

## Hermosa Beach Triathlon Participant Checklist

Before attending the Hermosa Beach Triathlon

- Know how [COVID-19 spreads](#)
- Know the [symptoms of COVID-19](#)
- Don't travel if you are sick or are with someone who is sick
- Determine if you are at [higher risk for severe illness](#) and if you are, don't travel
- Consider the possible risks you might encounter during [travel](#)
- Consult the event website and email communications for COVID-19-related adjustments
- Consider who you are traveling back to and what risk you might be exposing them to. Is anyone considered [high risk](#) that you will be returning to?

Attending the Hermosa Beach Triathlon

- Wash your hands often with soap and water for at least 20 seconds
- Avoid close contact with others (maintain 6' social distancing)
- Cover your mouth and nose with a cloth face cover when around others
- Cover coughs and sneezes
- Clean and disinfect everything
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Athletes are encouraged to bring their own hydration, nutrition, bike repair kits, and other supplies for self-support