



Hello Coaches and Athletes,

Here is an update regarding FAQ's. There have been many questions regarding training when practicing self-isolation as well as the continued uncertainty regarding competition, policies and selection. I have compiled Triathlon Canada's position and some FAQ's for you based on the most current information.

What is Triathlon Canada's recommendation on self-isolation?

As a National Sport Organization our priority is community and athlete health as well as adherence to government guidelines and alignment with the [COC/CPC message](#). **Based on those priorities, Triathlon Canada's position is to support minimal contact with anyone other than those you specifically live with and limit any outdoor activities where social distancing cannot be guaranteed.** However, if you have travelled internationally, Health Canada's recently released statement regarding international travelers is [MANDATORY self-isolation with no outdoor contact beyond your own premises](#). If you are displaying symptoms, the federal guidelines are clear, which is to self-quarantine and monitor your symptoms.

The most recent COVID update from COPSI network is [here](#).

There are varying recommendations from different levels of government regarding voluntary self-isolation, what do I do as an athlete regarding training?

Triathlon Canada's position is to prioritize the social responsibility to minimize any inadvertent contact with other people. However, we cannot mandate any protocols beyond what is communicated by the government levels. Be aware that these protocols and guidelines are varied and changing hourly. We do however strongly recommend, as athletes and representatives of the community, to lead through action and to prioritize social distancing and self-isolation. That would be to train indoors as much as possible unless you must go outdoors for essential errands. As a community we should be demonstrating our responsibility to 'flatten the curve'.

Can I be reprimanded/disciplined for training outdoors if the government has not mandated it?

No, you cannot be disciplined for following the recommended government guidelines. **However, it is your responsibility to be aware of the most recent government guidelines that are changing hourly.** If you violate government guidelines you can be disciplined not just by Triathlon Canada but by some government officials. For example, you go for an outdoor run or ride, but a few people decide to join you or go to an area with many other people. This is the reason Triathlon Canada's position is to self-isolate as much as possible, if not all the time, due to the inherent risk and inability in guaranteeing social distancing guidelines.

Can I be reprimanded/disciplined for not social distancing, inadvertent or not?

As members of Triathlon Canada and its provincial partners, you are held to the Code of Conduct. In these unprecedented times there are clear government guidelines and rules regarding quarantine, isolation and monitoring. If you train outdoors, and there is evidence of you not practicing the



recommended or mandated guidelines, Triathlon Canada can discipline you accordingly. For example, if you decide to train outdoors and cannot maintain social distancing, you are in fact violating the government recommendations AND Triathlon Canada's Code of Conduct. **It is your responsibility to ensure the social distancing guidelines.** Ignorance is not an excuse or a reason. To reiterate, it is your responsibility to adhere to the rules of the government. **If you cannot guarantee social distancing, do not go outdoors to train.**

I am now training in isolation, do I need to continue with athlete monitoring, reporting and whereabouts (to Triathlon Canada, CCES and other stakeholders)?

Yes, all obligations for eligibility are still in place. If you are registered in CCES's testing pool, your whereabouts are still required to be completed. CCES has released a statement on testing [here](#). CCES testing is on hold but as stated whereabouts and other obligations are still in effect.

I am connecting online and on social media with the community and there is much variability regarding training in isolation. How do I navigate it?

You can only control what you can control. The Olympic/Paralympic community has increased much of their social presence in the past two weeks. What it has highlighted is our community's resilience but also magnifies the differing situations around the world. What someone can do in BC is different than what someone can do in Montreal West, QC, let alone between Spain and Canada. It is your responsibility to know, comprehend and adhere to your government guidelines, mandates and recommendations. Utilize resources such as your coach and mental performance personnel to manage what you see online and what you can do in reality. Your online presence is a representation of who you are and what you are doing. Be very aware and diligent of what message or persona you are sharing during these unprecedented times.

When will Triathlon Canada publish new Olympic/Paralympic nomination, Sport Canada AAP and ITU Event Selection Policies?

Though the Olympic and Paralympic dates have been confirmed, the competition schedule and qualification criteria from the IOC/IPC and ITU have yet to be confirmed. We continue to evaluate our ability to execute the existing policies with external legal counsel and our key stakeholders. For the time being our policies as published can still be executed but are open to amendments as needed. If need be, Triathlon Canada will amend accordingly OR publish revised/new policies reflective of the current realities.