



Safe Return to Multisport Guidelines

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The information in these documents is not intended or implied to be a substitute for professional medical or legal advice. All content, including text, graphics, images and information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, USAT does not make any guarantees that the information will always be up-to-date and accurate. This is a continuously evolving situation and the information included in this document will be regularly updated as circumstances change. You should seek advice from medical and legal professionals if you have specific questions about your situation or event.

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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 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

DISCLAIMER: While the advice given in these guidelines 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. USA Triathlon is not liable for any consequences whatsoever resulting directly or indirectly from compliance with or adoption of this guidance.

These guidelines 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.