

BEFORE LEAVING HOME

World Triathlon is prioritizing the health and safety of all athletes, coaches, volunteers, officials and organizing committee staff. In our efforts to provide the safest possible environment, we are requiring that all participants complete a pre-event Covid-19 screening questionnaire before our event and submit relevant health documents within the week before the event.

Also traveling to Latvia is different than you might be used to. Therefore, racing at the 2021 Europe Triathlon Junior Cup Riga needs more preparation than normal. This short checklist summarizes the steps you need to take to make your journey and the registration process go as smooth as possible.

MAKE SURE YOU HAVE AN ACCOUNT AT THE [triathlon.org](https://www.triathlon.org)

Athletes only: You have to upload all relevant documents to the [triathlon.org](https://www.triathlon.org) website from your own account. For that you need access to your member login. In case you don't have one yet, follow the instructions below to get it. All other attendees can upload their documents without an account.

CHECK THE LIST OF COUNTRIES

For arrival into LATVIA please check the most up to date information here:

<https://www.spkc.gov.lv/lv/valstu-saslimstibas-raditaji-ar-covid-19-0>

The list of countries is updated EVERY FRIDAY and goes into effect Saturday the next day. Athletes and accompanying personnel are responsible for keeping up to date with the entry requirements necessary for arrival into Latvia.

Remember, that the list is relevant only upon your arrival. If the list goes into effect on Saturday, August 7th and you have already arrived in the country the day before, it does not affect you.

GET A LETTER OF INVITATION

If you expect that arrival into Latvia from your country could require self-isolation it would really help to have a Letter of Invitation that proves you are conducting a necessary, journey to an international sports event. Contact ieva.galeniece@gmail.com if you require one. Have it with you during your trip to and from Latvia.

HAVE A SIGNED PRE-TRAVEL MEDICAL CERTIFICATE

Athletes only: Have the World Triathlon Pre-Travel Medical Certificate available, signed by you and your doctor. See the link to the screening guide below for details.

HAVE THE PERSONAL PARENTAL CONSENT PAPER FILLED IN

Athletes only: you need parental consent that allows us to perform an on-site Covid test as part of the registration process. Fill in the form in all its sections and make sure it is signed by your parent or legal guardian. You will not be able to register to the event without it.

GET A PRE-TRAVEL COVID TEST

Have an Antigenic or PCR swap performed, maximum 72 hours before your international travel to Riga or no later than 6 days before the event. Tests that must currently be taken to gain entry to Latvia are valid as pre-travel tests.

GET YOUR VACCINATION OR RECOVERY CERTIFICATE

If you have received a Covid-19 vaccination or have recovered from the COVID-19 infection, have a copy of your certificate ready. If you are travelling from a **YELLOW COUNTRY**, it can considerably ease your travel and access to the event.

UPLOAD ALL RELEVANT DOCUMENTS TO triathlon.org

Follow the instructions at https://triathlon.org/pre_event_covid_19_screening_guide on how to upload all relevant documents. All documents have to be uploaded before you register on Friday!

FILL OUT THE COVID PASS

Within 48hrs before your international arrival into Latvia fill out the electronic pass required by the national authorities - <https://covidpass.lv/en/>

This is not the full list of Covid measures you can expect at the event but should help you to prepare. It can only be seen as guideline. Read the Athlete's Guide and Concept Paper on the Riga event pages at triathlon.org for all details. Also check the government guidelines of Latvia and your home nation, as well as the appropriate airline information for the latest updates. Have a safe journey! Hope to see you in Riga!