

TRAVELLING DURING COVID-19

Domestic and International travel is challenging during COVID-19. Ensure you pay attention to the following key points :

KNOW YOUR PLANS



Speak to your Performance Director (PD) and familiarise yourself with the specific travel risk assessment for your trip.

Voice any concerns you may have around travelling to your PD.

Identify any specific needs around your travel and seek appropriate advice to help come up with practical solutions.

Think about what would happen if you were to become unwell whilst away.

Check your insurance cover prior to travel.

MAINTAIN STANDARDS



Be extra vigilant with your hand sanitisation. Do not rely on hand sanitiser being readily available when you travel. Take your own supply of hand sanitiser in your carry on luggage (under 100mls) and a spare supply in your checked luggage.

Wear a mask at all times during flights and when using public transport.

Travel with an adequate supply of masks.

Avoid touching your face.

Maintain your distance (2m) at all times.

AIRCRAFT TRAVEL



Thoroughly sanitise tray / table / arm rests where possible with surface wipes.

Pack own snacks for journey – food and drinks may not be available on the flight, and they may pose additional risks.

Remain seated as much as possible. Bring flight socks and perform seated exercises for legs.

Ask for seats to be next to an unallocated / empty seat upon check in if available (and if not, try to move to a quieter area of the plane).

Avoid aisle seats and seats near the toilet.

Ask for a window seat and remain seated during the flight if possible.

Do not read or touch items in the back of seat storage on planes.

Be aware and take responsibility for who is handling your luggage and other personal items (e.g. passport checks, hand luggage searches), and request that airport staff change their gloves and/or sanitise their hands before handling your items.

Further hints and tips on how to stay health during air travel are available [here](#).

PUBLIC TRANSPORT



Avoid public transport wherever possible.

If travelling by bus or train, maintain your distance where possible by sitting in alternate seats and rows.

If travelling by car or taxi, keep windows open to increase ventilation.

PERFORMANCE CONSIDERATIONS



Consider how local restrictions may impact your normal competition routine.

Consider how you might fill any leisure time if you are restricted to staying in your accommodation; you may not be able to go for a walk or visit coffee shops.

You may not be able to access training facilities prior to the competition. Plan how might you best prepare if this is the case (visualisation would be a good tool to utilise).

You may not be able to access facilities to assist with recovery e.g. Hotel pool. Travel with any equipment you may need for active recovery.

PRACTICAL ADVICE



Utilise contactless payments – avoid handling local currency / coins / cash where possible. There are some cards that don't charge an exchange fee.

Understand the public health requirements of your destination.

Keep up to date with guidance in UK whilst away in case that has any impact on your return flight home.

WELLBEING



Your emotional and mental wellbeing is important. Keep in regular contact with the people who usually support you; family, friends and/or other support network.