorities; and 2) have enhanced plans in place for preventing, mitigating, and responding to disease transmission.

These recommendations do not contemplate Draft-Legal events. If you are hosting a Draft-Legal event, please refer to the ITU Competition Rules. Regarding face coverings, follow the guidance of the event's state or local jurisdiction.



EVENT MEDICAL AND SAFETY OPERATIONS AT EVENTS

Basic medical procedures must be implemented to protect the safety of the medical workers, volunteers and participants. Race directors should develop an event medical plan with attention to COVID-19 factors.

STAFFING

I. One to two staff members should be dedicated to constantly cleaning tables, chairs and other high touch points after each athlete leaves an area. An additional consideration should be disposable covers on each of these items. Consider Medical and Security staff given authority to screen a participant, staff member or spectator presenting symptoms

SCREENING

I. Screen everyone entering the venue. It is imperative to prevent the spread of COVID-19 by rapidly identifying those with the virus, having them self-isolate and receive medical treatment. COVID-19 symptoms range from mild, cold-like symptoms, to respiratory failure.

1. Have medical staff equipped with thermometers, extra face coverings and gloves. Based on the CDC definition of a fever and the symptoms of COVID-19^{4,5}, if the athlete has a temperature of 100.0 degrees F or above, then athlete should be directed to event's medical director for final determination on the athlete's ability to participate in the event

2. The three most common symptoms include:

- a. Fever (>100-degree F)
- b. Cough
- c. Shortness of Breath
- d. Less common symptoms include:
 - Chills
 - Sore Throat
 - Headache
 - Muscle & Joint Pain
 - Chills
 - Congestion
 - Loss of Sense of Smell
 - Vomiting
 - Diarrhea

MEDICAL TENT SETUP

- I. Consider a larger tent for medical, with the ability to open up or remove walls, to allow medical staff and athletes in need of medical help to spread out. It is important to keep in mind that there should still be privacy rooms within the medical treatment area.
- II. Cooling pools should not be used
- III. Have ample hand sanitizer, fresh towels and wipes, trash cans and bags, and other necessary cleaning supplies

If an athlete arrives at the event exhibiting symptoms, the appropriate medical and security staff should be notified. Provide presenting individual with appropriate PPE and escort to designated COVID-19 isolation location. After evaluation, if individual is asked to leave venue, they should be provided with information regarding local medical resources and instructed to receive further evaluation. If an individual needs assistance to be escorted from the venue, local medical protocols will be used to complete transport.

QUESTIONNAIRE

Consider sending a checklist to participants prior to the event. Include questions such as: a) Have you tested positive for COVID-19? b) Do you have symptoms (cough, sore throat, fever, shortness of breath, etc.)? If the answer to either of those questions is “yes,” inform the participant that they should not attend the event unless she gets clearance from her medical provider.

I. Athletes who have experienced symptoms, or live with people who have symptoms, should self-quarantine and not compete in events until the following are true:

1. At least three days (72 hours) have passed since recovery
 - a. Recovery is defined as resolution of fever without use of fever-reducing medications and improvement in respiratory symptoms, e.g. cough, shortness of breath, etc. AND
2. At least ten (10) days have passed since symptoms first appeared

EVENT OPERATIONS

The following provides guidance for race directors holding events in Phases 2 and 3 and constitute a collection of recommendations from OSHA, WHO, CDC, U.S. Department of Health and Human Services, U.S. Department of Agriculture, ITU, USOPC and leaders in the endurance community.

SANITIZATION PROTOCOLS^{6,7}

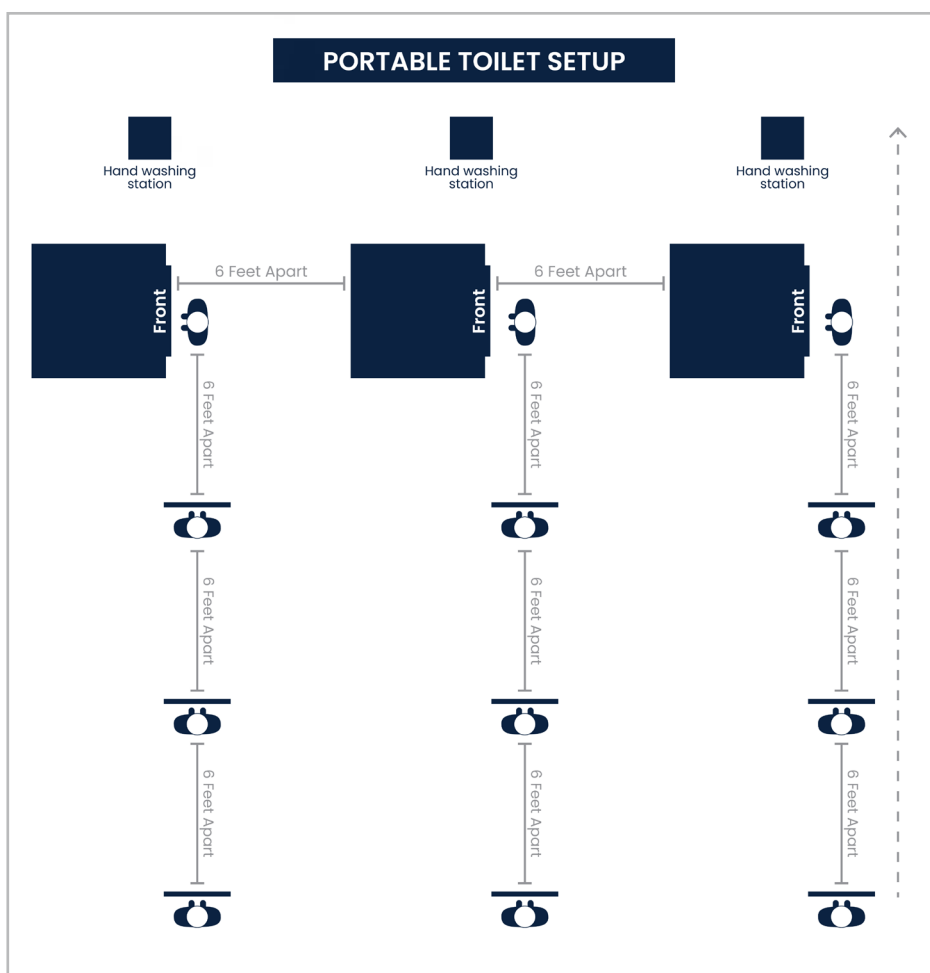
I. Basic infection prevention measures must be implemented to protect all persons at your event. This includes but is not limited to:

1. Post ample signage on-site encouraging regular hand washing and sanitizing
2. Have hand washing and sanitizing stations readily available and ample trash receptacles placed around event venue
3. Regularly cleaning high touch point areas
4. Require athletes, staff, volunteers, officials, and spectators to stay home if they are feeling ill
5. Discourage use of other people's equipment, phones, tools, etc.

II. How to implement at events:

1. Portable toilets

- a. Provide ample sanitation options like hand wipes, sinks, or hand sanitizer immediately outside each portable toilet cluster
- b. Increase the number of portable toilets to lower the ratio of athletes per portable toilet
- c. Increase the physical footprint by adding some space between portable toilet to encourage socially distancing in lines
- d. Consider additional signage to support physical distancing
 - i. Marking out 6-foot markers to distance within the line
- e. Schedule additional cleaning or continue to sanitize throughout the event day



2. Hand washing and sanitizing stations
3. Have several hand washing and sanitizing stations available throughout the event venue
 - a. Place stations in key areas:
 - i. Restrooms
 - ii. Finish line
 - iii. Post-race food
 - iv. Transition
 - v. Fluid stations
4. Have ample volunteers available to monitor and restock supplies continuously

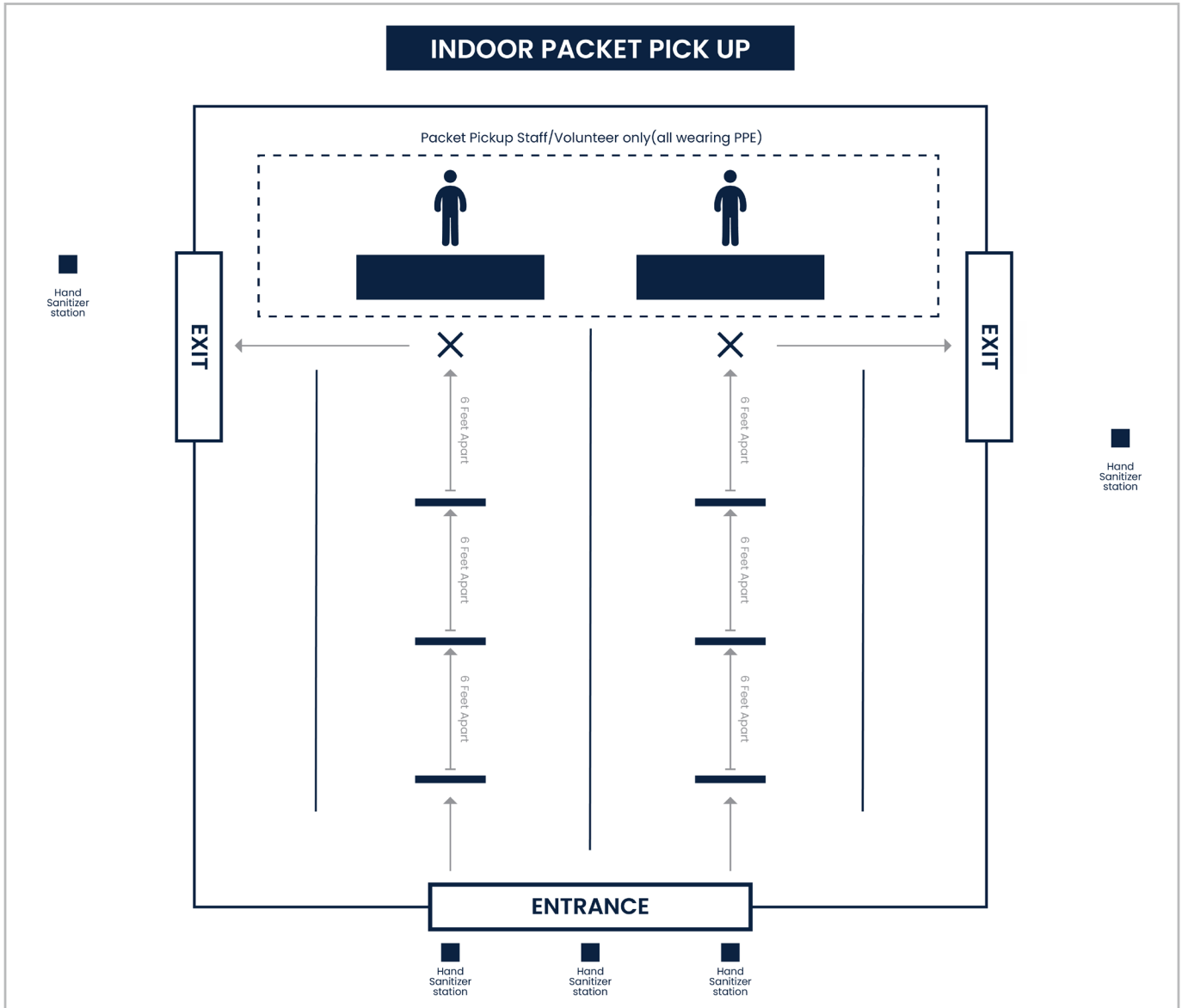
VENUE SETUP AND FLOW⁸

- I. Promote physical distancing and mitigate person-to-person contact
 1. Have ample signage placed in key areas of venue encouraging physical distancing
 - a. Add markings to the ground around potentially crowded areas to encourage people to spread out
 - b. Provide educational signage and ground markings for physical distancing in all areas where spectators may congregate
 2. Design your venue in a way that allows for smooth flow of athletes and spectators and mitigates crowds forming
 3. Consider restricting spectators
 - a. If allowing a small amount, limit to designated area(s) within venue
 4. Consider offering live athlete results tracking and/or live video stream to YouTube or other internet streaming services to encourage spectators to watch and track athletes from home
 5. Have the race announcer make announcements periodically to remind spectators about guidelines and government regulations

REGISTRATION AND PACKET PICK-UP

- I. Registration and packet pick-up procedures should be altered to promote physical distancing and mitigate person-to-person contact
 1. Registration
 - a. Online vs. In-person
 - i. Consider type of event, past registration history
 - b. Anticipate how race format and timeline may dictate special registration requests
 - c. Questions that the event organizer needs to ask in online registration
 - i. Specific arrival times to the venue for certain groups of athletes
 - ii. Specific race start times for certain groups of athletes
 - iii. Specific athlete registration capacities per wave or time slot
 - d. Consider additional signage to support physical distancing
 - i. Marking out 6-foot markers to distance within the line
 2. Packet Pick-Up
 - a. Require multiple packet pick-up times with designated pick-up times, perhaps alphabetically by last name
 - b. Consider multiple run or bike shops to assist in dispersing the packets
 - c. Consider a drive-through packet pick-up if possible
 - d. Consider mailing packets to athletes ahead of time
 - e. Consider having packets at the racks themselves
 - f. Race Directors can elect to allow a single person to pick up packets for multiple registrants

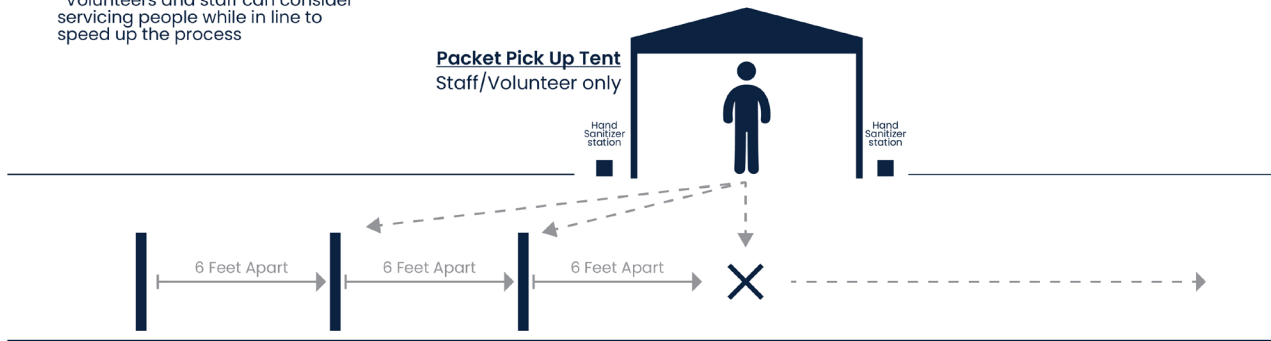
without proof of ID for each participant at packet pick-up while ensuring a signed USAT waiver has been completed. Proof of ID will be required on race day at bike check-in to ensure that all athletes are matching ID and registrant. This is a one-time exception given the circumstances. If screening is to be done at packet pick up, this exception should not be utilized.



OUTDOOR PACKET PICK UP

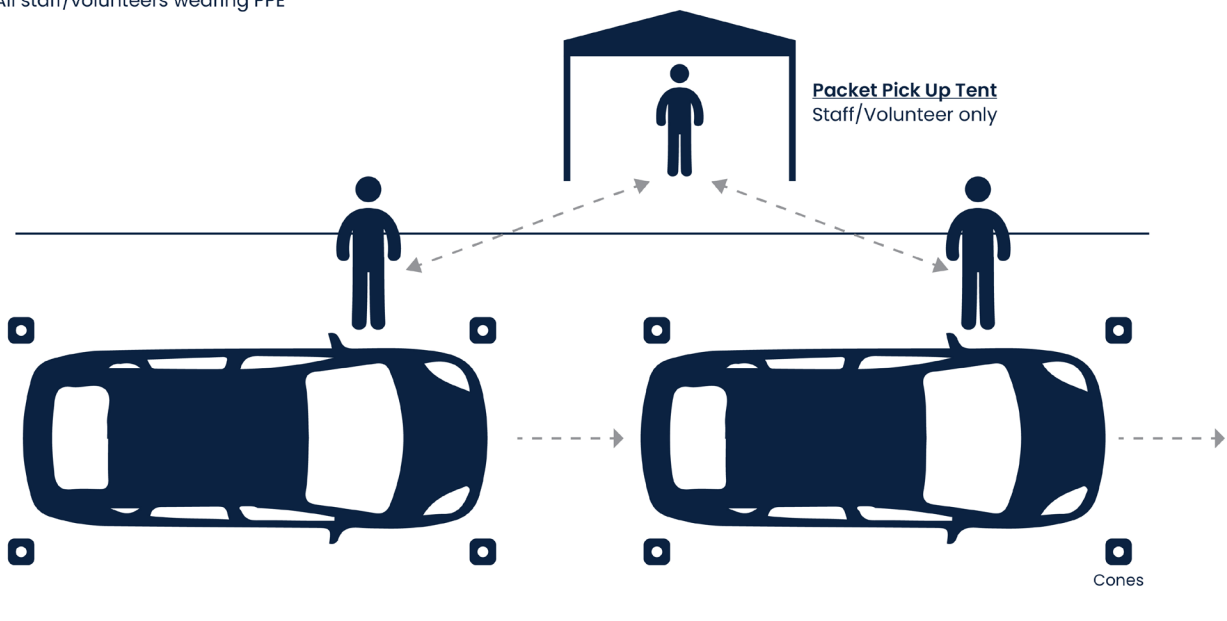
All staff/volunteers wearing PPE

*Volunteers and staff can consider servicing people while in line to speed up the process



VEHICULAR PACKET PICK UP

All staff/volunteers wearing PPE



3. Packet Composition

- a. Giveaways: Only competition-essential materials included inside the race package (e.g. no promo materials) while reducing packaging as much as possible
 - i. Give athletes an option to forego swag, limited swag, virtual swag or goody bag, or provide another pick-up option
 - ii. If offering swag, an option could be branded face coverings or other personal protective equipment

COURSE FAMILIARIZATIONS / RACE BRIEFINGS / SWIM WARM-UP

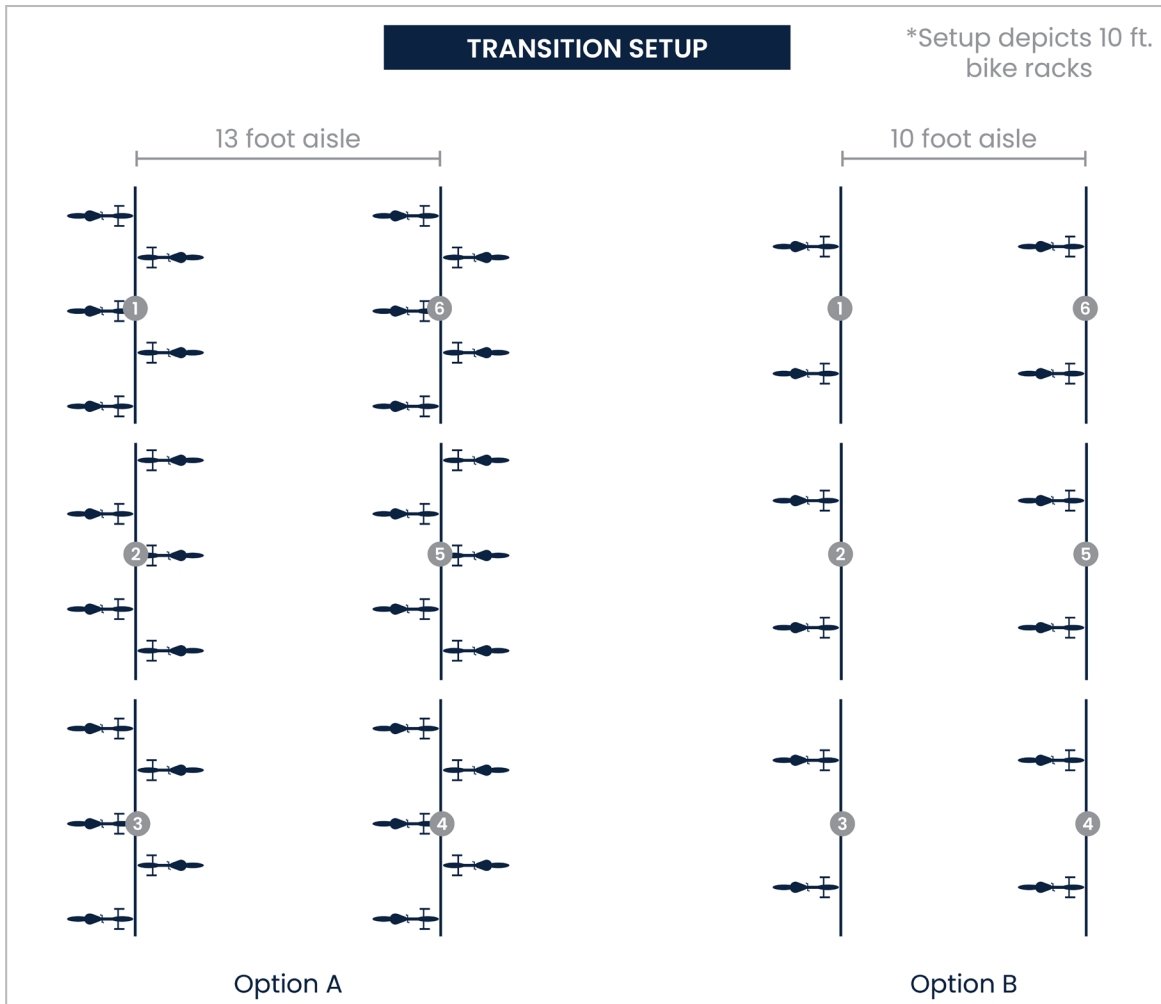
- I. Course familiarization is easy to shift to a virtual format. Some possible solutions include:
 1. Drive the course and record on video to share over YouTube or similar platform
 2. Use virtual 3D mapping program with voice over instructions
 3. Standard graphic map with cues to accompany map lay out
 4. Virtual webinar escorting viewers through the course using graphic maps
- II. Race briefings should shift to a virtual format in Phase II:
 1. Record the briefing and post to YouTube or a similar platform
 2. All guidelines should be communicated to the athletes including normal event policies and procedures, when to arrive at the venue depending on assigned race start times, changes to event based on physical distancing and increased hygiene measures, courses, rules, etc.
 3. In Phase III, Virtual briefings are still recommended, but in-person briefings can occur if able to maintain local protocols
 - a. Consider multiple, smaller briefings instead of one larger briefing
- III. If at all possible, athletes should be given the opportunity to warm-up in the body of water that the race will take place while practicing physical distancing

EXPO AND PARTNERS

- I. Expo should be altered to promote physical distancing and mitigate person-to-person contact
 1. Extended hours/footprint to limit the number of people in one area
 - a. If neither is an option, limit the number of expo vendors and space vendors further apart
 - b. Additional option is to assign times for athletes to enter the area
 2. Race merchandise sold exclusively online to eliminate giveaways
 3. Create one-way walking paths through the expo and clearly marking where people should stand in line
 4. Wipe down or use disposable table coverings
- II. Consider overcommunicating with partners regarding the status of the event, including being upfront about the limitations to the venue, athlete offerings, etc.

COURSE OPERATIONS

- I. Transition Area
 1. Consider temperature screening upon bike check-in to transition area prior to racing
 - a. See screening section above for appropriate screening protocols
 2. Changes to transition area format are highly encouraged to promote physical distancing. Below are two possible options:
 - a. **Space between bikes and racks:** Consider spacing bikes a minimum of 3 – 4 feet between bikes per rack
 - i. More racks and less people per rack
 - ii. Spread bike racks apart from one another rather than right next to each other



b. **Wave Start Alterations:** If spacing bikes further apart is not an option, consider changes to your wave starts

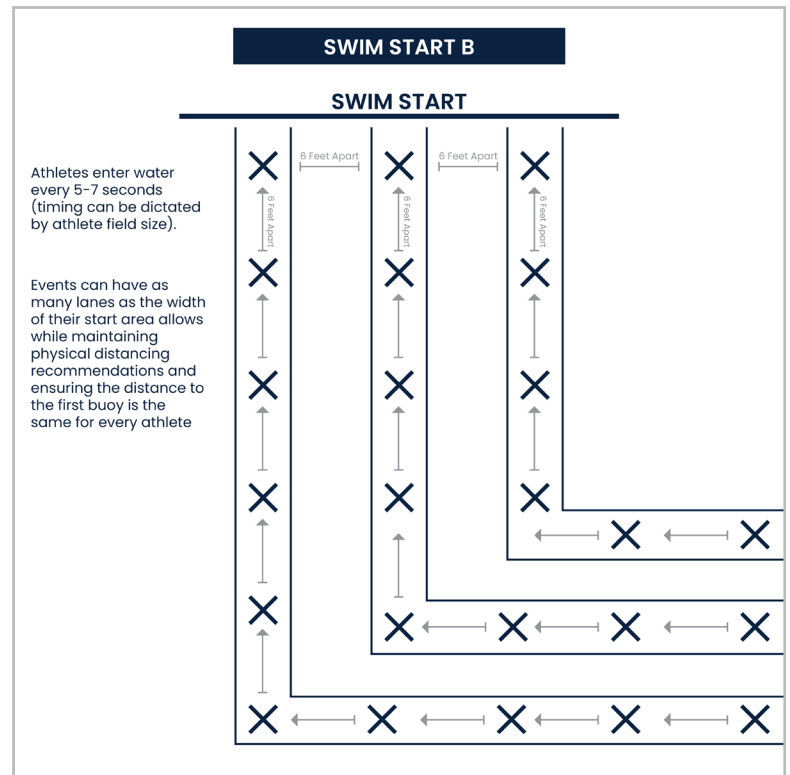
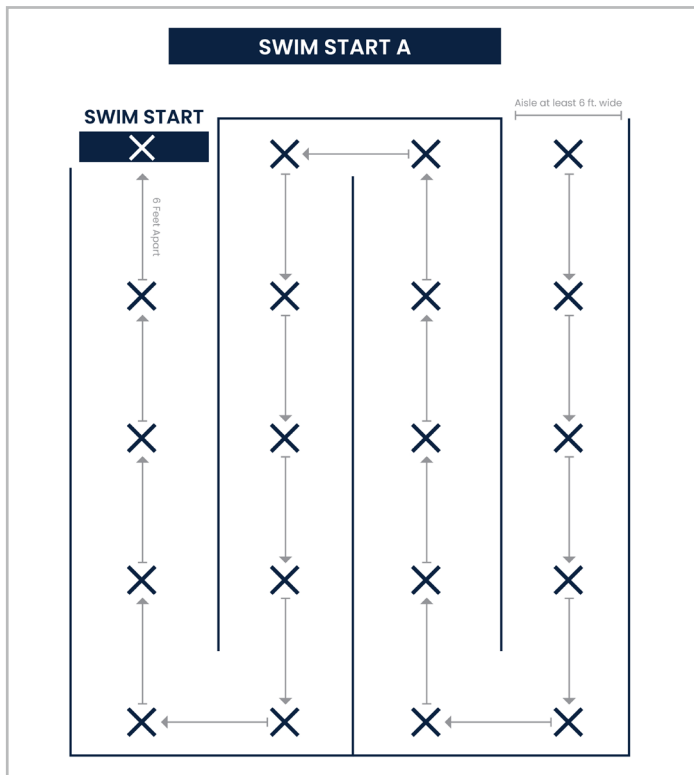
- i. Have smaller, but more frequent waves. For example, 20 waves of 50 athletes instead of 10 waves of 100.
- ii. Randomize waves and bib sequences so that each wave has a variety of different ages of athletes instead of waves of the same age group
- iii. People of different ages will likely have different swim times, so randomized waves helps mitigate the chances of them being near each other in transition at the same time
- iv. Example:

1. Number your bike racks normally in a consecutive manner, starting with 1 and continuing through the number of participants
2. When assigning bib numbers, randomize athletes so that there is no pattern in how ages are assigned to bibs
3. Ensure there is clear communications to athletes as to their bib number and what wave they are in
4. As athletes exit the water, they proceed to their assigned spot on the bike rack. Since athletes of any age could be near them, swim finish times will vary greatly, mitigating the chances of large groups of athletes transitioning next to each other at the same time. While this will reduce the competitiveness of age groups, it significantly increases physical distancing.

3. Bike racks will need to be sanitized prior to racing and once racing concludes
4. All equipment checks should be visual in nature
5. No one should touch or handle gear other than the athlete who owns it

II. Start Area

1. Consider a time trial start vs. mass start
2. Discourage athletes from congregating near the start area until just before their wave is set to start
3. Consider a larger start area if possible
4. If you have smaller but more frequent waves, consider having a few large start corrals (with enough space to provide physical distancing) so that waves are queued and ready to go
5. Start time intervals where athletes are not permitted to congregate outside of designated time
6. Consider eliminating water station at swim start or only allow athletes to bring their own water bottle to utilize



III. Swim Course

1. Consider smaller and more frequent waves. See the transition area section above for considerations on randomizing waves to promote social distancing.
2. Consider no wetsuit stripping
3. If stairs or a dock are normally used to exit the water, consider finding an alternative swim exit location (like a sandy beach) that mitigates high-touch points. Constantly sanitizing high-touch points like stair rails or swim exit ladders may be difficult to do with high volumes of athletes exiting the water in a short period of time.
4. Lifeguards
 - a. Ensure that lifeguards are properly equipped with normal lifesaving equipment, and ample hand sanitizer and wipes

- b. Consider supplying lifeguards with face shields/CPR rescue face coverings
5. Considerations for pool swims
 - a. To promote physical distancing, pool swims should be conducted in a time-trial format
 - b. In a time-trial format, athletes should self-seed themselves from fastest to slowest to mitigate passing in the water
 - c. Consider blocking every other pool lane and prohibit athletes from swimming in the same lane towards each other

IV. Bike Course

1. Provide the best possible athlete distribution on the bike course to support physical distancing
2. If the state or local jurisdiction requires face coverings, encourage athletes to wear face coverings if possible
3. Minimize pinch points of the course where cyclists are forced to ride close to each other because of road conditions or other obstacles

V. Run Course

1. If the state or local jurisdiction requires face coverings, encourage athletes to wear face coverings, if possible
2. Minimize pinch points on the course that cause athletes to naturally run closer to each other
3. Consider a looped course vs. out and back
4. The athletes are recommended to avoid running directly behind another athlete at a distance less than 13 feet. If the distance is less, it is recommended to be either at a 45-degree angle or alongside the other athlete and avoid facing each other

VI. Relay Exchange Zone

1. A line must be drawn within the exchanging area. When the finishing athlete passes this line, the next athlete from the same team starts without any physical contact.
2. Consider giving each individual athlete their own chip to eliminate hand-off of chips from one athlete to another
3. Adjacent corridors must be provided for incoming and outgoing athletes

AID STATIONS^{9,10}

I. Based on the guidance of the U.S. Department of Health and Human Services and the U.S. Department of Agriculture, many elements of aid stations fall under the concepts of food safety. Pouring fluids and distributing cups should be considered part of a food safety protocols.

II. Aid Stations for Run Courses

1. Consider small single serve mini-water bottles
 - a. Have a recycling plan in place
2. Consider allowing athletes to bring their own water bottles or cups that they race with
 - a. Handheld running water bottle
 - b. Collapsible cups
 - c. Consider designated tables for athletes bringing own water bottles, bottles must be specifically marked and spaced to accommodate distancing
 - d. Eliminates the need for several volunteers at aid stations
3. Have ample cleaning and sanitation supplies including, but not limited, to gloves, hand sanitizer, paper towels, hand wipes, trash cans, and garbage bags
4. Volunteer staffing
 - a. All aid station volunteers should have gloves and face coverings on (if required by the state or local jurisdiction)
 - b. Volunteers should be permanently grouped into a group that only pours cups and a group that only hands cups out. If a volunteer handing out cups comes in contact with an athlete,

we do not want to cross contaminate with the pouring station

c. If a volunteer comes in contact with an athlete, they should replace their gloves and use wipes to wipe the area of the body that was touched¹¹.

5. Aid Station setup WITH volunteers

a. To prevent athletes from pouring their own fluids, staging tables for fluids should be kept 6 feet back from the running lane if possible

b. Volunteers should wear face coverings (if required by the state or local jurisdiction) and gloves, handing cups directly to athletes

c. Cups should be held from the bottom to avoid contact with the rim of the cup by the volunteer and this will force athletes to grab the top half of the cup

d. Plan for additional trash cans and trash bags after the aid station to encourage athletes to toss their used cups and other trash directly into bins

6. Aid Station setup WITHOUT volunteers

a. If no or minimal volunteers are available, cups should be pre-poured and staged on a table close to the running lane

b. Plan for several more tables than normal so there is a longer range for athletes to grab a cup

c. Spread cups out to mitigate the chance of an athlete touching other cups when they grab one

d. Plan for additional trash cans and trash bags after the aid station to encourage athletes to toss their used cups and other trash directly into bins

e. Consider designated tables for athletes bringing own water bottles, bottles must be specifically marked and spaced to accommodate distancing

III. Aid Stations for Bike Courses

1. All athletes should be encouraged to bring an ample amount of their own fluids to eliminate the use of aid stations on the bike course

2. If a bike course aid station is necessary, only pre-filled bottled fluids should be used

3. Avoid pouring fluids for athletes into their own bottles as this will create a bottleneck and cause people to be too close together

4. Volunteers should use gloves and face coverings (if required by the state or local jurisdiction)

BAG DROP & GEAR CHECK

I. Consider eliminating bag drop

II. If moving forward with a bag drop:

1. Recommend a self-service bag drop with appropriate spacing between bags and close oversight by staff and volunteers

2. Athletes' bag (equipment) should be put in a disposable bag provided by the Race Management

3. Athletes leave the identified bag on their corresponding numbered spot in a tent, parking lot, grass area, etc.

4. Athlete must anticipate delays as they may encounter a queue

5. For collection athletes must show their bib number and the volunteers will deposit it on the table

BODY MARKING

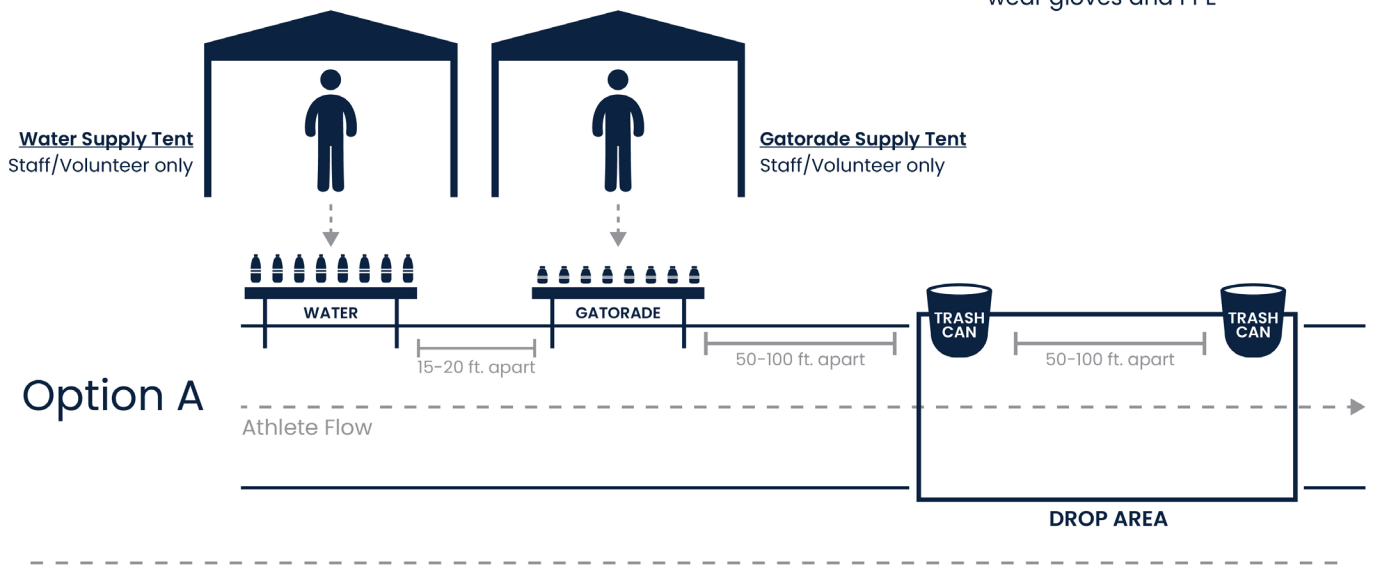
I. Utilize self-body marking to promote physical distancing

II. Consider using self-application tattoos

AID STATIONS

Athletes will grab a sealed 6 oz. bottle off the table themselves, volunteers/staff are not to pass out bottles.

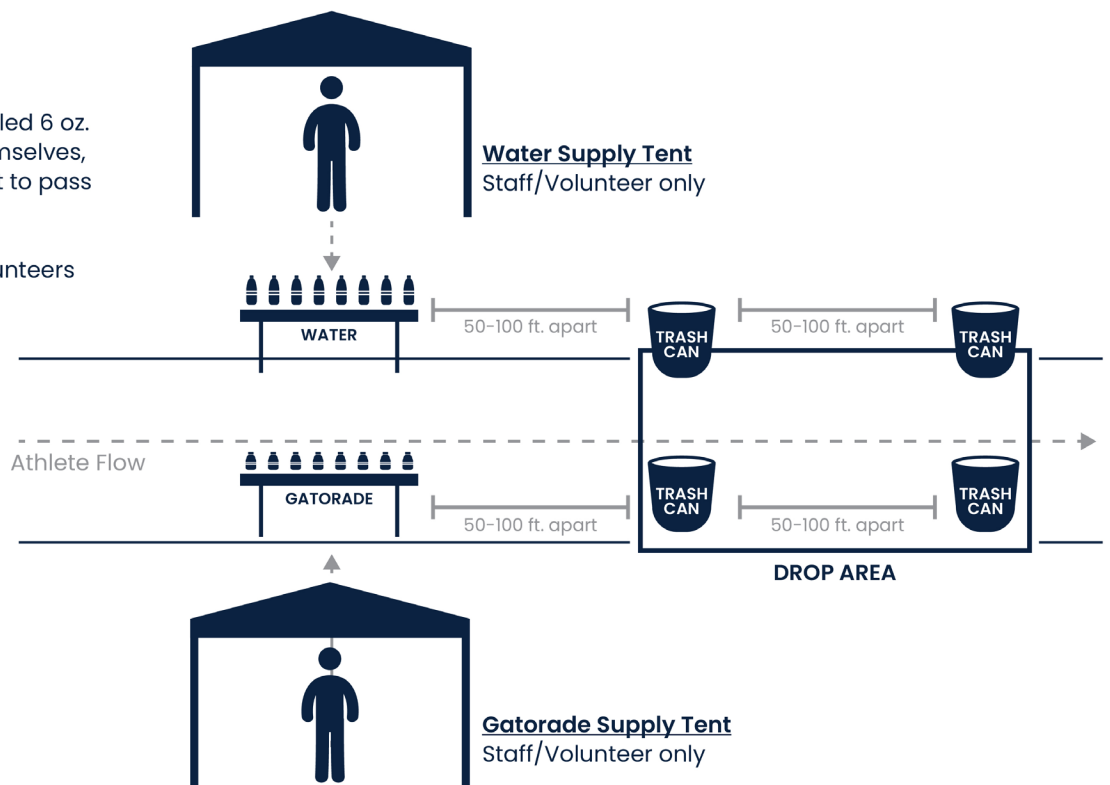
All aid station staff/volunteers wear gloves and PPE



Option B

Athletes will grab a sealed 6 oz. bottle off the table themselves, volunteers/staff are not to pass out bottles.

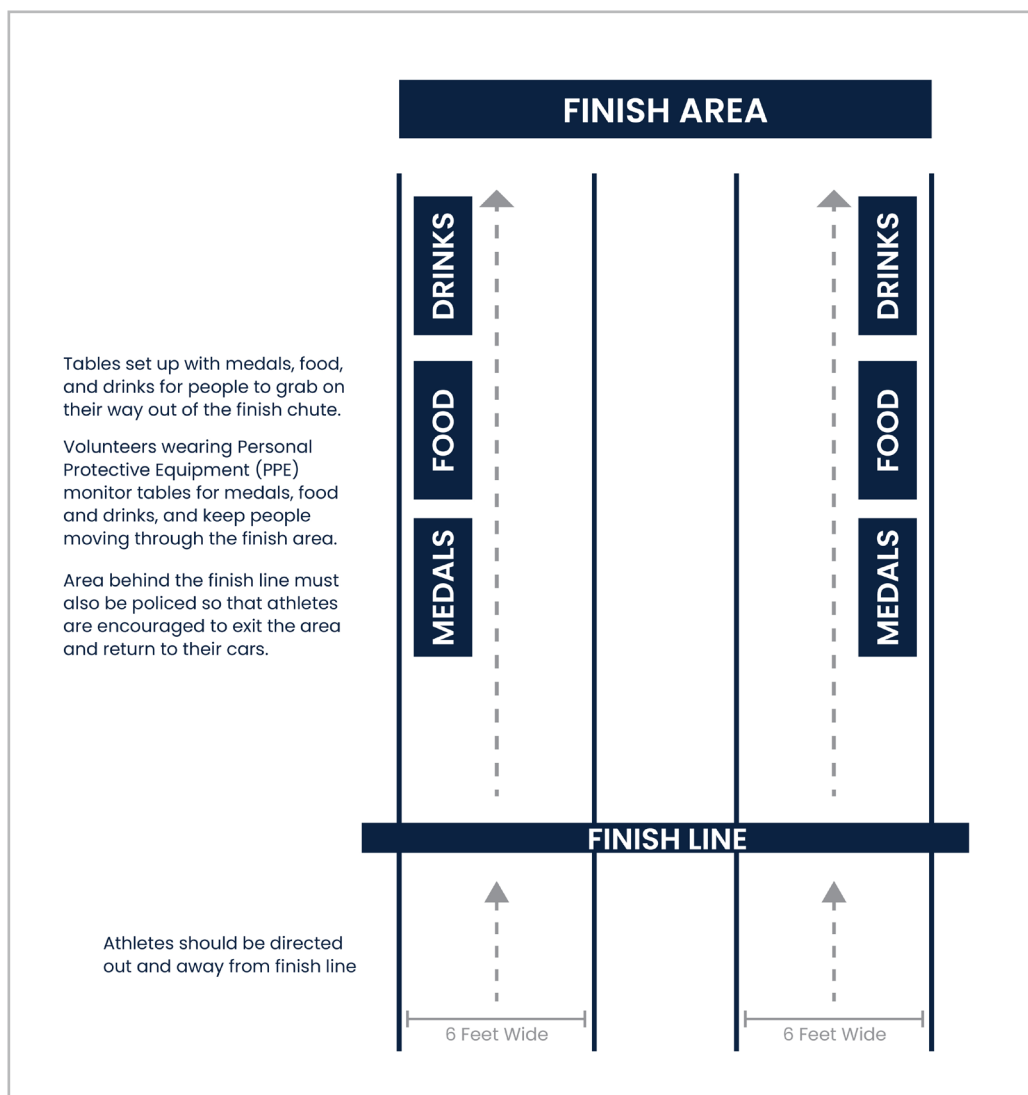
All aid station staff/volunteers wear gloves and PPE



III. Provide athletes a diagram on how and where to apply body marking. See page 9 in the [Return to Racing Recommendations for Athletes](#) document for an example.

FINISH LINE

I. Finish line setup and procedures should be altered to promote physical distancing and mitigate person-to-person contact.



II. Layout/size

1. Consider significantly expanding the size of the finish area so that finished athletes can spread out as they recover but minimize contact with staff and volunteers
2. Consider creating finishing lanes at the start, or just prior, and within the finish chute to avoid close contact of athletes with one another
3. Post signage around the finish line and bleachers encouraging physical distancing
4. If many spectators are expected, consider having additional bleachers present so spectators can spread out and up if spectators are permitted based on phases
5. Consider not using a finish tape or if using, it should be discarded after the first athlete finishes and not reused

III. Flow

1. Have several vocal volunteers present to tell athletes to keep moving and not to congregate
2. It is important to keep the finish area clear of clusters of athletes, so incoming athletes are not blocked from finishing

IV. Fluids

1. Water and/or Gatorade should be handed to athletes by staff or volunteers and athletes should not be permitted to grab their own water or Gatorade
2. Towels should not be used to eliminate the possibility of cross-contamination, but dry towels may be given away at the completion of the race

V. Finisher Medals

1. Recommend virtual medal ceremony or consider virtual medals that are sent to athletes electronically
2. If medal ceremony is in-person:
 - a. Finisher medals should be handed to athletes by staff or volunteers with gloves and face coverings on (if required by the state or local jurisdiction)
 - b. Staff and volunteers should not put the medal on the athlete, but rather hand the athlete the medal
 - c. An alternative is to have medals spread out on several tables to athletes to grab themselves (with staff/volunteers monitoring)

VI. Timing Chip Retrieval (if not using disposable timing chips)

1. Timing chip collection should occur near the exit of your finish line. Consider extending the finish exit chute and provide chairs for people to sit and remove their own chips.
2. Have vocal volunteers dedicated to chip collection but requesting that athletes remove chips themselves and only assisting athletes if they absolutely need to
3. If possible, disposable chips should be considered
4. Any volunteer retrieving chips should wear face masks (if required by the state or local jurisdiction) and gloves, replacing gloves often

VII. Staffing

1. Ample volunteers and staff should be positioned in the finish area to keep it clear and keep finished athletes flowing out of this area as it can become very congested

TIMING AND TIMING CHIPS

I. Timing chip distribution/pick-up

1. Consider pre-stuffing timing chips in race packets so athletes do not have to wait in a separate line or go to a separate table/tent to get their chip
2. If a separate tent or table is required for timing chip distribution, consider additional tables so that chips may be spread out
3. Also consider having separate queue lines based on race number to mitigate long lines

II. Timing chip retrieval processes – see finish line section above

III. If possible, disposable chips are encouraged

IV. Chips and straps should be disinfected prior to them being issued and upon the completion of the race, chips and straps should be disinfected again

V. Timing strips, mats or check points at any place on the course should be made as wide as possible to allow for physical distancing

POST-RACE FOOD^{12,13}

- I. Infection mitigation procedures should be implemented when determining processes for food

preparation and serving

1. Consider at least a 6-foot buffer between food preparation areas and food serving areas
2. If you have post-race food:
 - a. All staff or volunteers handling or in close proximity of food must wear face coverings (if required by the state or local jurisdiction) and gloves
 - b. It is recommended that meals are pre-packaged boxed meals for athletes to take to go
 - i. Performed by single individual for each athlete to minimize the number of people who touch their food and hydration
3. There should be a designated queue line and after athletes receive their meal, they should go to their car. For this to be efficient and comply with the guidelines, there should be at least two volunteers to implement but is contingent on race size. Barriers should be considered between the athletes and the food and servers – servers to wear face coverings or shields (if required by the state or local jurisdiction) Alternatives could be:
 - a. Consider not providing post-race food. If this is the direction that you have chosen to go, make sure that athletes are aware prior to registering
 - b. Consider offering a voucher for athletes to claim their post-race food at a local restaurant
 - i. Option 1: Pre-pay for the meals so there is not an out of pocket cost for athletes and then reconcile with the eatery after the expiration date on the vouchers has passed
 - ii. Option 2: Negotiate a discount rate that athletes will pay at the local eatery for their food

OFFICIATING

- I. Please refer to [USA Triathlon's Return to Racing Guidelines for Officiating](#)

AWARDS AND AWARD CEREMONIES

- I. Award ceremonies can easily be implemented virtually instead of in-person
 1. Consider virtual ceremony
 2. Consider virtual awards versus hard awards
 3. Consider mailing awards after the event
 4. Consider spreading out awards over several tables and having athletes retrieve their own awards (with a few staff members/volunteers nearby to monitor). If elected to have podiums, space them out and only call one athlete up at a time. Additionally, avoid physical contact including but not limited to high fives, hugs, and handshakes.

MEDIA

- I. Consider limiting media
- II. Credential all media in advance of the event and define areas that they are permitted to gather to maintain physical distancing guidelines

STAFF AND VOLUNTEER CONSIDERATIONS AT EVENT

COMMUNICATIONS

- I. Remind staff and volunteers that official communications about the event is only to come from the race director or other appointed person in charge of media communications. DO NOT speculate on event changes, athlete or staff illnesses or injuries, or other variables surrounding the pandemic and its effect on the event.

HEALTH OF STAFF/VOLUNTEERS

- I. Staff and volunteers not feeling well must not attend the event. They must be sent home if they arrive and are unwell.
- II. Have temperature checks available

AMOUNT AND LOCATION OF STAFF/VOLUNTEERS

- I. Reduce staff and volunteers where possible but increase in key areas, as necessary
- II. Some areas that may require more staff or volunteers to best promote hygiene and physical distancing include:
 1. Packet Pickup
 2. Aid stations
 3. Finish line
 4. Food-prep and distribution

SUPPLIES

- I. Have ample hand sanitizer, face coverings, gloves, water, food, sunscreen, and other essentials on hand to keep staff and volunteers well equipped to do their jobs

GLOVES

- I. Not ALL staff and volunteers need gloves. Remember, gloves only protect the person wearing the gloves. Dirty gloves can transmit disease in the same fashion as dirty hands without gloves. Gloves should only be worn in key areas of food/fluid prep, close proximity to athletes, or other areas as necessary where transmission of disease or dirty substances is high.

PUBLIC SAFETY AND SECURITY (SPECTATORS AND GENERAL PUBLIC)

- I. Plans should determine who is allowed at the event or in specific designated areas. An example of this is grouping people into tiers from essential to non-essential¹⁴.
 - a. Tiers: Create plans to determine who is permitted at the event or in specific designated areas. An example of this is grouping people into tiers from essential to non-essential No spectators in accordance to federal, state, local government mass gathering thresholds.
 - b. Tier 2 (Preferred): Media, volunteers, recovery staff (e.g., massage therapists)
 - c. Tier 3 (Non-essential): Spectators, vendors
1. Phase 1
 - a. No spectators in accordance to federal, state, local government mass gathering thresholds
2. Phases 2 and 3
 - a. Using multi-modal communication strategies, encourage at high-risk individuals for illness not to attend the event (See list of high-risk factors in reference 6)
 - b. Identify individuals with possible infection by:
 - i. Screen everyone entering the venue (Tiers 1-3)
 - ii. Have designated security and medical personnel observe spectators and general public (Tier 3)
 - iii. All designated security and medical personnel should be equipped with appropriate Personal Protective Equipment (PPE) and thermometer for screening
 - iv. If individual is identified with signs and symptoms follow appropriate protocols developed in medical plan (Tiers 1-3)
3. Infection mitigation and medical response considerations

- a. Create lines of communications between medical team, local EMS personnel, event organizers, event staff, athletes, coaches and spectators
- b. Multi-modal communication should be utilized to distribute COVID-19 information for the general public and spectators (Tiers 1-3)
- c. Use different entrance/exit spectators and general public (Tiers 1-3)
- d. Identify access/egress routes for medical personnel for ill patient removal and appropriate measures to be taken to ensure safety.
- e. Create clear areas of separation between athletes, staff, volunteers, spectators and general public
- f. Provide multiple hand sanitizer/trash receptacle stations in venue near high touch areas
- g. Provide post-event summary to athletes, coaches, event staff, media, spectators, general public

ATHLETE COMMUNICATIONS AND PREPARATION FOR RETURN TO RACING

Race directors are encouraged to refer athletes to the [Return to Racing Recommendations for Athletes](#) document as part of [USA Triathlon's Safe Return to Multisport Initiative](#).

Race directors should consider partnering with their [USA Triathlon certified coaches](#) to provide in-person and virtual coaching sessions that can be geared more individually to their athletes' needs and geographical constraints.

Regular and transparent communications to athletes via social media and email is encouraged to let them know you are still planning for events and making accommodations to execute events in a safe manner.

INSURANCE AND SANCTIONING

1. If you sanction your event with USA Triathlon, you receive the benefit of general liability insurance coverage. Specifically, if an athlete brings a claim against you for negligence alleging that they contracted a virus, illness or disease at your event, the insurance coverage provides a legal defense for you in most cases. Race Directors should feel comfortable moving forward with hosting their events knowing this coverage is in place to protect them.
2. If an athlete claims they contracted the Coronavirus at a sanctioned event and tries to file a medical claim using the participant accident policy, their claim will not be covered. USA Triathlon's participant accident policy is intended for accidents that happened during a sanctioned race and will respond to cover those injuries. It will not cover standard medical issues such as getting sick in some way, viruses and bacterial infections – all of which are excluded from the USA Triathlon policy.

SAFE RETURN TO WORK FOR EMPLOYEES

Based on guidelines presented by the Federal Government, employers should implement a phased approach to returning to work. This includes, but is not limited to:

- a. Developing and implementing¹⁵ appropriate policies, in accordance with Federal, State, and local regulations and guidance
- b. Encouraging telework whenever possible and feasible.
- c. Minimizing non-essential travel

Section III: Resources

1. [CDC Situation Analysis](#)
2. [CDC Mass Gathering Guidelines](#)
3. [List of Tests Approved in United States](#)
4. [OSHA Guidelines for Hazard Prevention](#)
5. [OSHA COVID-19 Control & Prevention](#)
6. [EPA-Approved Products to Use](#)
7. [International Triathlon Union Medical Resources](#)
8. [WHO COVID-19 Main Website](#)
9. [FAQs on Mass Gatherings and COVID-19 including Sporting Events FAQs](#)
10. [Key planning recommendations for Mass Gatherings during COVID-19](#)
11. [WHO Generic Risk Assessment and Mitigation Checklist](#)
12. [WHO interim guidance on how to use risk assessment and mitigation checklist](#)
13. [Decision tree flowchart for mass gatherings in context of COVID-19](#)
14. [International Traveling Health Guidelines](#)
15. [Advice on use of face coverings](#)
16. [WHO interim guidance – “Considerations in adjusting public health and social measures in the context of COVID-19”](#)
17. Personal Protective Equipment (PPE)
 - a. [Leslie Jordan](#)
 - b. [Alanic 7-7-7 Program](#)
 - c. [BOCO Gear](#)
 - i. BOCO Gear is offering up their new Face Coverings and Performance Gaiters in the legendary BOCO quality you know and trust. Pick from some really cheery in-stock mask designs [here](#) or order Custom Designs for your Event by emailing hillary@bocogear.com
 - d. [MPA Event Graphics](#)
 - i. Custom-printed reusable ice silk face masks with adjustable bungee straps now available. Price per unit is \$8.10 for minimum order of 50. Quantity discounts available. Contact sales@mpagraphics.com for more info.
18. Virtual Swag
19. [Fanomena](#)
 - a. [Virtual Event Bags](#)
 - b. [Digital Event Bag](#)
20. Meetings / Briefings
 - a. [Zoom](#)
 - b. [Cisco Webex](#)
 - c. [BlueJeans](#)
 - d. [Google Hangouts](#)
21. Cleaning supplies, hand sanitizer, sanitizer stands, etc.
 - a. [Uline](#)
 - b. [Bulk Apothecary](#)
22. Signage and street graphics
 - a. [MPA Event Graphics](#)
23. [ACTIVE Network All-in-One Platform for Race Directors](#)
24. [See How All 50 States Are Reopening \(and Closing Again\)](#)
25. [U.S. road races are not safe from COVID-19 danger says leader of cycling task force](#)

DISCLAIMER: While the advice given in these recommendations has been developed using the best information available, it is intended simply as guidance to be relied upon at the user's own risk. USA Triathlon does not take responsibility for the accuracy of any information or advice given or omitted herein nor does any person, organization or corporation connected with providing this guidance. The foregoing parties are not liable for any consequences whatsoever resulting directly or indirectly from compliance with or adoption of this guidance.

These recommendations will be updated according to the latest information from the WHO, CDC and other health authorities, as well as the USOPC, ITU and other resources released on this topic.



Return to Racing Recommendations for Athletes

The Return to Racing Recommendations for Athletes are for athletes interested in beginning to train and compete again once racing resumes. These have been developed by experienced athletes, race directors and medical experts relying on expert resources such as the Centers for Disease Control and Prevention (CDC), World Health Organization (WHO), Occupational Safety and Health Administration (OSHA) and sport-specific guidelines developed by the United States Olympic & Paralympic Committee (USOPC) and the International Triathlon Union (ITU).

The recommendations provided in this document are broadly focused to allow for clear, flexible, and scalable application across all sizes and scopes of endurance events. Importantly, athletes and event organizers must adhere to any rules or regulations issued by their federal, state, and local authorities; these recommendations are designed to be applied based on those local directives. While event organizers will be taking adequate measures to promote physical distancing and proper hygiene, athletes are also expected to do their part to ensure the health and safety of themselves and fellow competitors.

A separate document, [Return to Racing Recommendations](#) for Race Directors, has been published for race directors to implement specific adjustments at their events.

Section I: Phased Approach to Return to Racing¹⁶

The Return to Racing Recommendations for Athletes have been developed to align with the [USA Triathlon Safe Return to Multisport Guidelines](#) and the three-phased approach for resuming normal business and lifestyle operations as provided by the Federal Government. Please note, these recommendations apply to the location of the athlete's event, and do not address issues related to athlete travel from areas of risk different than the event location.

- **Phase I Overview:** No events are permitted by state or local authorities. Virtual racing only and training with strict limitations while maintaining adherence to mass gathering thresholds, consistent with federal, state and local authorities, and aligned with local circumstances.
- **Phase II Overview:** In-person racing is permitted with local event size restrictions and strict limitations. Training is permitted with moderate limitations while continuing to adhere to mass gathering thresholds, physical distancing and sanitization protocols. All athlete and event decisions should continue to be consistent with federal, state and local authorities, and aligned with local circumstances.
- **Phase III Overview:** In-person racing is permitted with no local event size restrictions and moderate limitations. Training is permitted with appropriate modifications, while continuing to adhere to physical distancing and sanitization protocols. All athlete and event decisions should continue to be consistent with federal, state and local authorities, and aligned with local circumstances.

There are several resources available for determining what phase your state and local jurisdictions are currently operating under. Refer to your local and state health department websites for this information. You can also reference many sources that have compiled information nationwide like the New York Times [Coronavirus Reopen Map](#) and NPR's [State-by-State Guide for Reopening](#).



Section II: Personal Health and Safety when Preparing to Train and Compete Again

The following provides guidance for athletes training for, and participating in, events in Phases 2 and 3, and constitutes a collection of recommendations from OSHA, WHO, CDC, U.S. Department of Health and Human Services, ITU, USOPC and leaders in the endurance community.

1. EVALUATE YOUR HEALTH^{17,18}

Self-monitoring for symptoms is critical when training for, and participating in, an event. All athletes should self-monitor for signs and symptoms of COVID-19 daily. If athletes develop any symptoms, as outlined below, they should self-isolate and contact a healthcare professional.

If athletes have tested positive for COVID-19, have had any symptoms or are questioning their health at all prior to an event, they should get clearance from their medical provider to train and compete. If athletes have been exposed to someone with COVID-19, they should have quarantined themselves for 14 days prior to an event. Moreover, athletes should not compete unless three days (72 hours) have passed since recovery. Recovery is defined as resolution of fever without use of fever-reducing medications and improvement in respiratory symptoms, e.g. cough, shortness of breath, etc. **See Section IV: Resources for additional screening questions.**

2. SIGNS AND SYMPTOMS¹⁹

COVID-19 is a respiratory disease caused by the SARS-CoV-2 virus. Since it is a new virus, people are susceptible to infection. Furthermore, there is not currently a vaccine or anti-viral treatment for COVID-19. This increases the risk of infection and potential complications associated with this illness. Therefore, it is imperative to prevent the spread of COVID-19 by rapidly identifying those with COVID-19, having them self-isolate and receive medical treatment. Athletes should be familiar with [signs and symptoms of COVID-19](#). COVID-19 symptoms range from mild, cold-like symptoms, to respiratory failure.

The three most common symptoms include:

- Fever (>100-degree F)
- Cough
- Shortness of breath

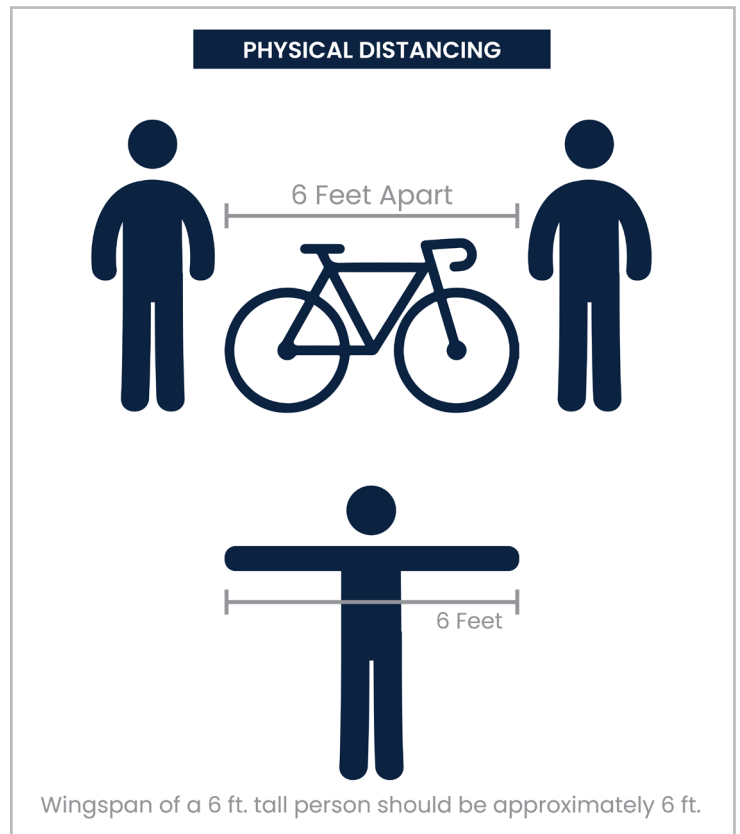
Less common symptoms include:

- Chills
- Sore throat
- Headache
- Muscle & joint pain
- Chills
- Congestion
- Loss of sense of smell
- Vomiting
- Diarrhea

3. PREVENTING THE SPREAD²⁰

Face coverings can be an important tool to prevent the spread of communicable diseases. Athletes should follow the guidance of their state and local authorities regarding face coverings. In addition, athletes can prevent the spread of COVID-19 by adhering to the following:

- Staying more than 6 feet away from others
- Avoiding touching their face
- Frequently washing their hands for 20 seconds with soap and water or using alcohol-based hand sanitizer with a minimum of 60% alcohol if their hands are not soiled
- Covering their mouth and nose with a bent elbow or a tissue when coughing or sneezing, disposing of the tissue in the trash, and washing their hands or using hand sanitizer if their hands are not soiled
- Frequently cleaning commonly touched surfaces with antiseptic cleanser
- Cover their mouth and nose with a cloth face cover when around others



4. RETURNING TO TRAINING

[Athletes should consider partnering with their local USA Triathlon certified coaches](#) to provide in-person and virtual coaching sessions that can be geared more individually to the athlete needs and geographical constraints. Additional resources for athletes will be released later in the month — including a Return to Racing Training Program, which provides best practices for athletes to personally resume safe training and racing, and Return to Racing Athlete Checklist. The guidelines, articles, videos, drills and plans included in the Return to Racing Training Program have been put together by more than 30 USA Triathlon-certified coaches.

- Notably, it is important to train for potentially new race policies and procedures such as carrying fluids during a race. There may be fewer or no aid stations at events to help mitigate spreading the virus. Athletes should be prepared to carry their own fluids and energy replacement during the race. Hydration packs and reservoirs are permitted in the USA Triathlon Competitive rules.
- Consider training with a face covering while biking and running if the local jurisdiction of the event requires them to be worn.
- If athletes wish to train with a group, they should continue to follow guidance from federal, state and local authorities.²¹ If meeting people who are not part of an athlete's household, it is recommended to avoid all physical contact and maintain physical distancing. Avoiding meeting in busy areas is also recommended. See [USA Triathlon Safe Return to Multisport Guidelines](#) for a phased approach to outdoor camps/clinics, swimming, biking and running related to training.

Section III: Navigating Race Week

Coronavirus will undoubtedly have a long-lasting and significant impact on multisport events, training, and racing. New requirements may vary by jurisdiction and race logistics will likely be more cumbersome and time consuming. Athletes should be patient, prepared and flexible.

Athletes are expected to come to events prepared for changes as compared to past years. Race organizers have been working diligently to develop adjustments that encourage a safe and fair event while promoting physical distancing in every aspect of the event. Athletes should abide by the directives of the race directors and local authorities.

1. FOLLOW INFECTION PREVENTION MEASURES

It is each individual member of the multisport community's personal responsibility to keep themselves and others safe while in a public setting. The race director will be implementing enhanced safety measures, but it is up to athletes to follow their directions as well as the guidance of state and local authorities. Enhanced safety measures may mean more restrictive logistics, longer wait times, and increased flexibility and cooperation required of athletes.

Basic infection prevention measures include, but are not limited to:

- **Physical Distancing:** When in line for restrooms, packet pick-up, food, race start or other high-traffic areas, physical distancing is encouraged by standing at least 6 feet apart from other people
- **Toilets:** With a higher frequency of cleanings expected, athletes may have to wait longer to use the toilet
- **Hand Hygiene:** Utilize hand washing and sanitizing stations around the event venue. Athletes are also encouraged to bring their own hand sanitizer.
- **Respiratory Hygiene:** The CDC recommends wearing face coverings in public settings where other physical distancing measures are difficult to maintain.²² Follow the direction of your local authority regarding face coverings.
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze, and then dispose of the used tissue immediately and wash your hands
- Be aware of your surroundings when spitting or nose blowing, and use an abundance of caution when spitting/nose blowing on the course or at the venue

2. TRAVEL / LODGING²³

If you travel to a race, consider the risk associated with the following modes of travel:

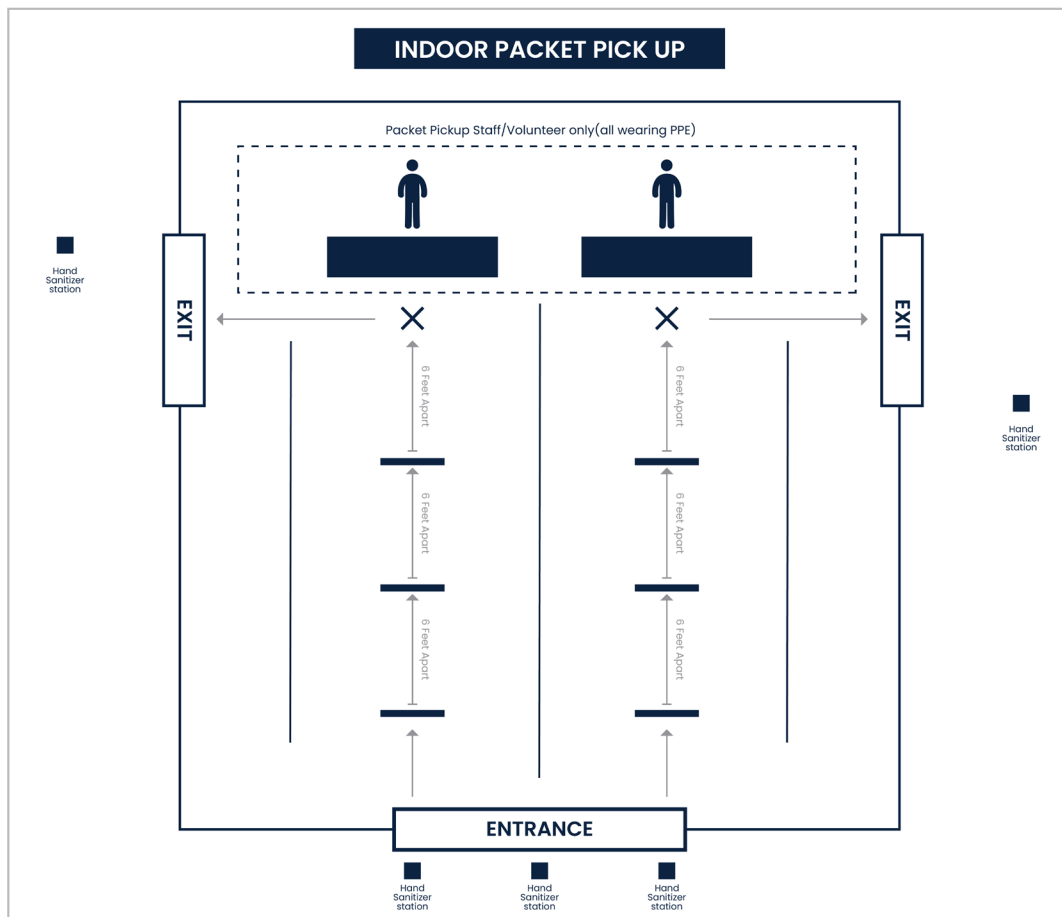
- **Airplane:** Most viruses and other germs do not spread easily on flights because of how air is circulated and filtered, but sitting within 6 feet of someone who has the virus for a prolonged period of time can put you at risk of getting or spreading COVID-19
- **Bus or Train:** Consider standing or sitting at least 6 feet from other passengers
- **Car:** Exercise caution when making stops in public places to limit close contact with someone who could be infected. Consider preparing food and packing ample supplies to minimize stops along the trip.

- **RV Parks and Campgrounds:** While helping to minimize the number of stops athletes may need to make along the way, exercise caution when staying at RV parks and campgrounds, especially those that are heavily occupied
- If you stay overnight outside of your home, consider the associated risk:
 - Treat the hotel, motel or rental property as a public place and avoid close contact with others and wash your hands often
 - Athletes should reference the hotel's cleaning procedures or clean and disinfect all high-touch surfaces, such as tables, doorknobs, light switches, countertops, handles, desks, remote controls, toilets, and sink faucets
 - Wash any non-pre-wrapped plastic plates, cups or silverware before using

3. REGISTRATION / PACKET PICK-UP

Registration: The race organizer may require all registrations to be completed online before arrival at the venue. On-site registration may not be available.

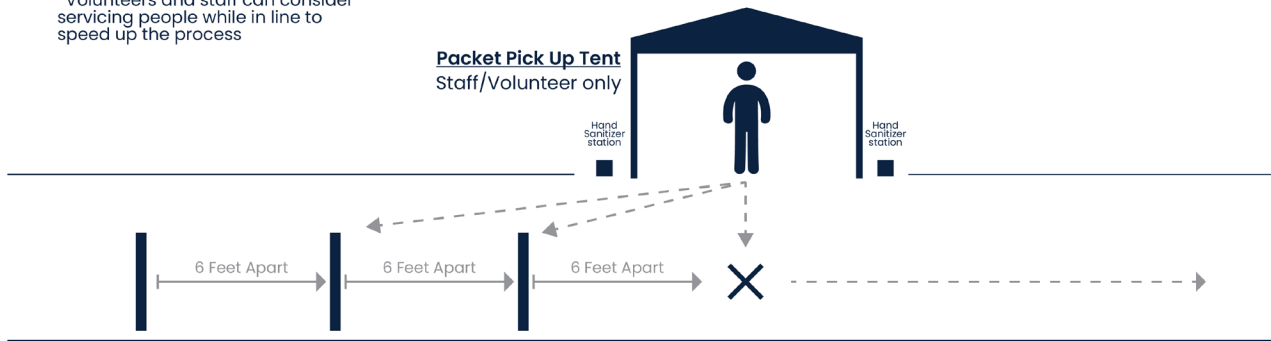
Packet Pick-Up: The race organizer may require certain age groups or other groups of athletes to arrive at different times to mitigate the amount of people present at the venue at one time. Additionally, many race organizers have been given the option to allow athletes to retrieve packets on behalf of their participating friends or family members. Contact your event for further details on their specific process.



OUTDOOR PACKET PICK UP

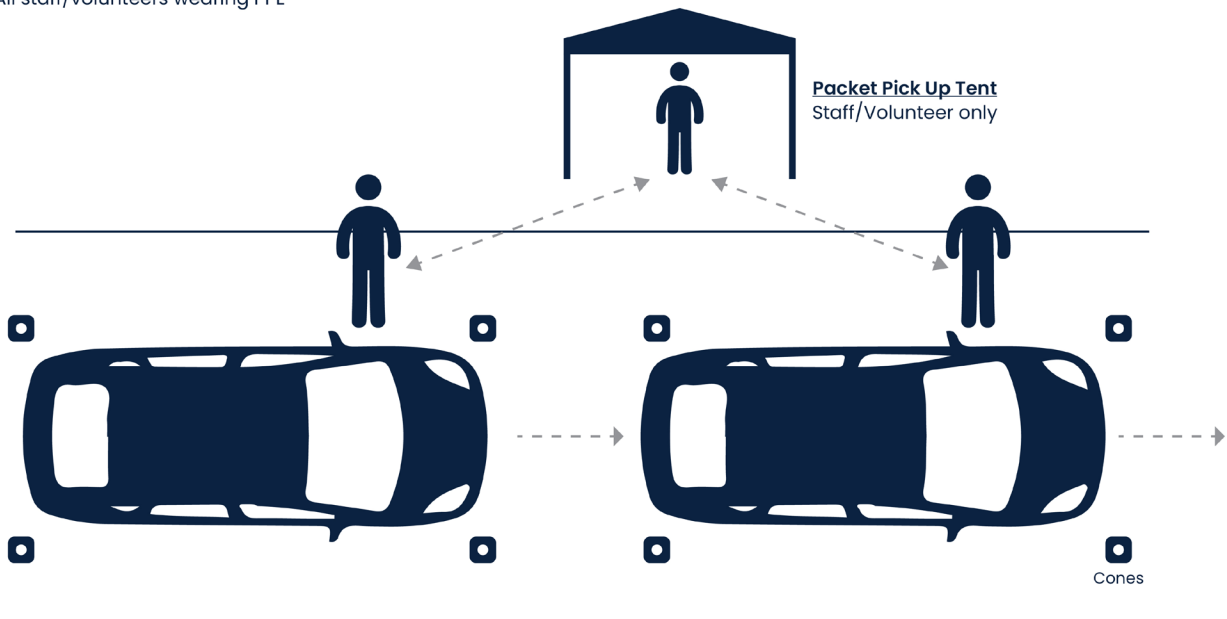
All staff/volunteers wearing PPE

*Volunteers and staff can consider servicing people while in line to speed up the process



VEHICULAR PACKET PICK UP

All staff/volunteers wearing PPE



4. COURSE FAMILIARIZATIONS / RACE BRIEFINGS / SWIM WARM-UP

Anticipate virtual race briefings and course overviews. Consider reviewing the course yourself in advance on a computer mapping program like Google Maps. If a swim familiarization or warm-up will not be available before your event, consider options to do on your own if the swim area allows and is permitted by the race director. If this is not an option, consider visiting an open public body of water to begin the acclimation process of being in the open water. It is incumbent upon the athletes to be prepared for all event changes and read through provided race information prior to arrival at the event.

5. EXPO

The Expo may be altered or eliminated to promote physical distancing and mitigate person-to-person contact. Athletes should bring spare parts, nutrition, and other race essentials with them to the event.

6. BAG DROP / GEAR CHECK

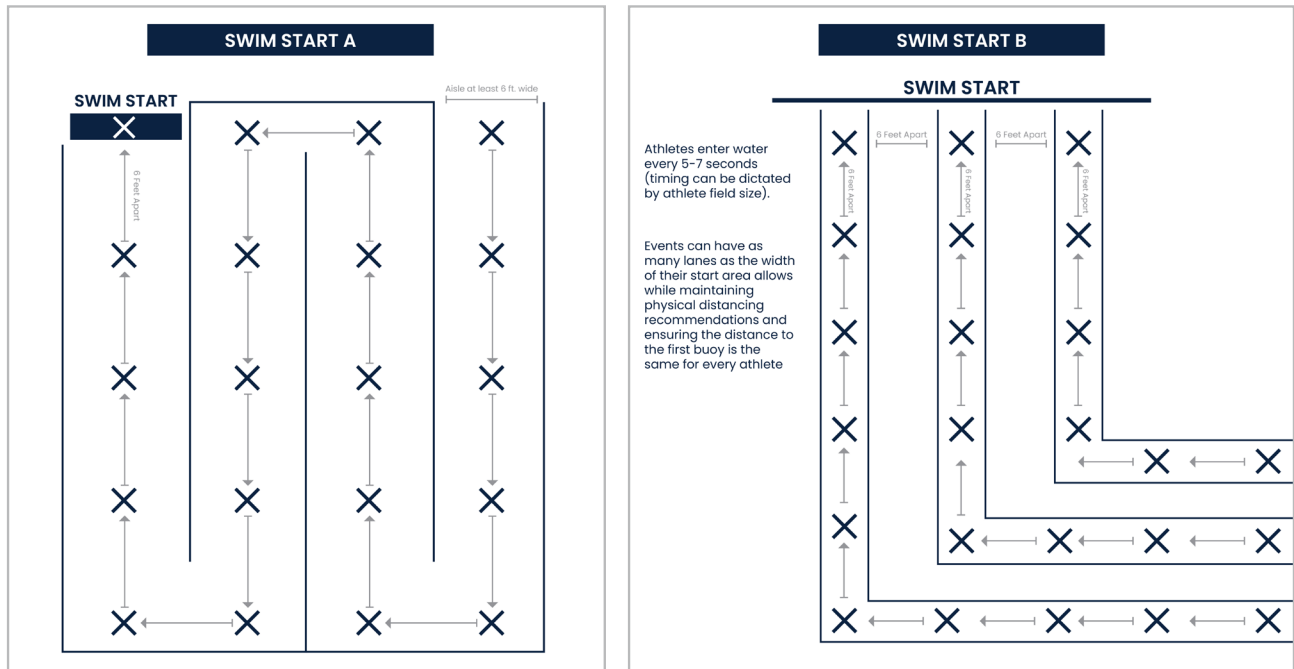
Athletes should anticipate that an event may not have a bag drop and/or gear check location. Confirm baggage policies with the event organizer directly. Consider bringing only the essentials needed to race and leaving other items in your car, at your hotel or at home.

7. BODY MARKING

Athletes should consider body marking themselves prior to arriving at the race to minimize contact with volunteers who would typically assist. Per USA Triathlon Competitive Rules, athletes should have visible body markings that display their race number and that will not be covered up by any type of race kit, compression sock, or arm band. If self-body-marking, numbers should be drawn prior to application of sunscreen or lotions. Athletes should also consider asking the race director if tattoos are available.

Race numbers should be placed in the following locations on your body: one vertically on each bicep in between the shoulder and elbow, one on each calf in between the knee and ankle. If only two numbers are possible, arm markings are prioritized over the leg markings since the arm markings will provide a better level of visibility on the swim versus the legs. Ensure markings are still visible if a wetsuit or other coverings are worn.





Pool Swims: Athletes should anticipate a time-trial format. Athletes may be asked to self-seed themselves from fastest to slowest to mitigate passing in the water. They may be prohibited from swimming in the same lane towards each other.

Bike Course: Athletes should exercise an abundance of caution at pinch points on the course where they are forced to ride close to each other because of road conditions or other obstacles. Bike position rules should be followed, which discourages cyclists riding in close proximity to each other (except in draft-legal events). See [rule 5.10 in the USA Triathlon Competitive Rulebook](#). Athletes should allow ample safe distance when passing and ensure the passed athlete falls back after fully completing the pass. Make sure bikes are in proper working condition upon arrival since mechanics may be limited on the course. Be prepared to fix your own flats and carry your own small tool kit to make minor repairs without support.

Run Course: Athletes are recommended to maintain at least 6 feet of distance from other participants. They should exercise an abundance of caution at pinch points on the course where athletes are forced to naturally run closer to each other.

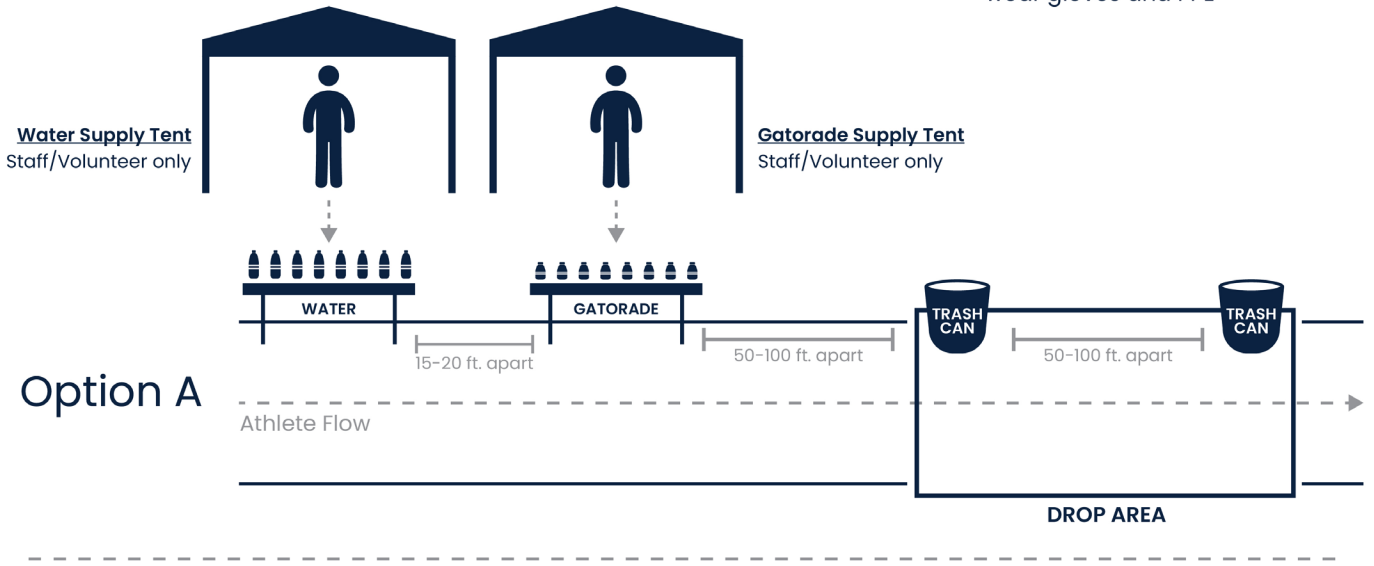
Relay Exchange Zone: Athletes should expect changes to relays, including physical distancing in the relay transition zone, handoffs including separate timing chips and other means of tagging the next athlete in their relay and potential elimination of relays altogether.

Aid Stations: Athletes should consider carrying their own fluids during a race, including hydration belt, hydration backpack, collapsible cups, or hand-held water bottle. Many aid stations will operate with no or minimal volunteers, or may be self-service. Athletes should take extra precautions to put trash in appropriate receptacles, which will help reduce disease transmission for other athletes and volunteers. Bike aid stations may be eliminated or operate with few volunteers. All athletes should consider bringing an ample amount of their own fluids to reduce or eliminate the use of aid stations on the bike course as well.

AID STATIONS

Athletes will grab a sealed 6 oz. bottle off the table themselves, volunteers/staff are not to pass out bottles.

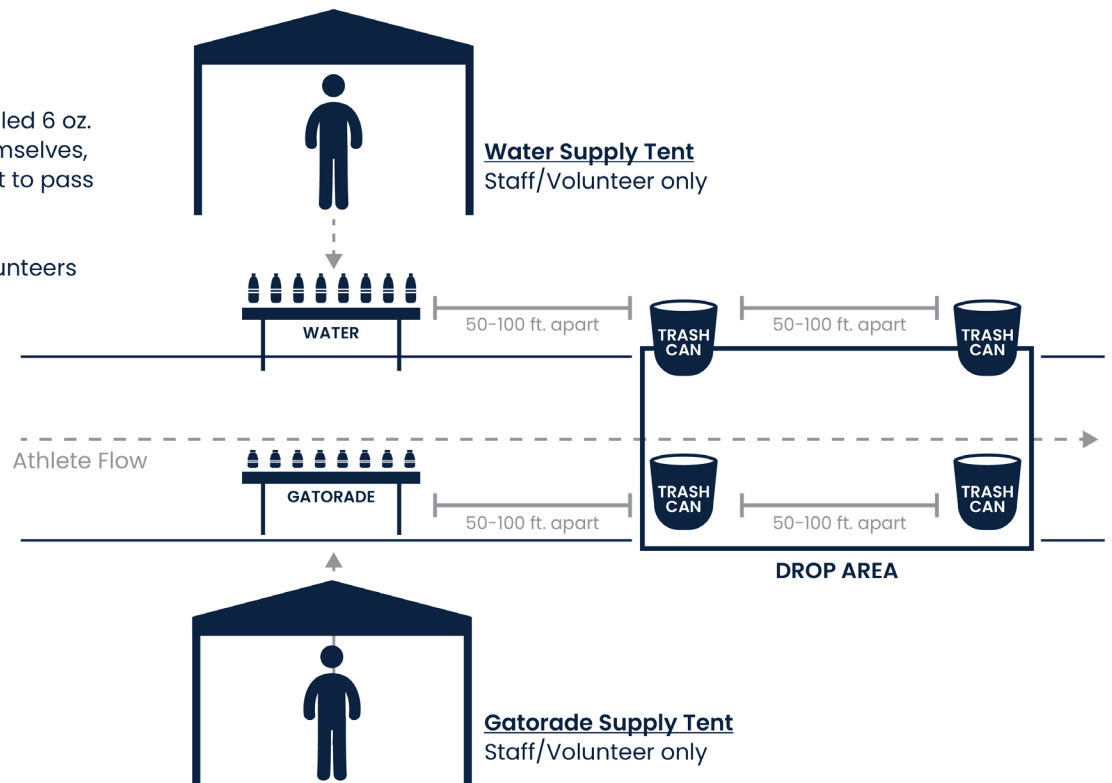
All aid station staff/volunteers wear gloves and PPE



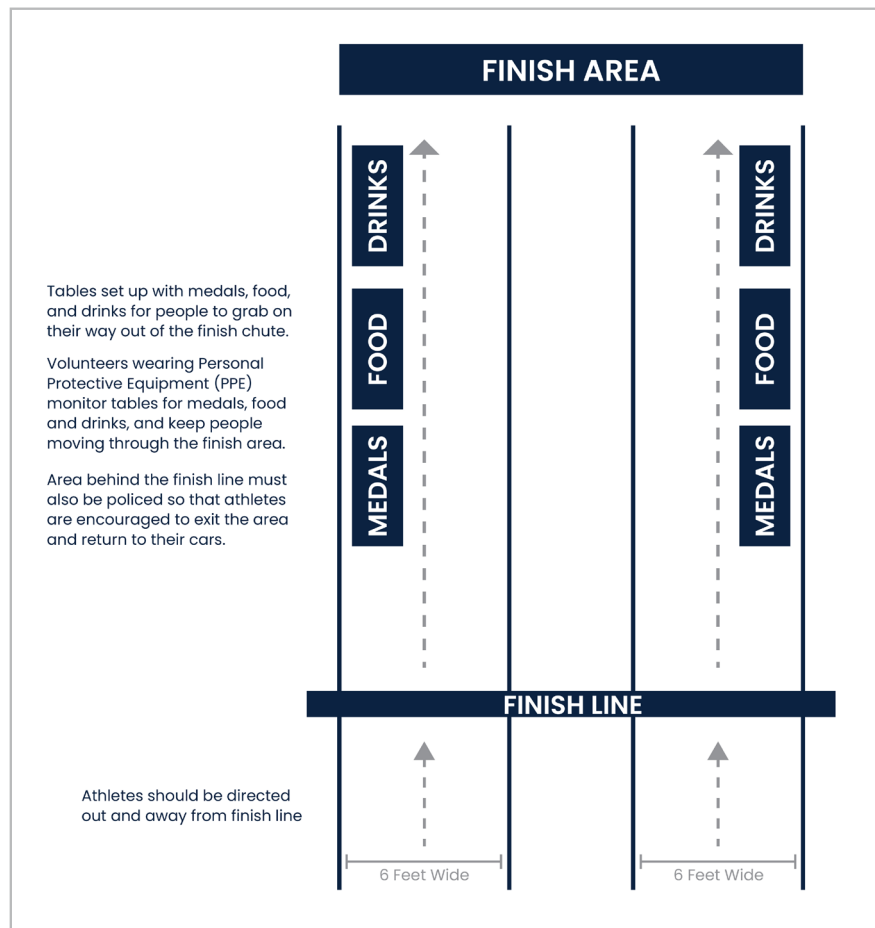
Option B

Athletes will grab a sealed 6 oz. bottle off the table themselves, volunteers/staff are not to pass out bottles.

All aid station staff/volunteers wear gloves and PPE



Finish Line: Nobody should congregate at the finish line. Finished athletes should exit the finish area quickly to allow other athletes space to finish. Volunteers are discouraged from putting finisher medals on athletes. Follow the race organizers direction for obtaining fluids and other energy replacement. Find a place away from the finish line to remove timing chips yourself and place them in a collection bin. If using disposable timing chips, athletes should keep them on until they are at a safe distance from others to remove them.



Spectators: Athletes should expect that spectators and other support personnel may be limited or possibly prohibited from race venues pending any restrictions on mass gatherings

Post-Race Food: Athletes should expect physical distancing in food lines and less food on-site at events. Many races will be providing post-race food in to-go containers or reduced food for athletes altogether. Athletes should take their meal to their vehicle or to an area that is a safe distance from the event, fellow athletes, and spectators. Consider bringing your own nutrition in case an event is unable to provide ample post-race food.

Awards Ceremonies: Many race organizers may cancel or conduct altered awards ceremonies to mitigate concerns with mass gatherings

Section IV: Travel Recommendations

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

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

Section V: Resources

[CDC Situation Analysis](#)

[CDC Mass Gathering Guidelines](#)

[CDC How to Wear a Face Cover](#)

[List of Tests Approved in United States](#)

[OSHA Guidelines for Hazard Prevention](#)

[OSHA COVID-19 Control & Prevention](#)

[EPA-Approved Products to Use](#)

[International Triathlon Union Medical Resources](#)

[WHO COVID-19 Main Website](#)

[FAQs on Mass Gatherings and COVID-19 including Sporting Events FAQs](#)

[Key planning recommendations for Mass Gatherings during COVID-19](#)

[WHO Generic Risk Assessment and Mitigation Checklist](#)

[WHO interim guidance on how to use risk assessment and mitigation checklist](#)

[Decision tree flowchart for mass gatherings in context of COVID-19](#)

[International Traveling Health Guidelines](#)

[Advice on use of face coverings](#)

[WHO interim guidance – “Considerations in adjusting public health and social measures in the context of COVID-19”](#)

[Return to Running: Runner Attitude Survey Results](#)

[See How All 50 States Are Reopening \(and Closing Again\)](#)

[U.S. road races are not safe from COVID-19 danger says leader of cycling task force.](#)

DISCLAIMER: While the advice given in these recommendations has been developed using the best information available, it is intended simply as guidance to be relied upon at the user’s own risk. USA Triathlon does not take responsibility for the accuracy of any information or advice given or omitted herein nor does any person, organization or corporation connected with providing this guidance. The foregoing parties are not liable for any consequences whatsoever resulting directly or indirectly from compliance with or adoption of this guidance.

These recommendations will be updated according to the latest information from the WHO, CDC and other health authorities, as well as the USOPC, ITU and other resources released on this topic.

Pre-Participation COVID-19 Information and Screening Questionnaire to Athletes

1. Has the athlete been diagnosed with and/or treated for coronavirus disease (COVID-19)?
 - a. If YES, has it been within the last 14 days?
 - i. If YES, no participation in the event
 - b. If YES and it has been 14 days or more, has follow-up testing been performed?
 - i. To participate, athlete must have two negative PCR (polymerase chain reaction)* tests performed 24 hours or more apart as well as no fever and no other symptoms
2. Has the athlete or their support person been exposed to or been in contact with someone with known coronavirus disease (COVID-19) within the last 14 days?
 - a. If yes, no participation in event unless two documented negative PCR tests performed 24 hours or more apart
 - b. If no and athlete has no symptoms, athlete may participate
3. Has the athlete or their support person experienced any of the following in the last three days:
 - a. Fever, cough, runny or stuffy nose, vomiting, diarrhea, muscle pain, or joint pain?
 - i. If yes, further on-site assessment, in a designated area, by qualified medical personnel and possible testing is required before participating
 - ii. If no and athlete has no symptoms, athlete may participate
4. Has the athlete, their support person, or anyone in the household traveled to known COVID-19 risk areas, also known as hotspots?
 - a. If yes, further on-site assessment, in a designated area, by qualified medical personnel and possible testing is required before participating
 - b. If no and athlete has no symptoms, athlete may participate

*PCR test is the standard to determine if an individual is actively COVID-19 infected. Per the CDC, two options exist based on return to work for health care providers assuming no testing is available.

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