



BRITISH
TRIATHLON

Individual Hygiene Guidelines

1 July 2020



TRIATHLON
ENGLAND



TRIATHLON
SCOTLAND



WELSH
TRIATHLON
CYMRU

Introduction

These guidelines should be read in conjunction with any updated government guidance on health, physical distancing and hygiene. Participants should be aware of and adapt to changes in guidance at short notice.

People who are shielding are permitted to undertake activities providing strict physical distancing is adhered to.

People who are symptomatic should self-isolate for 7 days and household members for 14 days as per NHS guidance. Anyone who is self-isolating should not attend an outdoor sports facility/activity. Consider the risks of increasing your physical training load too fast where it might have an impact on your immune system that puts your health at risk.



Personal hygiene:

- If you need to sneeze or cough, do so into a tissue or upper sleeve. Dispose of your tissue into an appropriate bin or place in a plastic bag and take home.
- Wash your hands afterwards for 20 seconds.
- Avoid touching your face and ensure to clean your hands with at least 60% alcohol gel when you finish participating.
- At all times be aware of current social distancing guidelines for those that exercise together from separate households.
- Follow the government hygiene regulations including regular hand washing for at least 20 seconds.

Participation limits:

- You can take whatever exercise you need to, so long as you maintain physical distancing whilst doing it.
- Do not make physical contact with other participants (such as shaking hands or high fives).
- No spectating should take place other than where a parent/guardian is supervising a child or vulnerable adult. In all cases physical distancing should always be followed.
- Participation can only take place outdoors with all indoor facilities remaining closed (including toilets).

Travelling to and from venues:

- Use toilet facilities at home before you leave.
- Wash your hands with soap and water for at least 20 seconds before leaving home to go to the venue (or use an alcohol gel if washing hands is not possible). Information on hand hygiene is available [here](#).
- Arrive as close as possible to when you need to be at the venue and allow others to leave before you enter. If you need to wait, then do so away from the venue and clear of the gates.
- Avoid touching gates, fences, benches, etc. if you can.
- Ensure you leave the venue before the end of your allotted time so that it is empty for the next participant.
- Arrive changed and ready to participate. Shower at home as any changing rooms will be closed.
- Do not congregate with others and adhere to physical distancing rules. No extra-curricular or social activity should take place.
- Where venues or sessions allow, ensure you have booked in advance and make payment online. Where possible try to avoid paying by cash.

Personal equipment:

- Take your own hand sanitiser to any venues or sessions and use regularly throughout the activity.
- Use your own clearly marked equipment and only take the minimum amount of equipment that you need to participate.
- Clean and wipe down your equipment, including water bottles before and after use.
- Bring a full water bottle, and do not share food or drink with others.
- Avoid using your hands to pick up equipment that isn't yours.
- Avoid using other equipment such as benches.
- Ensure you take all personal belongings and equipment with you at the end of the session and do not leave anything at the venue.

Information on the government's approach to managing COVID-19 is available:

England at <https://www.gov.uk/coronavirus>

Scotland at [Scottish Government: Coronavirus in Scotland Guidance](#)

Wales at <https://gov.wales/coronavirus>