

# COVID-19 TRAVEL PLANNING

Given the current global COVID-19 pandemic, there is a need to reduce risks during international travel and to reassure those travelling that due diligence has been applied. The information below is aimed to provide some guidance around the thoughts and considerations required when planning international travel during COVID-19.

## TRAVEL RISK ASSESSMENT



- A specific travel risk assessment will need to be written for each trip and approved by the COVID-19 medical officer.
- All current advice regarding international travel should be followed and reviewed up until the point of travel.
- Contingency plans should be in place for all worst-case scenarios.
- Risk assessments will need to include any specific testing requirements required for travel/competition.
- Ensure appropriate travel insurance is in place.

## PERSON CENTRED APPROACH

Have early and regular dialogue with every athlete or team member being considered for international travel.

Be sensitive to current individual circumstances both in and out of the sporting context.

Organise a 1:1 with the athlete or team member.

Share the risk assessment document and any specific travel protocols with the athlete/team member well in advance of travel.



## EDUCATION AND BEHAVIOURS

Address any specific concerns and/or educational needs highlighted in the 1:1.

Use trustworthy and evidence-based information to educate on the COVID-19 pandemic.

Have an open dialogue with athletes around expectations and behaviours when travelling.

Educate and prepare athletes for any key changes in their normal travel routines to help mitigate any potential impacts on performance.

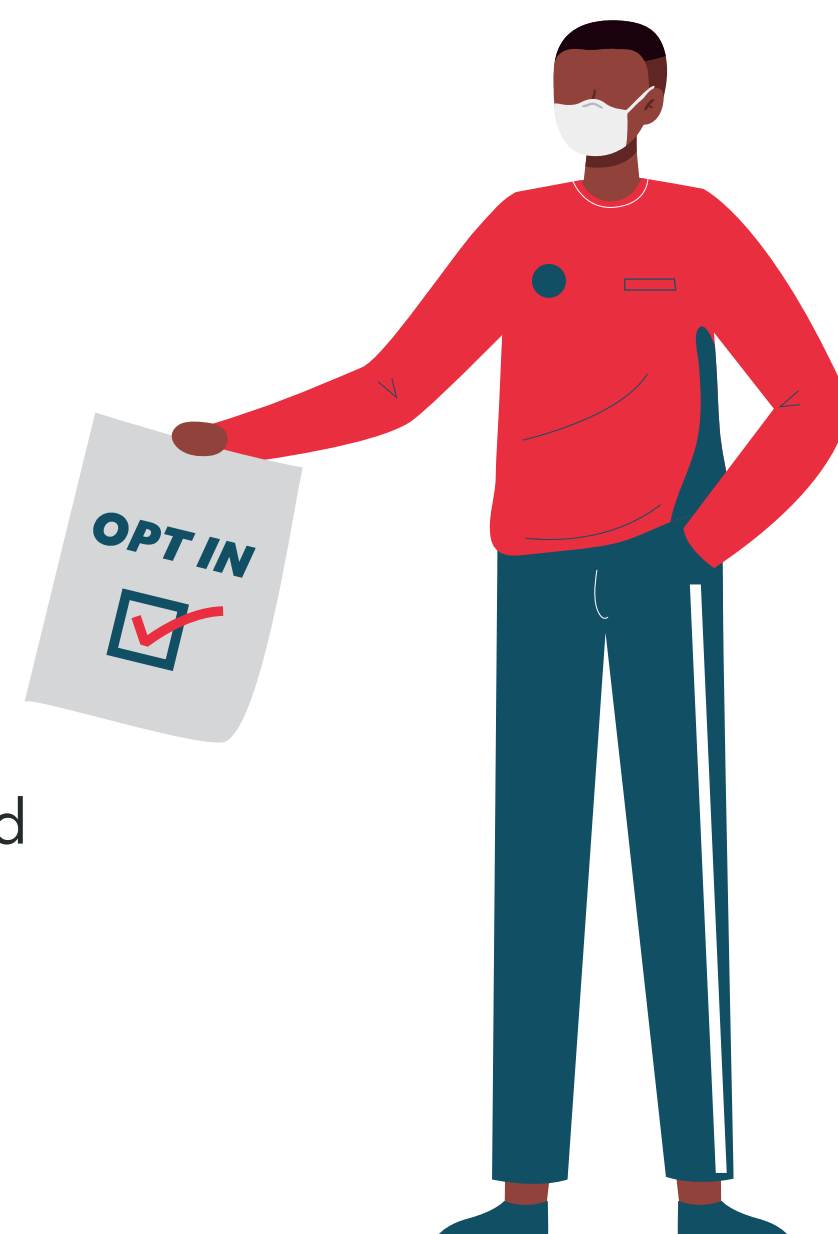


## OPT IN/OPT OUT

It is advised that sports develop their own travel 'opt in' process for athletes and staff being considered for travel.

Opting in should be an informed process.

Those that have chosen to 'opt in' to travel should have the right to 'opt out' anytime up until the point of travel.



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[WWW.SPORT.WALES/CONTENT-VAULT/ELITE-TRAVEL-GUIDANCE](http://WWW.SPORT.WALES/CONTENT-VAULT/ELITE-TRAVEL-GUIDANCE)  
FOR FURTHER DETAILS ON EACH STAGE OF THE PROCESS.**

Due to the rapidly changing landscape of the COVID-19 pandemic, this guidance and the reference sources it refers to will be updated on a regular basis.