

## **British Triathlon Pro/Elite License Holder Quarantine Exemption Letter Application Process**

The British Government allows National Governing Bodies (NGB's) to provide quarantine exemptions to international athletes racing 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 racing in 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 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 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 racing in an event of international significance<sup>1</sup> is eligible to apply. Exemption letters will **ONLY** be issued for athletes competing, exemption letters **WILL NOT** be provided for athletes travelling to/from training camps or any other related activity outside of racing.

<sup>1</sup>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 event I am attending going to be eligible for exemption?**

To grant an exemption letter we will need to be **very satisfied** that the event you are competing is being run in a covid-secure manner. This will include but not be limited to covid-secure practices at;

1. Briefing – e.g. either virtual or a pro only briefing with masks conducted at social distance
2. Transition – e.g. bikes spaced apart at 2m or close to, masks worn in transition, one way flow, limited numbers at bike racking
3. Start process – e.g. Time trial (TT) or wide start line with good athlete spacing, masks worn in the start pen if not a TT format and numbers of athletes are congregating
4. Event format – e.g. TT and/or athletes maintaining social distance whenever possible
5. Aid stations – e.g. no aid stations or athletes helping themselves
6. Spectators – e.g. limited or no spectators – spectators wearing masks
7. Finish Line – e.g. secure finish area, no or secure prize giving
8. Pre/post event covid testing

### **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? 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 [francescabolt@britishtriathlon.org](mailto:francescabolt@britishtriathlon.org) and complete the Microsoft form online [here](#). 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 and/or letter from the event organisers) in support of your application.

In **ALL** cases it is the athletes 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 is being run in a manner that safeguards all athletes and especially the pro athletes. While we would not necessarily expect every event to fulfil all criteria listed from points 1 to 8 we will expect the event to very clearly evidence a covid-secure environment.

### **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.

### **What happens if the country I am racing 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.

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 [francescabolt@britishtriathlon.org](mailto:francescabolt@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 Microsoft 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.

**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.