

Playtri 'Back to Racing' Safety Guide

This guide is not intended or implied to be a substitute for professional medical or legal advice. This document is to provide a safety guide for athletes participating in multiport events while taking steps to protect themselves and others. It is suggested that everyone monitors information available from [CDC](#), [WHO](#) and other organizations.

Your Health

All athletes should self-monitor for signs and [symptoms of COVID-19](#) daily. If athletes develop any symptoms, as outlined below, they should self-isolate and contact a healthcare professional.

If athletes have tested positive for COVID-19, have had any symptoms or are questioning their health at all prior to an event, they should get clearance from their medical provider to train and compete. If athletes have been exposed to someone with COVID-19, they should have quarantined themselves for 14 days prior to an event.

Stopping the Spread

Basic infection prevention measures include, but are not limited to:

Physical Distancing: When in line for restrooms, packet pick-up, food, race start or other high-traffic areas, physical distancing is encouraged by standing at least 6 feet apart from other people.

Toilets: With a higher frequency of cleanings expected, athletes may have to wait longer to use the toilet.

Hand Hygiene: Utilize hand washing and sanitizing stations around the event venue. Athletes are also encouraged to bring their own hand sanitizer.

Respiratory Hygiene: The CDC recommends wearing face coverings in public settings where other physical distancing measures are difficult to maintain. Follow the direction of your local authority regarding face coverings.

Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze, and then dispose of the used tissue immediately and wash your hands.

Be aware of your surroundings when spitting or nose blowing, and use an abundance of caution when spitting/nose blowing on the course or at the venue.

Race Day

Familiarize yourself with the event, venue and course on event website.

Read all email communications from the race management and be prepared for screening procedures, race day packet pickup not available, self-body marking, and other precautions taken by the management.

Athletes are encouraged to bring their own nutrition, especially for short course events, to avoid aid stations. Aid stations will operate with minimal number of volunteers and will be self-service.

Follow the race management signage and announcements.

Athletes should not congregate at the finish line. Finished athletes should exit the finish area quickly to allow other athletes space to finish.

Athletes should not form lines to receive finisher items and post race food and refreshments.

Race organizers may cancel or conduct altered awards ceremonies to mitigate concerns with mass gatherings.

Playtri is prepared to produce events safely and with all precautions manageable. Safety of our participants and team members is the main priority while we work hard to return to racing.