



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 full 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.***
- ***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
- Always comply with physical distancing measures and avoid physical contact with others (shaking hands, high fives, hugging, etc)
- 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>

RACER SUPPORT/AID STATIONS

- Masks are recommended in the starting area and when at aid and will be available at racer check in (race morning) and all check in/aid stations
- Hand sanitizer & gloves will also be available at the start/finish line area and check in/aid stations for racers and volunteers
- All food restock/supplies will be individually wrapped and /or pre-packaged & will be given to racers as requested (we aren't hosting a buffet table during COVID-19)
- Water pumps will be touched only by volunteers while racers produce/hold their bladder, bottles, flasks, etc to be refilled.
- There will be no cut fruits at check in/aid stations or the start/finish line

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