

# **Skinny Raven Event & Timing**

## **Alaska Distance Classic Coronavirus Mitigation & Safety Plan.**

### **Overview**

#### **Event Format and Course Design**

This event will be set up differently than any we have produced before. Instead of single or multiple group starts, the start line for each course will be open for 3 hours, between 9am and 12pm. Participants can arrive and begin their event any time during that period. This should greatly reduce the load on needed parking and increase social distancing by naturally limiting any small group of athletes to an existing social circle.

There will be two fully separate courses, going in opposite direction to reduce on-course participant density. The start and finish may be common for each course, but can be separated if needed to further decrease participant density.

#### **Field Size**

The event will be limited to 200 people. This number of participants with no single start time, but spread over a time frame to start of 3 hours should greatly limit the amount of congregation at the start/finish and on the course. The size of the field, and the need for two different distance courses make using MOA roadways infeasible. The lack of a of bike trail loops of appropriate lengths will limit us to an out-and-back course on the Coastal Trail. 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.

If necessary, we will assign participants to ½ hour start periods in order to reduce congregation size at any one point.

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

Point Woronzof Park Provides easy access to the courses, space to set up a designated start/finish area, and access to each course independently.

#### **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 that includes Coronavirus language.

#### **Medical**

Team One Alaska will be on site at the start/finish and roving the 10K course trail. They will be in contact with the race directors via area wide radios. They will assist in pre-race COVID-19

screening as participants enter the starting area. 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**

Out of state participants must have been in Alaska for more than 14 days in order to participate.

Participants who have traveled to Anchorage from outside of Alaska must arrive in Alaska with a negative COVID-19 PCR test taken within 72 hours prior to departure. Testing will no longer be available for non-residents when they arrive in Alaska. Residents can still be tested when arriving at the airport. Current protocols will remain in place through August 10 and this website will be updated as more information becomes available.

Participants who have traveled to Anchorage from outside of Alaska must 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 of other people.
- 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 in-person 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 encourage 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. As well as agree to our event COVID-19 policies. (see Pre-Race Health Checks below)
- A virtual event 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 order or lockdown and the in-person event will be cancelled.

### **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
- Follow up email 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 and

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

- There will be one pre-race bib pickup on August 20<sup>th</sup>. We will add more if registration numbers demand it.
- 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.
- Participants must agree to the following screening policies during registration as required by our sanctioning body, the USA Track and Field Association:
  1. We will send a survey the evening prior to the event to :
    - 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 (<https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notices.html>) or travel on a cruise ship or river boat.
    - 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. Competitors who have had a documented case of COVID-19 must have written letter from physician indicating they are cleared to compete.
  3. Brief contactless temperature check will be performed upon entering the starting corral on event day to confirm a temperature of less than 100.4F (38.0 C)
  4. 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:
    - a. individuals over the age of 65
    - b. Individuals who live in nursing homes
    - c. 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.
    - d. If these “at-risk” individuals choose to participate, it is recommended that they get clearance from their healthcare provider.

## **EVENT DAY PLAN**

### **Event Day Packet Pickup**

- Event-day packet pickup will be open 1 hour 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 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 arrive 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.
- Touched surfaces of potties will be disinfected every 30min prior to race start and every 1 hour thereafter.

### **Spectators**

- Spectators are not allowed to congregate at the start/finish area and will be advised to not to attend.
- All person attending will be advised to wear a mask while in the event area

### **Medical**

- Team One EMTs will be staged at the finish, roving between Point Woronzof Park and the 10K turnaround.
- Medical Team will have communication with Race Directors and Aid Stations & Turnaround points.

### **Start Times**

- In-person participants can arrive and start their event any time between 9:00am and 12:00pm on August 22<sup>nd</sup>.
- All participants but begin their race by 12:00pm or their time will not be recorded.

### **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 with others, overtaking others, and passing others going in the opposite direction.

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

- Participants will be encouraged to carry their own water and nutrition with them to minimize touchpoints and their own exposure during the event.
- Water, energy gel and limited pre-packaged snacks 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.
  - 8oz bottles of water will be used
  - 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 any spectators more than 6 feet from finishing participants.
- Bottled water will be provided to reduce touchpoint contamination
- Limited single serving food item packs 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 of finishing.

## **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.

### **Ing out**