

British Triathlon Pro/Elite License Holder Quarantine Exemption Letter Application

Process – Updated 10/01/2022

The British Government allows National Governing Bodies (NGB's) to provide quarantine exemptions to international athletes **racing** and **training** in non-travel corridor countries. Such exemptions WILL BE limited and provided on a case by case basis by British Triathlon. Not having a letter of exemption does not preclude an athlete from traveling to a non-travel corridor country, it simply means that the athlete will need to self-isolate for 14 days upon return.

Any athlete travelling to a non-travel corridor country should be aware that their travel insurance may be invalid.

Athletes should be aware that the COVID officer at your home-based training facilities/ your place of work have the discretion not to accept this exemption upon return to the UK. It is the athlete's responsibility to communicate with their training facilities/ place of work to validate their exemption.

Athletes should also understand that these processes and the guidance around exemption letters may be subject to change at any time, and in all cases, we will follow government guidance.

When do I need to apply for an exemption letter?

You should only apply when racing or training in a country that is on the UK's quarantine list or is what can also be described as a non-travel corridor country.

Please be aware if transiting through an airport, or stopping and getting out of the car in a non-travel corridor country on route to your destination you will likely be required to quarantine on return.

Am I eligible for an exemption letter?

Any athlete holding a professional/elite long-distance license and either racing in an event of international significance ¹ or traveling abroad for a training camp is eligible to apply.

Exemption letters may also be issued to essential support staff, however you must be able to justify their role on the trip and they must also follow protocols to reduce the risk of COVID transmission.

- 1. An event of international significance is defined as an Ironman, Challenge or PTO linked event or any other race that has a start list of similar quality.*

Is the race/ camp I am attending going to be eligible for exemption?

To grant an exemption letter we will need to be very satisfied that the event/ camp you are attending is being run in a covid-secure manner. This will include but not be limited to covid-secure practices for; Travel, accommodation, social interactions and facilities. You must demonstrate that you have taken all necessary precautions to ensure yours, and others, safety.

What are my travel plans?

You will need to provide evidence of how you plan to safeguard yourself when travelling e.g. will you be staying in a single room? Will you be travelling alone in a hire car from the airport? Will you be

driving and not flying to the race/ camp? Will you where-ever possible be in a bubble of one? All of these measures are important and should be considered.

If your application is successful your exemption letter will need to detail your exact travel plan e.g. flight times and numbers, channel crossing timings, booking reference and operator, etc. Please take the time to detail this information exactly at application.

How do I apply for an exemption letter?

You should apply in writing to multisport@britishtriathlon.org and complete the relevant Microsoft form online.

Please click [here](#) for the race specific form

Please click [here](#) for the training camp specific form

The form will take you through all the information that we require to make a decision. It is your responsibility to fill the form in fully and supply as much information under each heading as possible along with the relevant links or evidence (e.g. race info/race briefing, training camp purpose/ accommodation details) in support of your application.

In ALL cases it is the athlete's responsibility to provide ALL of the information to support the decision making process.

How is the decision made?

British Triathlon will review each application on a case by case basis. We will need to be very confident that the event or camp is being run in a manner that safeguards all athletes and especially the pro athletes.

How long will it take?

A panel of 3 staff from the British Triathlon World Class Programme will review your information and aim to respond to you with a decision within 5 working days, failure to apply in time may result in your application being denied.

If you are applying for a training camp, you must apply at least 14 days before returning to the UK.

What happens if the country I am racing/training in is put on the quarantine list at very short notice?

It is YOUR responsibility to monitor the situation in the country you are traveling in the days leading up to your race/camp.

If cases are rising quickly and it appears your race destination may be added to the quarantine list at short notice by the government we would advise you carefully consider if you should be travelling particularly as your travel insurance might be invalidated.

Should you still be committed to travelling please email multisport@britishtriathlon.org outlining your intentions and fill in our form here to ensure that we have all of the information should a decision be required at least 2 days before you travel. You will also NEED to inform us immediately at the point the country is added to the quarantine list on the above email using the subject header

‘URGENT – short notice exemption required’.

We are aware that this is an ever-changing picture and will always do what we can to support getting you an exemption letter, however, please understand that if you aren’t proactive and especially if you leave completing the form and sending us all the information until the weekend of the race it is highly unlikely that we will have time to process your application.

What happens if I am racing in the UK within 7 days of my return from a non-travel corridor country?

You will be required to take a coronavirus PCR antigen test 5 days after return and share results with British Triathlon and the race director of the event concerned. It will be your responsibility to source and book the test and provide the results.

Returning to Training from a non-travel corridor country with an exemption letter

We would advise any athlete to take at least 5 days before returning to any of their usual training groups and to only do so if healthy to safeguard those groups. We would also advise the same course of action if you are returning from a travel corridor country again to safeguard those you train with.

If you are at a British Triathlon performance center you will not be able to attend any squad/group training sessions for 5 days and will only be able to return upon a negative COVID PCR test result taken no sooner than 5 days on return to the UK.

What if I come into contact with anyone who displays symptoms of coronavirus?

If you have been travelling or racing abroad either in a travel corridor or non-travel corridor country and suspect anyone you have come into contact with has displayed symptoms of coronavirus as per government guidelines we would recommend you self-isolate for 14 days before returning to any competition or racing.