

Skinny Raven Event & Timing Hightail Half Coronavirus Mitigation & Safety Plan.

Overview

Course/Field Size

The event will be limited to 200 people. The size of the field and the length of the event (6.55 and 13.1 miles) make using MOA roadways infeasible. The lack of a bike trail loop of appropriate length will limit us to an out and back course on the Chester Creek and Coastal Trails. The bike path width of 10ft paved with additional gravel shoulder should provide space for appropriate social distancing during on the course most of the time.

Start/Finish Location

Westchester Lagoon (Margaret E Sullivan Park) Provides easy access to the course, Space to set up a designated, corralled start and finish area as well as distance participants from public and spectators.

Insurance/Sanctioning

This event is insured and sanctioned by USA Track & Field. The sanction is valid while COVID-19 is a threat as long as local regulations permit events in Phase 3 and 4 for public gatherings:

[Link to These Criteria](#)

Waiver

All participants of the in-person event will sign a waiver of liability

Medical

Team One Alaska will be on site at the start/finish and roving the turnaround area of the trail. They will be in contact with the race directors via area wide radios. While they won't be used actively identify people sick with Covid-19, 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 with the lowest, safe amount of staff to reduce exposure. All staff will be screened for illness ahead of the event. Volunteers, if used, will be screened ahead of the event and 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.

Out of State Participants

Participants who have traveled to Anchorage from outside of Alaska abide by the Municipality of Anchorage Travel restrictions as outlined by [Emergency Order EO-11](#).

- 14-day self-quarantine after arrival

- 14-day minimized in-person contact if having obtained a SARS-CoV2 PCR negative test result from a test administered within 72 hours prior for departing for Alaska. Facemasks must be worn when in proximity.
- Quarantine while waiting for a SARS-CoV2 PCR test results administered at the airport upon arrival. Minimized in-person contact until 7 day follow up test is negative

PRE-EVENT PLAN

Registration

- The event will be capped at 200 participants
- The event will use online registration only. Kiosks will not be used at any pre-event registration sites. If they become necessary, kiosks will be disinfected between each use.
- All registration will be able to be deferred or refunded in an effort to keep participants who are ill or who have been exposed to the COVID-19 from participating in the event.
- Participants will be required to sign a waiver acknowledging the risk of transmitting and contracting COVID-19.
- A virtual option will be offered so 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 or lockdown and the in-person event will not be held.

Communication

- Participants will be updated about the event and COVID-19 specifically through email, the event website and social media
- Updates will be dated to ensure participants know they are viewing the latest information
- Additional requirement for participants will be highlighted on the event website.
- Safe spectator information, including any guidelines about spacing while watching, face coverings for spectators and remote tracking options will be disseminated prior to the event.
- Current and updated deferment and refund policies will be clearly stated and communicated

Pre-Race Bib Pickup

- There will be one pre-race bib pickup on July 18th from 11am to 3pm
- This will help alleviate lines and crowds on event day
- There will be 2 pickup stations separated by at least 6 feet.
- Plexi glass barriers will be used to separate staff and participants.
- Staff will be wearing masks and regularly sanitizing hands and computers
- Markers will indicate suggested social distance if lines form.
- Hand sanitizer will be available to participants at the kiosk locations.

Pre-Race Health Checks

- Staff will be asked to self-screened for illness and fever 3 days and 1 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.

EVENT DAY PLAN

Event Day Packet Pickup

- Event-day packet pickup will be open 1.5 hours prior to the start and remain open through the starting period.
- All computers and equipment used will be sanitized ahead of time
- There will be 2-3 pickup stations separated by at least 6 feet.
- Plexi glass barriers will be used to separate staff and participants.
- Staff will be wearing masks and regularly sanitizing hands and computers
- Markers will indicate suggested social distance if a line forms.
- Hand sanitizer will be available to participants at the kiosk locations.
- Participants will be asked to come in a time slot that coordinates with their start time.

Porta-Potties

- Rent-A-Can will be providing porta-potties
- Potties will be supplied to number 2 per 100 participants.
- Potties will be spaced apart by 6 ft.
- Hand sanitizer/handwashing stations will be provided outside the potties so people can sanitize before and after using the potty
- Waiting areas and lines will be marked to maintain recommended social distance.
- Potties will be monitored for sanitizer supply level and sanitized every hour.

Spectators

- Spectators are not allowed to congregate at the start/finish area and will be advised to not to attend.

Medical

- Team One EMTs will be staged at the finish and roving between Earthquake Park and the turnaround.
- Medical Team will have communication with Race Directors and Aid Stations.

Start Times/Start Corral

- Participants will be pre-assigned to waves numbering 20 participants
- Waves will be started every 2 minutes. Participants should not arrive to the start area more than 10 minutes prior to their corral start time.
- The start area will be 24ft. wide and 40ft. long and can accommodate 20 starters at a time within social distance guild lines.

Participants On-Course

- Wearing masks at all times will be recommended. Especially when passing people

- Participants will be advised to keep 6ft of distance while running, overtaking others, and passing others going in the opposite direction.

Aid Stations/On-course Refreshment

- Participants will be encouraged to carry their own water and nutrition with them to minimize touchpoints and their own exposure during the event.
- Water and sports drink will be offered at aid stations.
 - Aid station staff will be screened for illness ahead of time and can only work if healthy and they have had no contact with a known COVID-19 case.
 - Staff will be required to wear masks at all times and hand sanitize before touching any cups or filling equipment.
 - Cups will be filled and placed well-spaced on tables for self-serve
 - Participants will be asked to pull a mask up when grabbing water from an aid station
- Aid station staff will use masks and gloves for cleanup.
- Trash grabbers will be provided for trash pickup
- Aid station staff will frequently sanitize hands.
- Hand sanitizer will be available to race participants.

Finish

- No spectators will be allowed to congregate near the finish area.
- Rope barriers will keep spectators more than 6 feet from finishing participants.
- Bottled water will be provided to reduce touchpoint contamination
- Limited single serving food items packs will be grab and go.
- Finisher bracelets and swag will be grab and go
- Participants will be required to maintain social distance with anyone outside their household after the finish.
- Participants are encouraged to depart the finish area within 10 minutes.

POST EVENT

Communication

- Follow up email will be sent after the event to ask anyone who became ill and tested during or after the event to contact us.
- If notified, the event will work with local health department to properly inform and advise participants on the next steps.