

## 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 Poland is different than you might be used to. Therefore racing at the 2021 Europe Triathlon Cup and Junior Cup Olsztyn 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 website**

Athletes only: You have to upload all relevant documents to the 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.

### **Get a Letter of Invitation**

To get you in and out of Poland, it would really help to have a Letter of Invitation that proves you are conducting a necessary journey. Contact your National Federation for such a letter. Have it with you during your trip to and from Poland.

### **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 Parental Consent Paper filled in**

Junior 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 Olsztyn or no later than 6 days before the event. Tests that must currently be taken to gain entry to Poland are valid as pre-travel tests.

### **Get your vaccination certificate**

If you have received a Covid-19 vaccination, have a copy of your vaccination certificate ready.

### **Upload all relevant documents to the triathlon.org website**

Follow the instructions at [https://triathlon.org/pre\\_event\\_covid\\_19\\_screening\\_guide](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!

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 Olsztyn event pages at [triathlon.org](https://triathlon.org) for all details. Also check the government guidelines of Poland and your home nation, as well as the appropriate airline information for the latest updates. Have a safe journey!