

# Mountain RATS Festival Health and Safety Protocol

(in association with Eagle County Health)

## Signage and Communication

- CDC and Eagle County Health Department recommended signage and additional Trail Running specific signage will be strategically placed around race venues reminding participants and spectators of social distancing and other requirements.
- CDC and Eagle County Health Department requirements such as social distancing and wearing masks will be included in pre-race emails to participants, posted online and included in our social media.
- Racers agree to NOT attend if they have any symptoms or exposure risks as listed by the CDC guidelines.
- At-risk populations will be discouraged from participating via online and email communications.
- Race rules will be updated to include all existing state and local public health orders.
- Racers will be met by a Gemini staff member as they arrive at the race venue and asked recommended health questions regarding COVID-19 symptoms or recent exposure to someone with symptoms.

## Registration Procedures

- Race day registration will only be available online and participants will be asked to process their registration away from the venue.
- Pre-race bib pick up options will be offered the day prior to each race to reduce density at race day registration.
- Race day bib pick up and registration will begin an hour and a half prior to each race to give participants more time to register.
- Standing areas will be designated at six-foot intervals for participants waiting to register.
- Hand sanitation stations will be provided at race registration.
- High-touch areas will be sanitized after each use.
- Staff will be required to wear face masks and gloves.
- Participants will be required to wear face masks when registering.
- Racers required to agree/sign an acknowledgement that they will not participate when sick, adhere to all social distancing rules and will be required to leave with no refund if they fail to do so.

### **Pre/Post-Race Staff Protocol**

- No more than two Gemini Staff will ride together in a vehicle at any time and will be required to wear a mask and gloves at all times when in the vehicle.
- Driver will wipe down high touch areas (steering wheel, door handles, gear shift, temperature controls, radio, mirrors, etc) of vehicles after each use.
- Hand sanitizer and cleaning supplies will be available in every Gemini vehicle at all times.
- Employees will be required to work six feet apart, wear a face mask and wash/sanitize hands frequently while setting up and tearing down race.
- All staff will be constantly monitored to ensure proper enforcement of these guidelines. If at any time a staff member feels that he/she is unable to perform their duties for any reason including flu-like symptoms, then that staff member will be sent home immediately.

### **Race Day Protocol**

- Race entries limited to 40 people per start time and 10 staff members.
- Spectating will be discouraged.
- Races will take place with distinct start times/waves to ensure no more than 50 people are in the area at the same time
- Start times/waves will be reviewed and expanded to allow for six feet of distance between racers.
- Starting positions will be designated with field paint, tape or some other method to ensure six feet of distance between competitors.
- No cups will be provided on race day. Participants will be advised via race communications to be self sufficient
- Aid Station(s) on course will be staffed. Water coolers will be available with staff member disinfecting after each use
- Individually wrapped food items(energy bars/gels) may be available at the finish line. Outdoor post race events with social distancing

### **Sanitized prior to race**

- Participants can retrieve their shirt in the finish area
- Markings on ground will indicate distances between t-shirts, the staff and the participant

### **Sanitation Practices**

- Hand sanitation stations will be provided at races.

- High-touch areas (i.e. aid stations, registration tables, pens) will be sanitized after each use
- Staff will be required to wear face masks and gloves.
- Participants will be required to wear face masks at registration and start line.
- Spectators will be required to wear masks and be reminded to adhere to social distancing over race PA frequently during the race.
- Restrooms will be temporary porta-lets and porta-let provider will be required to sanitize it prior to event and provide additional hand sanitizer

**Phase 3: gatherings up to 150 people**

- All protocols and sanitation procedures listed in Phase 2 still in effect.
- Races will take place with distinct start times/waves to ensure no more than 125 people are in the area at the same time
  - Outdoor post race events with social distancing