



## Covid-19 Safety Plan

*This Epic Races COVID-19 safety plan will be used as the general guidelines for all Epic Races and is based on recommendations from the Centers for Disease Control and Prevention (CDC). It should be noted that this plan is a LIVING DOCUMENT, and can be changed based on the current situation.*

CDC Event Planning Tool:

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/community/COVID19-events-gatherings-readiness-and-planning-tool.pdf>

State of Michigan current guidelines:

[https://www.michigan.gov/coronavirus/0,9753,7-406-98178\\_98455-549437--,00.html](https://www.michigan.gov/coronavirus/0,9753,7-406-98178_98455-549437--,00.html)

### **POINT PERSON:**

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### **EDUCATION AND TRAINING**

Educate staff and attendees to ensure they know that they should not come to the event if they become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with symptoms or someone suspected or confirmed to have COVID-19. We will make sure they know that if they get sick at the event, they should notify event administrators (e.g., the designated COVID-19 point of contact) right away.



## Covid-19 Safety Plan

Promotion of best practices for Covid-19 prevention through social media and email blasts. Best practices will include:

- Stay home when are sick
- Cover your coughs and sneezes with a tissue, then throw the tissue in the trash
- Wash your hands with soap and water for at least 20 seconds regularly and always after using the bathroom; before eating; and after blowing your nose, coughing, or sneezing
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Clean frequently touched surfaces and objects daily
- Proper wearing of mask

We will discourage coming to the race if not feeling well:

- A liberal deferral program will be communicated to registered athletes, that will allow them to use their 2021 entry for another Epic Race at no additional charge
- Virtual race tracking will be encouraged for spectators, which allow them to cheer on athletes without being on site

### **REGISTRATION/PACKET PICKUP**

- All athletes will be sent out a mandatory questionnaire one week prior to the event asking about any new symptoms:  
<https://www.cdc.gov/screening/paper-version.pdf>
- Drive-thru packet pick where participants stay in vehicles and gloved and masked volunteers deliver packets to masked participant. Interaction should be limited to no more than 60 seconds.
- Participants temperatures will be taken and they will be asked a list of health questions upon arrival to the race venue.



## **Covid-19 Safety Plan**

### **RACE DAY ADDITIONAL SUPPLIES**

hand washing stations

hand sanitizer (at least 60% alcohol)

paper towels

tissues

cleaning supplies

EPA approved disinfection supplies

disposable face coverings

disposable gloves

disposable food service items

### **SETUP AND LOGISTICS**

- Hand washing stations at start/finish area (most concentrated area)
- Hydration all bottled and sealed
- Disposable gloves will be provided to volunteers and staff for mandatory use
- All food will be pre-packaged
- Hand sanitizer pumps available through race site
- Disposable masks available to those who need them
- Regular cleaning schedule of commonly touched items
- Touchless registration

### **FACE MASK MANDATE**

- All participants must wear a face mask at all times unless unsafe
- All staff, volunteers, and spectators must wear a mask at all times



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### **START LINE**

- Participants will start in waves of 25 based on their estimated finish time
- Cones will be placed 6 feet apart showing where each participant will line up

### **RACE COURSE**

- All hydration will be bottled or participants will provide their own
- No spitting, nose blowing, or anything of the sort
- Participants will maintain 6 feet distance at all times
- Participants may on pass another when there is 6 feet of space

### **FINISH LINE**

- Medals, hydration, packaged food will be available 100 feet past the finish line
- Participants will be encourage do keep moving along and leave the designated race area as soon as they are cooled down
- No congregating
- Minimal volunteers

### **CONTACT TRACING**

- Participants will be asked to contact the race if they test positive for Covid-19 after the event