

Triathlon Covid Protocols

The following covid protocols will be put into place for all events that take place while covid is still a risk for athletes. Once the risk dramatically recedes, we will evaluate each item on the list and eliminate those that are no longer necessary one at a time.

Registration: Online only. No race day registration, cash exchanged, etc.

Face Coverings: Athletes will be required to wear face coverings before and after competition. They will remove their mask as they cross the start timing mat and put it in a garbage receptacle at the start line. We will have masks for them in the finish line chute to wear when they exit the finish area.

Staff and volunteers will be required to wear face coverings and gloves throughout the entire event.

Time Trial Start: In order to maintain social distancing, rather than the usual 30-120 athletes per wave, athletes will start one at a time. Athletes will also be ordered in a way that people racked near each other in transition will not start close to each other at the start line, thus eliminating close contact in the transition area.

Packet Pick-up: Procedures will be altered to promote physical distancing and mitigate person-to-person contact. An outdoor packet pick-up will take place following proper “social distancing” guidelines. Nevertheless, staff and athletes will be required to wear masks at all times during packet pickup.

Timing Chips: Athletes will be required to remove their own chip and place in sanitized bin near finish line.

Pre-Race Clinic: Pre-Race Clinic will take place virtually.

Body-marking: We will encourage self-body-marking prior to arrival and give clear instructions.

Health Screening: All participants and volunteers will be required to fill out an electronic questionnaire regarding their overall health in the last 14 days and asked to stay home if they have any symptoms (including fever, cough, sore throat, etc.). Full race credit will be applied to racers' accounts if they miss the race for this reason. This is to encourage anyone that may be questionable to stay home. Medical staff will be equipped with thermometers, extra face coverings and gloves.

Sanitize Areas: Areas will be sanitized prior to, and during the race.

We will promote Social Distancing: To promote physical distancing and mitigate person-to-person contact, we will have ample signage placed in key areas of venue encouraging physical distancing (i.e. markings on the ground and signage) around potentially crowded areas to encourage people to spread out. Announcements will also serve as reminders.

Hand washing and sanitizing stations: Hand sanitizer and hand-washing stations will be available and placed throughout the venue. Additional signage will be displayed reminding everyone to use them. Announcements will also serve as a reminder to wash hands.

Increase Athlete Footprint in Transition: Transition will be much larger. We will reduce the number of bikes per rack to 5 (normally 8/rack), and

alternating rack sides keeping everyone 6 feet apart. Distance between rows will be increased as well. Athletes will also be ordered in a way that people racked near each other in transition will not start close to each other at the start line, thus eliminating close contact in the transition area.

No Wet-Suit Stripping: We will not offer wet-suit removal. If the event is “wet-suit legal”, triathletes will be required to remove their own wet-suit.

Run Aid Stations: We will ask each athlete to bring their own water bottle for the run portion of the event. Single use water bottles will be available at aid stations along the course and athletes will grab them on their own from a table. Receptacles will be placed 100-200’ after the water stop to dispose of bottles. Please dispose of properly. Only 1 staff member will be at the water station just to monitor the supply and ensure bottles are disposed of properly, not to hand up bottles.

Finish Line Tape: Eliminating finish line tape to avoid cross-contamination.

Finish Line Fluids: Single-use water or electrolyte drink will be handed to athletes by staff or volunteers wearing gloves and masks. Athletes will NOT be permitted to grab their own hydration at the finish line.

Finisher Medals: Medals will be wrapped in plastic and handed to each finisher by a gloved/masked volunteer or staff member. Please feel free to unwrap and wear proudly!

Timing: We will have live results online during the event. Timing trailer/van will be locked, and timer will not be physically available for

timing questions. We will post a number to call or text with timing questions.

Food Area: Post-race food will be either pre-packaged or eliminated.

Awards Ceremony: (Subject to cancellation) Awards area will be increased to allow for a ceremony with proper social distancing protocols in mind. Awards will be given by staff member wearing mask and gloves.