

# COVID-19 Why Racing Events Safety Protocol

## [Healthy Washington - Racing Events: Outdoor bicycle, running, cross country skiing COVID-19 Requirements](#)

Hello Why Racing Athletes and Community!

We are feeling very fortunate to be able to finally host another (modified) LIVE EVENT! COVID-19 has been tough on everyone, and we at Why Racing Events were elated when heard we could start planning for a live event . In order to hold a (modified) live event though, we are all required by the state of Washington to follow the Safety Requirements put in place.

This VERY important document will outline actions that Why Racing Events will take in order to keep our athletes, staff, and volunteers and our community safe live events. With that being said, it is SO, SO important that you read all of the information that is within this protocol and adhere to them, as there are crucial details that you will need to know in order to safely participate in a Why Racing live event.

In collaboration and guidance from our Sactionaining Partners; USAT - USA Triathlon and USATF - USA Track & Field, the State of Washington and the State of Oregon and the CDC we have outlined the protocols Why Racing Events will implement for a safe, live event environment.

### **Phase I & II transition between Virtual & Live Events**

These procedures will indicate how Why Racing Events will produce a live event in Washington and Oregon. This protocol will demonstrate a Transition event that will allow the individual athletes to safely compete in a modified-live event with minimal event amenities. Athlete start-times will be staggered over a 3 hour period to minimize crowding and potential exposure. Since the event will be outdoors and access and flow will be controlled, the risk for exposure will be low. The volume of people will be far lower and better spaced out than our community would experience going to the grocery store, mall or airport. The advantage to the athlete in this scenario is that the event will be timed, the courses will be marked and everyone will race the same course for fair scoring.

Athletes are encouraged to celebrate their finish with their family (safely) by having their own post-race food and beer celebration (don't forget to send us pictures!), and attend our Virtual Awards Ceremony scheduled for each modified live event Via Zoom and Facebook Live.

## Registration

**ALL** registrations will be completed online. **No in-person registrations will be accepted.**

- Athletes will be **required** to answer the following health-check questionnaire prior to entering the start line
  - Have you been in close contact with a confirmed case of COVID-19?
  - Are you experiencing a cough, shortness of breath, or sore throat?
  - Have you had a fever in the last 48 hours?
  - Have you had a loss of taste or smell?
  - Have you had vomiting or diarrhea in the last 24 hours?
- There will be a table to reassign LOST race bibs ONLY
- Registration for the **live-event** ends at **at packet pickup the day prior the modified live event.**

## Packet Pickup

Each athlete's SWAG bag will include the following:

- Bib with disposable timing chip
- Event Shirt
- Event Medal
- Event Swag
- Various goodies from our partners and sponsors

Packet Pick-up will be in-person Packet Pick-up

- Masks will be **required** for all
- Multiple sanitation stations will be set up
- Signage will be posted to adhere to social distancing requirements
- Areas with frequent contact will be sanitized after each athlete visit

**IMPORTANT:** In the event you cannot make it to Packet Pickup, you can have someone else pick up your package, but please have the person picking up your package email [registration@whyracingevents.com](mailto:registration@whyracingevents.com) with the date and name of the person the package is being picked up for and **authorization form.**

## Spectators

We encourage all of our spectators to cheer their athletes virtually! To keep our athletes, volunteers, and staff safe during the race, and per Washington State's and Oregon State's COVID-19 Requirements, spectators will not be allowed at the race venue.

ONE member of the same household may provide support on-course, but must adhere to the social distancing requirement.

## Event Parking

Athletes, staff and volunteers will park at paid parking in parking lot close to the event venue or street parking.

Athletes will be asked to wait in their vehicles or outside of the staging area until **15 minutes** prior to their time slot. Masks are required to be worn at all times when in the event venue. You will not be allowed to progress through the Health Check & Body Temp process without a mask.

## Athlete Arrival at Event Venue Health Check & Body Temp Process

Athletes will be asked to arrive at the staging area **15 minutes** before their projected start time.

Prior to entering the staging area, COVID-19 Safety Monitors will:

- Confirm athlete's identity (**Please bring a form of photo ID. A photo of your driver's license is OK**) and **Race Bib** as identification and appropriate time slot.
- Have athletes answer a series of COVID-19 screening questions
  - Have you been in close contact with a confirmed case of COVID-19?
  - Are you experiencing a cough, shortness of breath, or sore throat?
  - Have you had a fever in the last 48 hours?
  - Have you had a loss of taste or smell?
  - Have you had vomiting or diarrhea in the last 24 hours?
- Take each athlete's temperature
- If the temperature is greater than 100.4 degrees, the athlete will be asked to leave the venue

Please wear a mask **at all times**

- Masks must be worn over the nose **and** mouth
- Athletes may take off their mask during running **only**

There will be **NO gear check** available on site, so please plan on leaving your valuables in your vehicles.

## Kids

Kids under **18 years old** participating in the modified-live event **MUST** have an adult/parent available on event site, in case of an emergency

## Course Details

All course maps can be found using the link to our Why Racing Event website below:

<https://whyracingevents.com/>

## Run Start

Athletes will sign-up in advance for a start-time staged 10 minutes apart throughout a 3 hour period (8:00 AM ~ 11:00 AM)

- **Phase I Start – 200 athletes per hour for 3 hours. Total 600 athletes.**
- 3 athletes will start the event every 60 seconds
- **Phase II Start – 500 athletes per hour for 3 hours. Total 1500 athletes.**
- 8 athletes will start event every 60 seconds
- Wave corrals will be set as three rows and cones will be staged to maintain at least 6 feet distance between each athlete as they queue up for their start
- Athletes will walk in a single-file line maintaining 6 feet distance towards the start of the run.
- Each 10 minute starting group will be staged in the same manner
- Athletes not in the current starting group will be asked to wait in their vehicles or outside of the start queue area until **15 minutes** before their time slot
- **Stay to the right** except to pass and when passing, please keep at least 6ft between other runners and use caution.
- **Parents**: Please stay close to your children so that they are not running into other athletes on course.

## Aid Stations

- We will encourage athletes to carry their own water supply.
- To reduce contact risk, we will have 3 water stations along the event course at each distance turnaround point.
- Volunteers will pass water to athlete in gloved hands with mask always on. For safety of the other athletes and volunteers, please put mask on if you approach Aid Station.

## Finish Line

- Athletes will receive a pre-packed finisher's kit which includes a Finisher's medal, water, Gatorade, and a WHY bar in their iQ Credit Union Goody Bag
- Volunteers will instruct athletes to keep moving and not congregate in the area
- There will be an AWESOME post-event Virtual Awards Ceremony, but we will NOT have an awards ceremony at the venue
- Athletes are encouraged to hold their own post race food & beer celebrations! We will NOT have a Food/Beer garden or expo to minimize contact and crowding
- Why Racing Events work with local restaurants and pubs for amazing race day discounts to encourage you to visit a local restaurant close to the finish line
- **IMPORTANT**: Once across the finish line, athletes will **NOT** be permitted back into the venue

## Athlete Communication

Athlete communication will happen in the following ways:

- Pre-race emails and video communication from Why Racing Events (make sure you're looking out for these!)
  - A week prior to the event, athletes will receive a pre-race instruction email and video
- Social media posts and Pre-Race instruction videos
- Announcer on event day
  - Throughout the duration of the event, announcements will be made to remind staff, athletes, and volunteers to remind people to maintain their physical distance, sanitize and wear masks when not racing

## Community Communication and Advance Neighborhood Notifications

Community communication will happen in the following ways:

- Notification and request for participation to all local restaurants and businesses affected by the event - 1 month prior event.
- Advance Neighborhood Notifications mailed/hand delivered to all residents and businesses affected by the event - 1 month prior to the event.

## Photos and Results

Athletes will be able to find their photos on our [Facebook Photo Album](#) and the results for the live event will be posted on the website below.

**Modified Live:** [Cascadia Timing Results](#)  
**Virtual Event Results will be available on our website**

## Staff & Volunteers

**ALL** staff and volunteers will be **required** to:

- Complete a Covid-19 Health-check questionnaire
- Have their temperatures taken
  - If temperature is greater than 100.4 degrees, the person will not be allowed to work at the event.
- Temperatures and questionnaires will be documented and kept on site with the event director
- Wear face masks and gloves at all times during the event
- Frequently sanitize and/or wash their hands throughout the day
- Respectfully remind athletes and spectators to social distance throughout the venue

## **Event Venue**

We will promote physical distancing and minimize person-to-person contact.

- We will be providing a Virtual Expo with lots of great offers from our sponsors in each athlete's SWAG Bag! This means that we will NOT be holding a live Expo at the venue
- We can't wait until we get party together in-person, but we challenge all of our athletes to have the biggest and the baddest post-race party on their own (safely) and send us pictures of how much fun you're having! Not having live post-race food/beer & award ceremony won't stop us from having fun virtually!
- There will be ample signage throughout venue encouraging physical distancing
- The event venue will be designed in a way that allows for a smooth flow of athletes and minimizes crowds.

## **Porta Potties**

- We will provide multiple Porta Potties at the start area for athletes to utilize.
- Toilets to be spaced 12' apart from each other.
- Toilets will be sanitized by volunteers at least twice every hour.
- Sanitizer will be available at all porta potties

## **Sanitization Protocol**

We will implement infection prevention measures to protect all persons at our events. To ensure proper sanitation of all staff, volunteers, spectators, athletes, and equipment, we will be implementing the following:

- Ample signage on-site encouraging regular hand sanitizing
- Mark 6ft social distancing spots throughout the venue in all high-traffic areas
- Discourage usage of other people's equipment, phones, tools, etc.
- Require all athletes, staff, volunteers, officials, and spectators to stay home if they are feeling sick
- Place 2~4 hand sanitizing stations in the following areas
  - Venue Entrance/Exit
  - Start/Finish line
  - Toilets
- Porta potties
  - Porta Potties will be cleaned regularly for the event duration
- Food
  - There will be NO post-event food at this race
- Event Expo
  - There will be NO event expo
- All staff/volunteers will be required to frequently sanitize and/or wash their hands throughout the day
- Trash cans will be placed throughout the event venue and a Waste Connections Dumpster will be in place and hauled away the day after the event.

We are all so excited to be able to host a modified-live event, but want to ensure that all athletes are able to participate in a safe environment. If you have any questions or concerns regarding our protocol, please feel free to contact our Race Director, Karissa Schoene at 360-910-7654 or [karissa@whyracingevents.com](mailto:karissa@whyracingevents.com). We can't wait to see you all in person!

Sincerely,

Your Why Racing Crew