

## Midwest Multisport Races (MMR) COVID-19 Tri Guidelines

### \*\*\*NOTE\*\*\*

The MMR COVID19 Triathlon Plan is an evolving plan that is subject to change at any given time due to new state and county requirements, updated Minnesota Department of Health (MDH) and Department of Natural Resources (DNR) guidelines, personal hygiene recommendations from governmental agencies (Centers for Disease Control and Prevention (CDC), etc.), and any other logistical and legal adjustments that become necessary. Compliance is necessary in order to move forward with the multisport race season, and those found to not be in compliance will be annotated as disqualified and will be required to turn-in their racing chip.

#### General Guidance

All athletes are encouraged to wear face masks upon arrival until race. Masks will be required in the packet pick up area.

Athletes to self-report health. A COVID waiver will be emailed 72 hours in advance of the race. Athletes will need to bring the waiver to packet pick up. Signed waivers are a requirement to pick up packets.

Athletes to sign waiver stating they have not tested positive for COVID or been in contact with someone with a positive test.

Athletes discouraged in advance from participating if they have been sick in the last 14 days.

Advance reminders of social distancing and personal hygiene recommendations from the CDC and MDH.

Staffing will be kept to an absolute minimum and all staff and volunteers will wear masks and gloves.

Hand sanitizers will be available at registration and entering transition.

Additional hand sanitizers will be available at the finish line and at water stops and portable toilets.

Limited spectators. This follows the DNR Guidelines. However, races are held in public parks. If you are expecting spectators, please ask them to wear masks when in close proximity to others not in their group and when close to athletes.

There will not be any body marking. Bike numbers should be affixed to the top tube of the bike. Running bibs are required during the run.

#### Registration and Packet Pick Up

Registration limited to 250 athletes.

Bibs, sanitized chips, safety pins, finisher shirts and finisher medals (for those who opted for the shirt and medal) tied in bags by staff using plastic gloves, face coverings. Bags will also include Hammer Fizz and gel packets and a hand sanitizer packet.

When picking up at race, athletes will be spaced 6 feet apart and will be required to wear masks. Staff wearing masks and plastic gloves.

Parking passes will need to be purchased at the time packets are picked up or at the park gate depending upon the park. (\$7 cash)

Packet pick up will be split into alphabetical groups to expedite the process. Teams will be in a separate line.

All team members must be present to pick up the team packet. All must have signed COVID waivers.

### Transition

Bikes spaced minimum of 6 feet apart on the racks. Bikes will be racked in preassigned order by bib number.

Athletes only in transition.

Athletes will be asked to wear masks whenever congregating.

For the safety of everyone, athletes should wear their mask any time they are not in their designated area.

Athletes will be asked to leave the race immediately upon completion unless waiting for someone they came with. If waiting, they will need to wear a mask.

Bike support will be available. Athletes should ensure their bikes are in excellent working order prior to race day. Athletes are required to mask up while having their bikes serviced.

Teams to set up in separate designated area.

Athletes will need to fill water bottles at home before coming to the race. NO water will be available prior to the race start.

### Swim

Swim will go off in waves of 25 (5 waves). Athletes will space out on the beach every 6 feet (cones will mark the distance). They will enter the water one at a time every 10 seconds to allow for distance between swimmers.

Athletes will enter the water in bib order. Athletes to remain in transition at their designated bike location until called in waves of 25 to assemble on the beach.

### Bike

Sprint and Olympic distance races bike courses do not have aide stations on course.

70.3 bike course aide stations will be provided. Only water will be available on the bike course for the 70.3. Athletes should plan to carry any nutrition needs with them on their bike. Bottles will be sealed sport top. Athletes can discard their used bottles and take the bottle being handed to them as they slow and pass by the gloved and masked volunteer.

Gloved and masked volunteer will pick up any disposed water bottles and put them in a garbage bag which will be sealed and thrown out post-race. Used bottles will be kept away from the sealed new bottles.

There will be additional hand sanitizer located outside the doors of the portable toilets on the bike course (70.3 only).

## Run

For all distances, water stops will have sealed water bottles that will be handed out by a gloved, masked volunteer.

Available nutrition will all be in sealed packages (Hammer gels and Anderson High Performance Fuel). Athlete must dispose of packaging in designated trash containers so that volunteers are not in contact with the used product (70.3 only)

All water stops will have sanitizer available.

Athletes will need to use sanitizer prior to reaching for electrolytes or nutrition products that have been made available (all distances).

Electrolytes will be in the form of sealed packets (Hammer Heed). Athletes will need to open their own individual packets to insert into the water bottles provided (all distances).

Athletes encouraged to carry their own water and electrolytes.

## Finish Area

Athletes will need to remove their own chips and place them in the designated bucket for sanitation.

All medals (for those opting for the shirt) will already have been distributed in the packets at packet pick-up.

Bottled water and Gatorade will be available. These will be distributed by a gloved, masked volunteer.

Once finished racing, athletes will be encouraged to leave unless waiting for a teammate or others to finish. If waiting, they must wear a mask while waiting.

There will NOT be an awards ceremony or after race party of any kind.

Any post-race refreshments will be sealed.

Once all athletes have finished, all equipment will be sanitized by gloved and masked staff.