

# Why Not Tri Triathlon 2021

## COVID-19 Mitigation Plan

### Overview

#### **Event Format**

This event will be a wave start event, spaced far enough apart to keep grouping throughout the race limited. The event will have a separate start beginning in the pool and finish at the outside finish line. The bike and run portion will be a loop with space to maintain distance between passing participants.

#### **Field Size**

In-person total participant number is limited to 400 swimmers between the adult and kids race. We will have multiple waves of 20 participants each. They will be scheduled to begin every 15 minutes starting at 8:30 am.

#### **Start/Finish Location**

The start will be inside the pool area at the Wasilla pool, and the finish will be at the finish line located outside. Both start and finish will offer space to keep participants socially distant.

#### **Insurance**

This event is insured by Valley Insurance Services, LLC.

#### **Waiver**

All participants of the in-person and virtual event will sign a waiver of liability that includes Coronavirus language.

#### **Medical**

Team One Alaska will be on site during the in-person event. They will be able to safely treat and isolate participants who may become ill during the event.

The medical team's primary duties will be responding to acute injury and health issues, triage of those issues, and coordinating with Emergency Medical Services if needed.

#### **Staff and Volunteers**

The race staffing will be run by the current Why Not Tri Board. Volunteers will be trained on proper COVID-19 sanitation and mitigation. Efforts to reduce the need for volunteers will be used to reduce exposure for them, staff and participants.

#### **Non-Resident Participants**

Non-Resident participants must follow any current on race day State of Alaska travel requirements and restrictions.

## **PRE-EVENT PLAN**

### **Registration**

- The in-person event will be capped at 400 swimmers total.
- Separate waves will be capped at 20 participants.
- The event will use online registration only. Kiosks will not be used at any pre-event for registration. If they become necessary, kiosks will be disinfected between each use.
- All current and future registrations will be able to be deferred or refunded in an effort to encourage participants who are ill or who have been recently exposed to COVID-19 from participating in the event.
- Participants will be required to sign a waiver acknowledging the risk of transmitting and contracting COVID-19, as well as agree to our event COVID-19 policies. (See Pre-Race Health Self-Checks below.)
- A virtual event option will be offered for participants who do not wish to participate in in-person events including:
  - those who simply choose not to
  - those who are at high risk of complications from COVID-19
  - those who are experiencing illness at the time of the event
  - those who may have been exposed to COVID-19 within two weeks of the event.
- All racers will be transferred to the virtual event if there is another COVID-19 stay-put order or lockdown, and the in-person event will be cancelled.
- In the event of reductions in gathering size, waves and start times will be adjusted to meet regulations.

### **Communication**

- Participants will be updated about the event and specifically COVID-19 restrictions or limitations through email, the event website and social media.
- Any additional requirements for participants will be highlighted on the event website.
- Safe spectator information will be disseminated prior to the event.
- Current and updated deferment and refund policies will be clearly stated and communicated
- Follow-up emails will be sent after the event to request anyone who contracts the coronavirus shortly after the event to inform us so we can work with local health authorities.

### **Pre-Race Bib Pickup**

- There will be two pre-race bib pickups on Monday, June 7 in Anchorage and Wednesday, June 9 in Wasilla. No race day pick up will be available to reduce lines on event day.
- Staff will be wearing masks and regularly sanitizing hands and computers.
- Hand sanitizer will be available to participants at pick up kiosks.
- Disposable masks will be available to any participant that needs one.

### **Pre-Race Health Self-Checks**

- Staff will be asked to self-screen for illness and fever during the week leading up to the event and one day prior to the event

- Participants will be instructed to do self-health checks and asked not to participate if they are sick or have been directly exposed to COVID-19 prior to the event.
  1. Participants must agree to the following screening policies:
    - a. confirm (self-reporting) no signs or symptoms of COVID-19 in past 7 days (OR at least 7 days from onset of any COVID-19 infection signs or symptoms AND at least 72 hours since signs / symptoms have resolved)
    - b. confirm no close sustained contact with anyone who is sick within 14 days of the event
    - c. confirm no travel within 14 days of the event to an international location with widespread ongoing COVID-19 transmission as determined by the CDC.
    - d. Those who cannot confirm the above must not attend our in-person event. For this reason, we are committed to being flexible with changes to the virtual event, deferments and refunds.
  2. It is strongly recommended that individuals considered by the CDC to be “at-risk” not participate in the sanctioned event in any capacity. This would include:
    - e. individuals over the age of 65
    - f. individuals who live in nursing homes
    - g. individuals with underlying medical conditions, noted by the CDC, which place them at higher risk, such as chronic lung disease, moderate to severe asthma, diabetes, serious heart conditions, severe obesity, chronic kidney or liver disease, and individuals who are immunocompromised or live with someone who is immunocompromised.

## **EVENT DAY PLAN**

### **Porta Potties**

- Potties will be supplied to number 1 per 100 participants.
- Potties will be spaced apart by 6 feet.
- Hand sanitizer will be provided inside the potties.

### **Spectators**

- Spectators are expected to practice safe social distancing.
- All spectators attending are recommended and encouraged to wear a mask while in the event area, and reminder announcements will be frequent.

### **Medical**

- Team One Alaska EMTs will be staged at the start/finish.
- Medical Team will have communication with Race Director.

### **Vendor/Sponsor Booth Area**

- Vendor/sponsor booths will be spaced at least 6 feet apart.
- Vendors/sponsors will be encouraged and recommended to wear masks while on event location.
- Vendors/sponsors will be expected to maintain safe social distancing practices where possible.

- Spectators and racers will be expected to safely social distance while visiting vendor/sponsor booths.

### **Transition Area**

#### *Transition Area for Adult Race*

- Only racers will be permitted in the transition area.
- An empty stall will be placed between each racer's spot and the next racer with no guarantee that there will be 6 feet between racer spots.
- Masks will be required while in the transition area when NOT actively racing.
- All volunteers in the transition area will be required to wear face masks.

#### *Transition Area for Kids Race*

- Only one parent or guardian will be allowed in the transition area to help their child. No additional family members will be allowed in the transition area.
- An empty stall will be placed between each racer's spot and the next racer with no guarantee that there will be 6 feet between racer spots.
- Masks will be required for parent or adult helpers AND racers while in the transition area when NOT racing. Parent or adult helpers will be required to have a mask on the entire time.
- All volunteers in the transition area will be required to wear face masks.

### **Pool Area**

- Pool Capacity is currently limited to 50 people in the pool area. Numbers may vary on race day.
- No spectators will be allowed in the pool area/bleacher section unless they are a parent or guardian of an athlete age 17 or under.
- Athletes age 17 or under will be allowed only one parent or guardian in the bleacher section.
- Parent/guardian spectators will be recommended and encouraged to wear a mask or face covering while inside the building.
- All race staff and volunteers will be required to wear a mask.
- Swimmers will be called in groups of 20 into the building to reduce crowding.
- Swimmers will be permitted to use the locker room but will need to practice safe social distancing.

### **Start Times**

- Waves will be scheduled every 15 minutes beginning at 8:30 am.
- More waves will be added and times will be adjusted to comply with changes in gathering limits.

### **Participants On-Course**

- Participants will be advised to keep 6ft of distance if possible while running with others, overtaking others, and passing others.

### **Aid Stations/On-course Hydration and Nutrition**

- Participants will be encouraged to bring and carry their own water and nutrition with them to minimize touchpoints and their own exposure during the event.
- Volunteers at aid stations will wear gloves and masks.

### **Finish**

- Spectators will be expected to practice safe social distancing.
- Rope barriers will keep any spectators more than 6 feet from finishing participants.
- Participants will be encouraged to maintain social distance with anyone outside their household after finishing.
- Volunteers handing out medals will do so while wearing masks and gloves.
- Bottled water will be provided for racers at the finish line. Food provided at the finish line will be prepackaged and set out individually to also reduce touchpoint contamination.
- Participants will be encouraged to bring their own hydration.
- Volunteers handing out food and water bottles will do so while wearing masks and gloves.
- Participants are encouraged to depart the finish area within 10 minutes of finishing their event.

## **POST EVENT**

### **Communication**

- A follow-up email will be sent after the event to ask anyone who became ill and tested positive COVID-19 within 14 days after event completion to contact us.
- If notified, the event organizers will work with local health department to properly inform and advise participants on the next steps.