



Current Travel Considerations

Members of Team USA traveling abroad

Updated ~~September 11, 2020~~~~September 10, 2020~~September 8, 2020

USOPC TRAVEL ADVICE – 10TH SEPTEMBER 2020

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content, including text, graphics and, images, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, the United States Olympic & Paralympic Committee makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your health or travel.

The USOPC recognizes the importance of travel for athletes and NGBs and want to assure you this is a high priority for us. We are actively working with government officials and other partners across the international Olympic and Paralympic movements to identify efficiencies as travel begins to resume and solutions where challenges are present.

As with all travel, please reference the CDC's [Considerations for Travelers](#) and the guidance of federal, state, and local officials to protect yourself and others during travel. It is recommended that you register with the Department of State's [Smart Traveler Enrollment Program \(STEP\)](#) to enroll your trip with the nearest U.S. Embassy or Consulate and receive the latest information about your destination.

Athlete Ombudsman

The Office of the Athlete Ombudsman is available to provide independent and confidential advice to elite athletes on sport-related rules, policies, and processes. Athletes who have specific questions about their health and the risk factors of traveling should seek advice from their medical professionals and public health officials. Athletes may contact the Office of the Athlete Ombudsman at ombudsman@usathlete.org or 719-866-5000, or visit [here](#) for more information.

Travel Advisories and Restrictions

Travel Abroad

- The Department of State lifted its Global Level 4 Travel Advisory on August 6th; however, this was replaced by a [country-specific travel advisory levels](#), ranging from 1-4.
- The CDC also maintains [country-specific risk levels](#), which range from 1-3.
- Many countries have implemented entry and exit restrictions based on the evolving COVID-19 status. When planning travel abroad, please visit the Department of State's [COVID-19 country-specific information](#) website for full details about your destination.
 - **Note:** While the European Union announced regional travel guidance in early July, each country is permitted their own implement entry and health protocols as it best fits their national needs. Due to this, policies widely vary across the EU, including criteria for entry and testing and/or quarantine upon arrival. This variation may also influence the ability to travel from country-to-country within the borders of the EU.
- Some countries offer waivers or exemptions for sport-related travel. For additional information, please contact jen.gallagher@usopc.org.
- Athletes serving in the military should review any applicable policies regarding their current ability to travel abroad.

Returning to the U.S.

- U.S. citizens, legal permanent residents, and their immediate families that are returning home after visiting [certain European countries](#), China, Iran, or Brazil will be required to travel through [one of 15 airports](#) for enhanced entry screening, which will follow standard customs processing.



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- After providing your medical history, current condition, and contact information, travelers will be permitted to continue to their connecting flights or to exit the airport.
 - Please allow extra time in your itinerary for this process.
- Follow state and local travel restrictions and executive orders especially as it relates to reopening status, face-mask policies, and size of gatherings.
 - For up-to-date information, check the guidance of the [state or local health department\(s\)](#) for your destination and any locations where you may travel along your route/itinerary.
 - United Airlines has created a [Destination Guide](#) with further details.

Medical Considerations

Prior to scheduling a trip, there are many questions you should consider, including:

1. Is there active community transmission of COVID-19 where you live, which could lead to you introducing the virus to the location where you are traveling?
2. Is there active community transmission of COVID-19 where you are traveling, which increases your risk of getting infected during your trip and/or taking an infection back to your community?
3. If you get infected, are you at [risk](#) for a more severe infection or do you have close sustained contact with someone who is at risk for a more severe infection (see risk factors below)?
4. Will you be required to quarantine for 14 days at your destination or upon return from your trip?

If you answered yes to any of these questions, you should consider canceling or delaying your trip.

The following are risk factors for a more severe infection:

- Age > 65
- Live in a nursing home or long-term care facility
- History of chronic lung disease or moderate to severe asthma
- History of serious heart conditions
- History of compromised immune system
- History of diabetes
- History of chronic kidney disease requiring dialysis
- History of liver disease
- Severe obesity (BMI > 40)

If you are sick, don't travel. If you choose to travel, here are things you can do to reduce your risk of infection:

- Wear facial covering
- Consider wearing eyeglasses/eye shields to protect your eyes from respiratory droplets
- Avoid touching your eyes, nose or mouth
- Wash your hands frequently for at least 20 seconds
- Practice physical distancing by staying at least 6 feet away from others
- Cover your coughs and sneezes with a facial tissue or your elbow
- Wipe down arm rests, tray tables, video monitors and seat belts with antiseptic cleanser
- Use hand sanitizer after touching anything that other people may have touched
- Get food from a drive-through, curbside restaurant service or at the store
- Consider cleaning your hotel room with [EPA approved products](#) for COVID-19 using the [CDC's cleaning guidelines](#)

Since food service isn't as readily available on flights, be sure to bring your own food and water on the plane. The following is a checklist of supplies you should consider bringing with you on your trip:

- Facial covering
- Eyeglasses/shields
- Hand sanitizer



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- Antiseptic wipes
- Additional cleaning supplies for the hotel room
- Food and water
- Medications to last your entire trip

Finally, be sure to review travel related resources from the [CDC](#) and [WHO](#) prior to your trip.

Travel Documents

Routine government processes – both in the U.S. and abroad – are continue to experience delays due to staff reductions and additional operational adjustments. Please plan as far in advance as possible to ensure that you do not encounter any issues. If you need assistance with any items outlined below, please contact jen.gallagher@usopc.org.

- **Passport** – Processing delays persist while operations resume through a [three-phase reopening process](#).
 - Expedited Processing and in-person appointments are currently suspended.
 - These services will resume once all passport agency locations reach phase three of reopening.
 - If you plan to travel abroad before the end of September and need passport assistance, please contact jen.gallagher@usopc.org.
 - If you need to renew your passport and plan to depart in October, or later, please:
 - Mail in your application via standard processing
 - Expect a processing time of 8+ weeks.
 - If your passport has not been returned to you two weeks before your departure, please contact jen.gallagher@usopc.org.
- **Visa** – Many embassies and consulates in the U.S. have reduced their on-site staffing levels and adjusted their operations, which may cause delays or operational changes.
 - Please check with the [respective embassy or consulate](#) to monitor their current status.
 - If assistance is needed, please contact jen.gallagher@usopc.org.
- **Global Entry** – Trusted Traveler Program Enrollment Centers have resumed operations as of Sept. 8, 2020. Enrollment on Arrival is also operational at participating airports.
- **Driver's License** – If your license or state-issued ID expired on or after March 1, 2020, and you are unable to renew your ID, TSA will accept expired licenses up to a year after expiration.
 - The new deadline to obtain a REAL ID-compliant driver's license has been extended to October 1, 2021.

Airlines and Travel

Airports, airlines, hotels and ride sharing services are evolving their policies and procedures to protect travelers. As you travel, please be mindful of the policies implemented by your airline, accommodations and services that you may be using during your trip.

- TSA has modified checkpoint procedures, including reduced physical contact, increased social distancing, and cleaning and disinfecting frequently touched surfaces. For full details of the changes please visit the [TSA Response to COVID-19](#) website.
 - **NOTE:** TSA now permits travelers to carry one liquid hand sanitizer container, up to 12 ounces per passenger.
- Many of the major U.S. airlines have agreed to a set of policies that enforce facial coverings while onboard their planes. If a passenger opts not to comply with these policies, the airlines have agreed that there will be “consequences for noncompliance,” which may include suspension of flying privileges for that carrier.



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- Airlines, such as Delta and United, also require face coverings in additional areas of the airport, including at customer service counters and kiosks, gates, the jet bridge and baggage claim areas.
- Delta and United have also stated that masks with an exhaust valve are not allowed to serve as an approved face covering.
 - Delta passengers with a medical reason for not wearing a face covering must complete a “Clearance to Fly” process with a medical provider at the airport prior to departure.
- Airlines may require travelers to complete a health acknowledgement policy and questionnaire, which will be conducted at check-in.

A few helpful resources to monitor current policies are listed below:

- [Team USA Coronavirus Updates](#)
- [Dept. of State COVID-19 Passport Operations](#)
- [Dept. of State COVID-19 Visa Services](#)
- [CDC Travel Resources](#)
- [Dept. of State COVID-19 Traveler Information](#)
- [DHS U.S./Canada/Mexico Border Fact Sheet](#)
- [DHS Arrival Restrictions](#)
- [TSA's Tips for Flying During COVID-19](#)
- [TSA Operations and REAL ID Extension](#)
- [CTM Airline and Travel Update Summary](#)
- [Airline Policy Waivers](#)
- [United Airlines - Rebooking Due to Crowded Flights](#)
- [United Airlines CleanPlus](#)
- [IHG Clean Promise](#)
- [How to Clean a Suitcase](#)
- [How to Disinfect a Hotel Room](#)