



**Alpha Win – Lake George
September 4-5, 2021
COVID-19 Protocols**

- Go/No-Go Decision Criteria:
 - Maintain regular Contact with Warren County, NY
 - If required, present plan for approval 60 days prior to race date
 - Monitor current reopening phase
 - Determine likelihood of worsening conditions
 - Monitor any evolving requirements of Warren County, New York State, national health authorities and USA Triathlon
 - Make and communicate go/no-go decision to local authorities and registrants at least 30 days prior to race date
- Cancellation Policy:
 - If the event is cancelled due to COVID-19, registrants will be given the option of receiving a refund of their registration fee or transferring to another HITS race.
- Pre-race email communications to registrants:
 - Start will be staggered wave chip start (versus gun start) with waves to be defined prior to the race based on registration characteristics
 - Any participant who exhibits symptoms may not participate in the live event
 - Contactless temperature checks will be taken prior to entering the event area
 - Any participant who falls under or lives with someone who is high risk is encouraged to not participate
 - Any participant who refuses to wear a face covering or to maintain prescribed physical distancing as described below may not participate or will be disqualified
 - Participants are encouraged to bring their own hydration and nutrition
 - Spectators are encouraged to stay away from the event area (see Spectator section below)
- Race site and course signage:
 - Reminders to maintain safe physical distancing and face covering requirements
 - Reminders to use hand sanitizers
- Public address announcements:
 - Reminders to maintain safe physical distancing and face covering requirements
 - Reminders to use hand sanitizers
 - Reminders to leave the Finish Line area quickly to make room for other finishers

- Hand sanitizer stands will be located at:
 - Start, Finish and each Aid Station
 - Race administration
 - Expo/Vendor area
 - Portable toilets
 - Post-race food and beverage area
- Pre-race check-in and packet pick-up:
 - Race staff will coordinate COVID-19 protocols with Warren County Sheriff's Office to ensure that all persons entering the park, including those not associated with the triathlon event, are screened and informed of requirements for face coverings and physical distancing
 - Contactless temperature checks will be taken at the guard house entrance to the park. Anyone with a temperature that is 100.4 degrees or higher will not be allowed to enter.
 - Packet pick-up will take place at several separated tables at the event site in order to promote proper safe physical distancing
 - Finisher medals will be included in packets instead of at the Finish Line
 - Gels will be included in packets for Full and Half distance athletes for use during the race instead of being available at Aid Stations during the race.
 - Assignment of staggered race times will be determined based on registration characteristics, but will likely be by gender and age
- Expo and Vendors
 - Vendors will be asked to submit their COVID-19 guidelines for approval and adjustment as necessary
 - Expo will be altered to promote safe physical distancing and minimize person to person contact
 - One-way walking paths will be created
- Staff and Volunteers:
 - PPE to include face coverings and plastic gloves
 - Health confirmation on check-in on race day
 - Contactless temperature checks
 - Health surveys to be completed
 - Volunteers and staff will be briefed on the following:
 - These protocols
 - What to do in the event that someone does not comply with these requirements
 - What to do in the event that someone becomes ill
 - Sanitization practices:

- Surfaces that come into contact or close proximity to people will be sanitized on a regular basis
 - Staff and volunteers will execute a checklist which includes cleaning times/intervals
 - Staff and volunteers will ensure that they are wearing face coverings and fresh plastic gloves during each disinfecting procedure
 - The disinfecting products to be used will be Lysol Spray and Lysol wipes or their equivalent
 - Event organizer will review EMS sanitization procedures to ensure conformance with the above practices
- Race day practices:
 - Contactless temperature checks will be taken prior to entering the park – see above. Anyone with a temperature 100.4 degrees or higher will not be allowed to enter
 - Bike racks and storage bins in transition will be spaced for maximum physical distancing possible
 - Face coverings must be worn during check-in, in transition and at all times when not on the swim, bike or run courses. (Face coverings do not need to be worn for the swim, bike and run but must be kept on the athlete’s person during the bike and run for any further encounters with another person.)
 - The swim start will be a chip start and will be a staggered individual or small wave start, with waves to be determined based on registration characteristics. Athletes will be required to maintain a distance of 6’ from all other individuals at all times except when in the water.
 - Participants must observe proper course etiquette; no crowding.
 - Except for passing, participants should always remain on the far right-hand side of the road/pathway. Participants passing one another on the course must adhere to “no drafting” rules which include being no closer than 10 feet behind or in front of, or 6 feet beside other competitors at any time. Participants may pass only when they are able to do so while maintaining 6’ of separation from the cyclist or runner being passed and any oncoming cyclists or runners approaching from the opposite direction. Before passing, participants must be sure they can safely remain 10 feet behind and then 10 feet in front of the participant being overtaken before merging back to the right-hand side of the course. There is an exception to this rule as runners approach the Finish line.
 - Participants will be encouraged to carry their own hydration and nutrition.
 - Aid Stations with multiple table stations will be available to ensure safe physical distancing
 - Volunteers will be at the water stops in order to replenish the supply of water bottles on the tabletops and to disinfect the tabletops and portable toilets at regular intervals.

- Trash and recycling receptacles will be available at every water stop and approximately 100 yards beyond each water stop. No waste is to be disposed of on the course other than in the receptacles.
- Spectators
 - Suggested on-course participant viewing areas with directions will be available online.
 - Spectators may meet their athlete at the Finish Line and must depart quickly in order to make space for other finishing athletes and their related spectators.
 - Spectators must observe safe physical distancing and face coverings requirements at all times.
- Finish Line:
 - Announcements will encourage participants to keep moving out of the area of the Finish Line and to maintain 6' physical distancing.
 - Everyone in the Finish Line area must wear a face covering; finishers must reattach face coverings as soon as possible
- Awards
 - There will be no awards ceremony
 - The top three male and female finishers in each race distance will receive an award at the race site as they complete the race.
 - There will be no age-group awards
- Post-race food and beverages:
 - Bottled water will be available at the finish line
 - Pre-packaged food will be available at the finish line
- Results
 - Results will be posted online.
 - No print-out will be provided at the race site.
- Event Medical and Safety Operations
 - The event organizer will conduct a meeting prior to check-in with the EMS squad leader to communicate the above protocols and to review sanitization practices.
 - In addition to standard Emergency Medical Practices, the event organizer will establish an isolation area for anyone who becomes ill during the event.
 - Temperature checks will be available throughout the event.