



## **Lewiston Ultra Events COVID-19 Safety Protocol**

The health and safety of Lewiston Ultra Events racers, volunteers, supporters, organizers & communities in which we activate is our highest priority. During this dynamic time, how an event is hosted & executed will be different. This COVID-19 Safety Protocol has been created in compliance with Race Director Alliance, ITRA, Alberta Health Services, Infection Prevention & Control, Interior Health Authority & BC Centre for Disease Control.

In 2021, there will be operational differences and we appreciate your patience, kindness and understanding. Lewiston Ultra Events will do everything possible to provide a safe event, however, as long as COVID-19 is present, it is impossible to completely eliminate the risk; racers, volunteers, supporters, organizers, etc must make their own decision as to what is in their best interest.

All participants (racers, volunteers, supporters & organizers) should have fulsome understanding of the Lewiston Ultra Events COVID-19 Safety Protocol, what is requested in Registration & expected at Race Package Pick Up, on Race Day/Weekend, etc.

### ***\*Registration for Lewiston Ultra Events will include:***

- ***Acknowledgement, agreement & understanding of COVID-19 Safety Protocol***
- ***Agreeing to & understanding the racer/volunteer waiver, which has been updated to include a COVID-19 Participant Agreement***
- ***Agreeing to & understanding the racer/volunteer waiver, which has been updated to include that participants will NOT partake in Lewiston Ultra Events IF you have a fever of 38°C or higher, are awaiting test results, you have been in contact with anyone who is sick, you show any COVID-19 signs/symptoms or have travelled outside of Canada within 14 days of race weekend***
- ***Provide lodging information for the purpose of contact tracing which includes providing contact information for any/all family members that will be lodging with the participant. Currently, it is against Provincial Regulation that multiple households stay together.***
- ***Acknowledgement, agreement & understanding that if Lewiston Ultra Events is unable to host Moose Mountain Trail Races and/or Shuswap Ultra in 2021 due to changes or updated restrictions with COVID-19, the event will move to a virtual platform and race kits will be available for pick up or mailed out. Refunds will not be issued***

## **GUIDELINES**

- Use event supplied or your own hand sanitizer frequently
- Mask up when entering any facility/indoor space or when a two (2) meter distance cannot be maintained
- Always comply with physical distancing measures and avoid physical contact with others (shaking hands, high fives, hugging, etc)
- At this time, family members, spectators, support crew, etc are not permitted to join us for race day. We will most likely be operating under outdoor gathering restrictions. If this changes, we will communicate updated protocol prior to race weekend. Please consider registering with runners in your cohort, bubble and/or training pals to support one another.
- If you decide to bring a family member, spectator, support crew, etc, your 'extra' may be asked to leave. Any 'extras' must comply with Lewiston Ultra Events COVID-19 Safety Protocol



- Moose Mountain Trail Races will host no more than 150 participants & Shuswap Ultra will host no more than 250 participants per day over the two day event
- While participating, if you begin to feel ill with symptoms of COVID-19, inform the person in charge (Race Director, Aid Station Captain, Search & Rescue), sanitize your hands, put on a mask, self isolate & complete the Self-Assessment Tool. If severely ill (difficulty breathing, etc), ask the person in charge to call 911
- Any health & safety concerns should be directed to the Race Director

## **COVID-19 SELF ASSESSMENT TOOL**

BC COVID-19 SELF ASSESSMENT TOOL:

- <https://bc.thrive.health/covid19/en>

COVID-19 SELF ASSESSMENT FOR ALBERTANS:

- <https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

## **MANDATORY PRE-RACE MEETING**

- In previous years, the mandatory pre-race meeting was hosted at the start line. This year, we are hosting the Pre-Race Meeting online (YouTube) & will email the video link a few days before the event. The Pre-Race Meeting includes details on package pick up, course marking, weather, what to expect, trail conditions, gentle reminders, updates and reminders on current COVID-19 restrictions, etc
- If for whatever reason, you do not receive the Pre-Race Meeting link, it will be available on the Lewiston Ultra Events YouTube channel
- Any additional information/last minute changes will be communicated at package pick up and/or mass email (please ensure your email is correct in UltraSignup)

## **RACE PACKAGE PICK UP (PPU)**

- Racers will select their preferred PPU time (closer to the event) and will have a 15-minute window for pick up; only ONE (1) person per package permitted at PPU
- Sanitization stations, directional arrows, distancing tape, etc may be in place for safety & proper physical distancing
- Should you miss your PPU time, a contact # will be provided closer to the event
- At this time, we are unsure if PPU we happen indoors or outdoors; we will confirm 30 days prior to race weekend, based on current Provincial regulations

## **RACE WEEKEND PARKING**

- Physical distancing starts in the parking lot & we are requesting you stay in your vehicle until a two (2) meter distance can be maintained; if a two (2) meter distance cannot be maintained, please mask up before you exit your vehicle
- Please refrain from congregating and socializing in the parking areas



## **START/FINISH LINE AREAS**

- Racers/volunteers may arrive up to 30 minutes prior to their start time & are requested to leave within 30 minutes of finishing their race
- Racers must CHECK IN when they arrive & collect timing chip
- Racers/volunteers are encouraged to arrive ready to go
- While in the Start/Finish line areas, racers/volunteers must maintain a two (2) meter distance from each other; if a two (2) meter distance cannot be maintained, please mask up
- Outhouses/facility washrooms will be available & additional porta potties will be available

## **START TIMES**

- Racers will start in waves every 30 minutes
- The # of runners per wave will be based on current Provincial regulations and will be confirmed 30 days prior to event weekend (current restrictions allow for a maximum of 50 racers per wave & we will stay below the current restriction, to be confirmed 30 days prior)
- Racers will select their start time (30 days prior to event weekend) based on previous finish times/completed distances & will self-seed on race day
- While in the Start/Finish line areas, racers/volunteers must maintain a two (2) meter distance from each other; if a two (2) meter distance cannot be maintained, racers/volunteers are required to mask up

***\*We are working on securing chip timing for 2021***

## **TRAIL ETIQUETTE**

- Only pass when safe to do so & you are able to keep two (2) meters apart
- If you are approaching from behind, call out to warn others & proceed when safe to do so (headphones are not permitted on course)
- Absolutely no snot shots and/or spitting if you are within passing distance or proximity of other racers/volunteers

## **RACER SUPPORT/AID STATIONS**

- Use of event supplied or your own hand sanitizer is mandatory when arriving at Aid Stations
- While at Aid Station, racers/volunteers must maintain a two (2) meter distance from each other; if a two (2) meter distance cannot be maintained, racers/volunteers are required to mask up
- Please refrain from congregating and socializing
- All food restock/supplies will be individually wrapped and /or pre-packaged & will be given to racers (with tongs) as requested (we aren't hosting a buffet table during COVID-19)
- Racers will not be supported with supplies in their drop bag(s) and are encouraged to self support
- Racers will place their drop bag in the back of the Captain's truck to be taken to the finish line, once they are done



## **FINISHER PRIZING/RACE DAY GIVEAWAYS**

- Finisher medals will be prepackaged to reduce touch points
- A YouTube video will be created to celebrate/award our top finishers & host all race day giveaways from our incredibly generous supporters
- Link to video will be emailed the Monday following the event & will also be available on the Lewiston Ultra Events YouTube channel
- Prizing will be available at package pick up locations and/or will be mailed out

## **OUTBREAK PLAN**

\*An 'outbreak' is two or more cases; a 'case' is a single case of COVID-19

In the event of a suspected case or outbreak, Lewiston Ultra Events will cooperate with the Medical Officer & local health authorities in course of contact tracing

## **PARTICIPANT AGREEMENT (acknowledged & accepted in racer/volunteer waiver)**

- \*I agree to stay home if feeling sick, and remain home for 14 days if experiencing COVID-19 symptoms
- \*I agree to sanitize my hands upon arrival to Start/Finish line areas & Aid Stations
- \*I agree to mask up if two (2) meters distance cannot be maintained
- \*I agree to follow all current physical distancing & social gathering guidelines/restrictions
- \*I agree to not share food, drink, supplies with other racers/volunteers
- \*I agree to follow Lewiston Ultra Events COVID-19 Protocol, policies & guidelines
- \*I agree to provide lodging details for the purpose of contact tracing & understand current regulations may not allow for multiple households to lodge together
- \*I acknowledge there are risks associated to participating and that the measures taken by Lewiston Ultra Events will not entirely eliminate those risks

## **COVID-19 SELF ASSESSMENT/CHECK LIST (must be completed prior to participating)**

Racers/volunteers will complete the Self Assessment/Check List below prior to participating on race weekend.

1. Are you experiencing any of the following:
  - Severe difficulty breathing (struggling to breath, speaking in single words)
  - Severe chest pain
  - Having a hard time waking up
  - Feeling confused
  - Losing consciousness



***IF YOU ARE EXPERIENCING ANY OF THESE SYMPTOMS, CALL 911 OR GO DIRECTLY TO THE NEAREST EMERGENCY DEPARTMENT***

2. Are you experiencing any of the following:
- Mild to moderate shortness of breath
  - Inability to lie down because of difficulty breathing
  - Chronic health conditions that are difficult to manage because of difficulty breathing

***IF YOU ARE EXPERIENCING ANY OF THESE SYMPTOMS, PLEASE CONSULT YOUR FAMILY DOCTOR OR NURSE PRACTITIONER***

3. Are you experiencing cold, flu or COVID-19 like symptoms, even mild ones?
- Symptoms include fever, chills, cough, shortness of breath, sore throat, loss of sense of smell/taste, painful swallowing, stuffy/runny nose, headache, muscle aches, fatigue or loss of appetite

***IF YOU ARE EXPERIENCING ANY OF THESE SYMPTOMS, PLEASE GET ASSESSED FOR A COVID-19 TEST & SELF ISOLATE AS DIRECTED***

4. Have you travelled to any countries outside of Canada within the last 14 days?

***IF YOU RESPONDED YES, PLEASE SELF ISOLATE AS DIRECTED AND SELF MONITOR***

5. Did you provide care or have close contact with a person with confirmed COVID-19?

***IF YOU RESPONDED YES, PLEASE SELF ISOLATE AS DIRECTED AND SELF MONITOR***