

Return to Racing Plan

UPDATED: MAY 2021



Island Lake Triathlon
Suburban Ann Arbor Goddess Run
Tri Goddess Tri
Kapnick Firecracker 5K
Ugly Dog Tri
Battle of Waterloo
Ann Arbor Tri
Swmi to the Moon
Women Run the D
Probility Ann Arbor Marathon





The following COVID safety plan for multisport and endurance events:

- demonstrates that the event is designed such that groups of patrons can maintain six feet of distance from other groups at all times
- includes entry and exit protocols that maintain physical distancing requirements per the Gatherings and Face Mask Order in order to minimize congregation
- includes requirements from event venues
- includes specific protocols for social distancing
- is posted on each event website
- has been turned In to the local health department
- allows for contact tracing

Infection Control: Density Reduction

Mandatory pre-race meeting will be held via Zoom and will be recorded and available for athletes who cannot attend.



Infection Control: Density Reduction

Athletes will be instructed to not bring spectators. To control this, we will have a boundary set with "Athletes Only" signs.



Infection Control: Density Reduction

Packet pickup:

- Athletes will check-in online and receive bib numbers electronically
- Bags will be available for pick up the week prior to the race or will be available at each athlete's transition spot race morning
- There will be one entrance and one exit in the pick-up area



Infection Control: Density Reduction

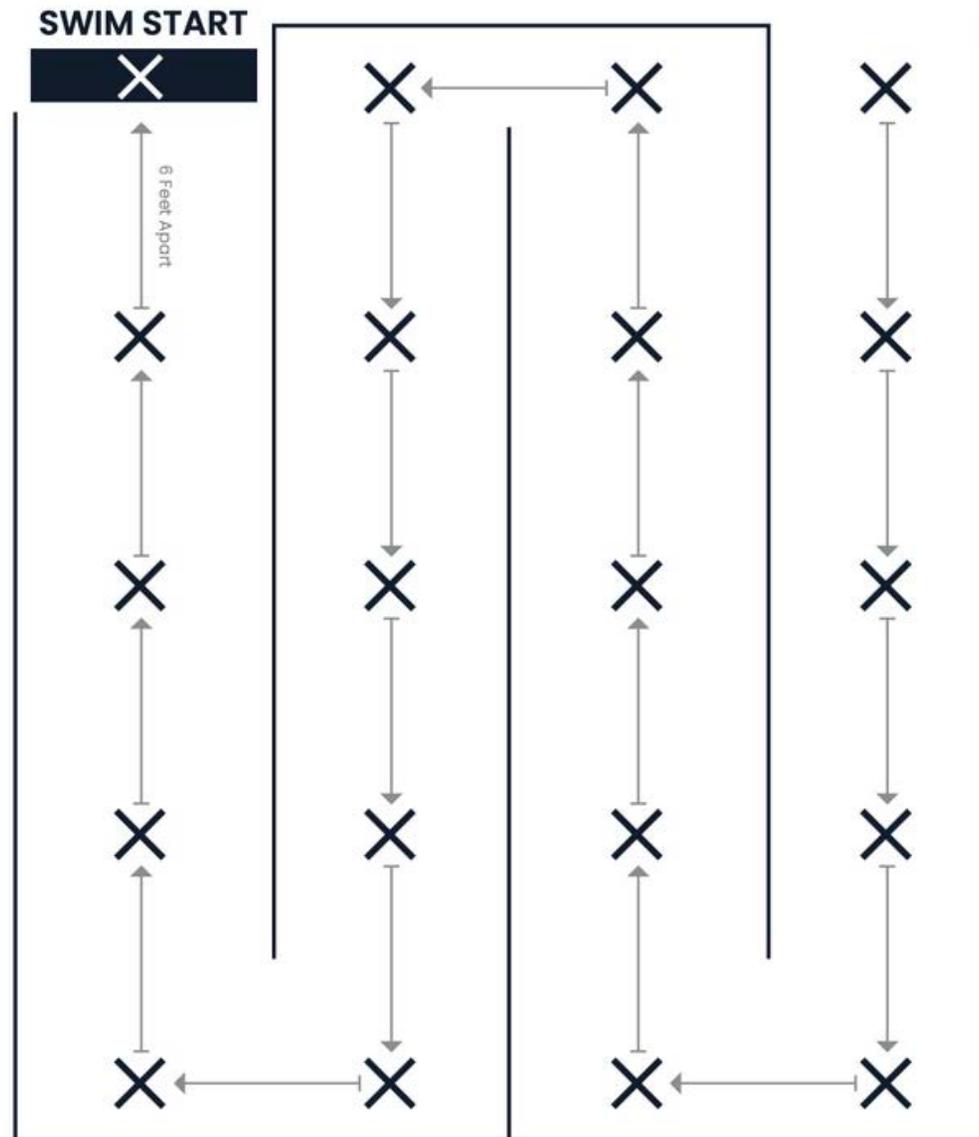
Start line: Time-trial start with athletes lined up by estimated finish time, 6 feet apart. Two racers will start every 3 seconds.

Finish line: As athletes finish, they will be instructed to keep moving toward the post-race refreshments and then out of the race venue.



Density Reduction (triathlons only)

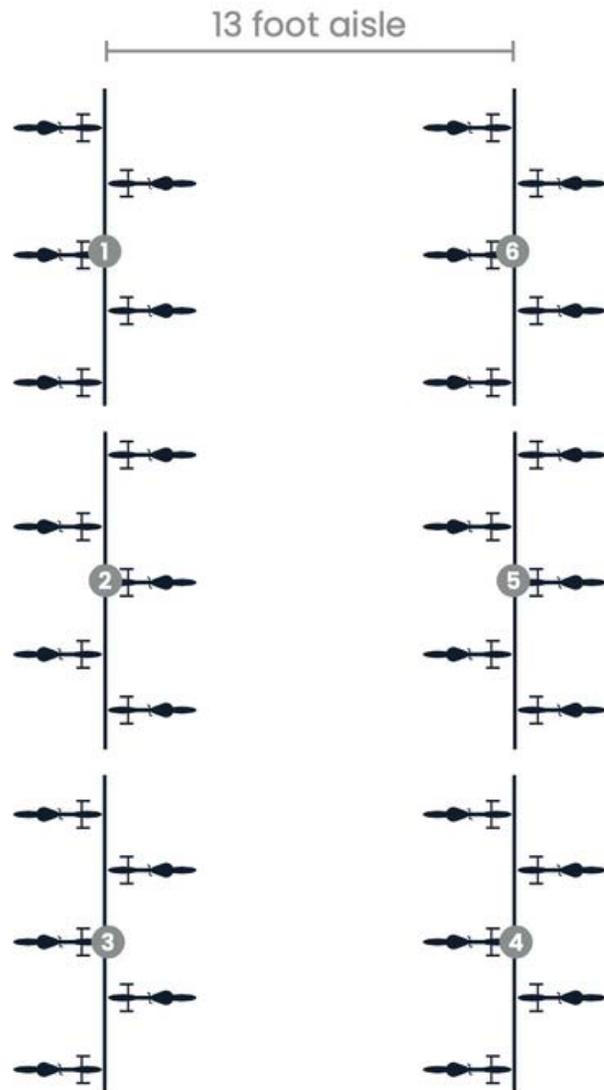
SWIM START



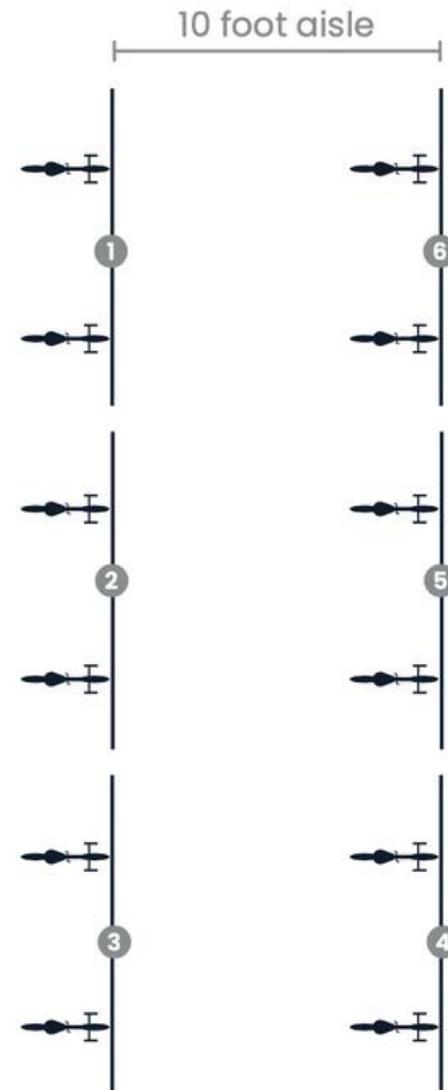
Density Reduction (triathlons only)

TRANSITION SETUP

*Setup depicts 10ft. bike racks



Option A



Option B



Hygiene



- All participants should have a face mask available In case a situation is deemed unsafe (While gathering in outdoor settings lowers the risk of COVID-19 transmission because of fresh air flow, it is still possible to breathe in enough of the respiratory droplets containing the virus that causes COVID-19 to become infected when gathered close to others unmasked.)
- All staff, volunteers, or athletes who have **not** received the COVID-19 vaccine are asked to wear a mask.
- Athletes may remove their mask during competition.

Hygiene

- Hand sanitizer and handwashing stations will be available throughout the venue
- There will be routine cleaning of any touchpoints
- All Interaction between staff, volunteers, and athletes will be touchless
- Athletes will use a self-assessment tool and be asked to stay home If showing any symptoms of illness - In order to encourage this, they will be allowed to defer to the following year at no additional cost



Minimize Touchpoints

- Body Marking: Athletes will self body mark
- Aid Station: Self serve sealed bottles
- Finish Line: Self serve medals and hydration



Food and Beverage Safety

- Food will be self-serve In pre-filled "to-go" bags
- Post-race refreshments will be consumed In a designated area
- No more than 6 people may congregate during post-race festivities
- All groups must be separated by 6 feet
- Groups shall not mingle



Other things to consider

This is our current plan, but it is subject to change at any time

If something changes and the event is deemed unsafe, it will become a virtual race

The venue and event will be set up to enable social distancing at all times - it is the responsibility of the athletes to adhere to the guidelines

It is strongly recommended that individuals considered by the CDC to be “at-risk” not participate in the event in any capacity

Any staff, volunteers, or athletes who are feeling ill or think they may have been exposed to COVID-19 are asked to stay at home



What we need from you

- *Stay home if you are sick or have been in contact with someone who is sick*
- *Read all event communication and follow rules and protocols*
- *Respect prescribed social distancing at all times*
- *Respect assigned start times*
- *No spitting or snot rockets*

Everything will be in place for a safe race. We have confidence that all participants will take responsibility for themselves and others so that our safety plan will be effective. Have a great race!

