



Wellness & Quarantine Guide

This guide is intended to provide assistance in keeping athletes healthy when travelling and training. It is recommended that each club include a quarantine plan for athletes in their travel policy.

Trip planning/pre trip:

1. Book an extra single room to be used for quarantine purposes
2. Book flights to optimize recovery (ie a day after races)
3. Remind athletes to keep themselves well hydrated and well rested in the weeks prior to a race trip
4. Athletes who are sick should not travel, they should delay their travel date (unless it is to return home), and rejoin the team only when healthy.

During travel:

5. Keep hydrated while on flights
6. Wash your hands frequently and try to not touch your face, eyes, nose and mouth with your hands
7. Bring hand sanitizer to use.
8. Bring several disposable wash cloths to clean frequently touched surfaces (ie airline tray)

At the event:

9. Keep well hydrated, fueled and well rested
10. Wash your hands frequently and try to not touch your face, eyes, nose and mouth with your hands
11. Clean commonly used services upon arrival at accommodations
12. If an athlete is feeling sick, encourage/request them to self-quarantine and practice good hygiene
13. If an athlete becomes sick, quarantine them in the single room, wash frequently used surfaces, do not engage them in food preparation, provide meals at separate time and in separate facilities
14. Ensure that the athlete has adequate support to recover and not feel isolated
15. In consideration of the best interest of athlete health and future success, it is **strongly recommended that an athlete who is sick does NOT race.**

*The NST/NTDC/XCSO aims to never give a bib to an athlete who is not healthy (illness or injury).
Health is the #1 criteria for success.*