

## **UNITED STATES ENDURANCE (USE) STRATEGY FOR COVID-19 RISK MITIGATION**

The USE COVID-19 Risk Mitigation Plan focuses on steps that will be taken at the event to mitigate the risk of exposure to participants, volunteers and staff. The USE encourages participants to consider all of the risks and the suggested mitigation strategies prior to attending an event.

### **Pre-Event**

Participants have the personal responsibility to employ safe practices during pre-event activities such as travel, to mitigate the possibility of exposure to other participants, staff and volunteers.

Mitigation Strategy: Participants should consider employing pre-event mitigation steps to decrease the risk of exposure for themselves, other participants, staff and volunteers including following all state and local mandates to limit exposure.

#### **Pre-Event Screening**

Participants should consider pre-screening, where participants self-monitor for 14 days and conduct the following prescreening activities prior to traveling to the event:

1. Taking and recording their own temperature for 14 days prior to attending the event.
2. Self-screening for the presence of symptoms (fever of 100.4°F or higher, cough, shortness of breath or difficulty breathing, diarrhea, fatigue, headache, muscle aches, nausea, chills, new loss of taste or smell, sore throat, vomiting) within the past 2 weeks.
3. Participants who demonstrate any signs or symptoms of COVID-19 are instructed not to attend the event.

### **I. Cycling is by nature a low risk activity. Generally:**

- A. Participants are required to pre-register.
- B. Participants race solo.
- C. Races occur outdoors.
- D. A staggered start is utilized to spread riders out at the start of the race.
- E. Courses are spread out over a large geographic area, further reducing proximity between participants.
- F. Touchless checkpoints / aid stations will be utilized during the event.
- G. Chip timing is utilized to eliminate contact between participants and timing staff.

### **II. We have identified elements of the USE event with the highest risk of transmission and taken steps to mitigate those risks.**

#### **A. Registration**

Participants will preregister online to prevent any exposure.

#### **B. Check-In**

Normally participants check in anytime during a given window of time and proceed through a line, stopping at different stations to pick up race packets, meet with sponsors, purchase race merchandise, and pay any outstanding fees.

#### **Mitigation Strategies:**

- a. Participants temperature will be taken using a touchless thermometer prior to being allowed to enter the check in area.
- b. A 6-foot separation will be maintained between all participants during the check in process.

- c. Check in will be a touchless process.
- d. Participants will provide their name and then wait in a designated area while their race number & t-shirt are placed on a table by a volunteer who is wearing a mask and gloves.
- e. Participants will then retrieve their number & T-shirt and exit the check in area.
- f. Volunteers and participants at check-in will wear masks and gloves, and maintain a distance of at least 6 feet from each other and from other participants.
- g. Signs will be prominently displayed instructing participants to maintain a distance of at least 6 feet from other participants, and 6-foot markings will be placed on the floor for guidance.
- h. A traffic controller will ensure the 6-foot rule between participants is maintained during check in.

#### C. Pre-race Briefing

Normally a pre-race briefing is held Thursday evening, after check-in, in a conference room or auditorium, to review race instructions and rules.

#### Mitigation Strategies:

- a. Written instructions and rules will be distributed to participants electronically, minimizing the duration of the pre-race briefing.
- b. Pre-race briefing will occur outside providing plenty of space for the participants to keep a safe distance between other participants.
- c. The briefing will be limited to welcoming remarks and a Q & A with respect to pre-distributed instructions and rules.

#### D. Race Start

Normally there is a mass start with all participants gathered at the starting line and setting off together, though participants quickly spread out due to variable speed/ability.

#### Mitigation Strategy:

Participants will start the race with a neutral roll out / open time window ensuring participants are dispersed immediately.

#### E. Aid Stations

Aid Stations are the only area where participants gather in a group during the race, so we will be paying particular care to traffic control and social distance in these spaces.

#### Mitigation Strategies:

- a. Aid Stations will be set up with clearly demarcated lines and instructions, allowing only one participant to approach the volunteer table and ensuring 6 feet of distance between participants approaching the volunteer table.
- b. Volunteers will maintain at least 6 feet of distance from one another in Aid Stations at all times feasible, and will wear masks if it is necessary to be in closer proximity with another volunteer.
- c. Volunteers will wear masks at all times when participants are in Transition Areas.
- d. Aid Stations will have adequate space to allow racers to maintain safe distances from one another and racers will be instructed to maintain at least 6 feet from other racers at all times in TAs.
- e. Aid Stations will be equipped with hand sanitizer and gloves for volunteers and racers.
- f. Participants will remove the cap from their water bottle, a volunteer will pour water from a pitcher into the water bottle without touching the bottle, participants will close the water bottle.
- g. Individual single food items (Gu, bars, bananas) will be placed on a table for participants to pick up.

Complete boxes will not be placed on the table to prevent participants from touching other packets during the process.

#### F. Finish

Chip timing is being used which will automatically record a participant's time when they cross the finish line and eliminate any contact with race officials at the finish line.

#### G. Awards Ceremony

Normally there is an awards ceremony where participants gather to receive awards and prizes.

#### Mitigation Strategies:

- a. The awards ceremony will be held outdoors, weather permitting.
- b. As with the briefing, participants will be required to maintain a 6-foot distance from other participants throughout the ceremony.
- c. Awards will be set out on tables in advance by volunteers with sanitized hands and masks, and clearly marked so that participants may approach the table and pick up their awards without contact.
- d. In the event severe weather forecloses an outdoor awards ceremony, participants will be given instructions for picking up their awards from a designated location within the venue, in waves similar to check-in, and awards will be announced via social media.

### **III. We will abide by general CDC and state guidelines for best practices to minimize risk of transmission.**

#### A. PPE and Supplies

- a. Masks will be provided for volunteers.
- b. Gloves will be provided for volunteers.
- c. Hand sanitizer will be available for volunteers and participants.

#### B. Event Participation

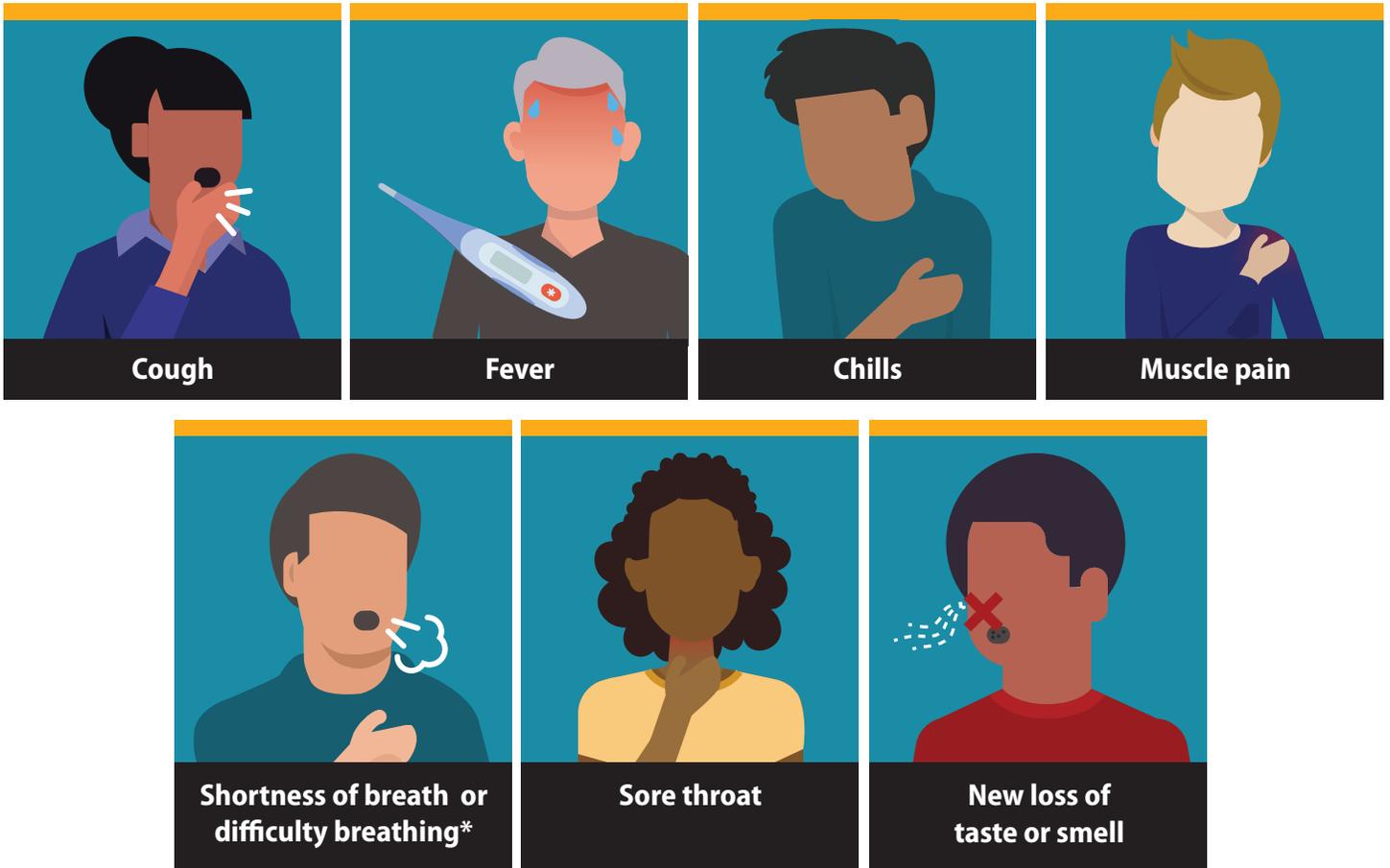
- a. Any volunteer or participant exhibiting symptoms of COVID-19 will be asked to leave the event.
- b. CDC informational resources will be distributed electronically to participants and volunteers in advance of the race, and protocol clearly outlined (see attached).
- d. Social distancing will be enforced and signage will be posted on-site to reinforce protocol to volunteers and participants (see attached).

C. All city, county and state guidelines will be followed.

D. CDC Guidelines will be followed.

# Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

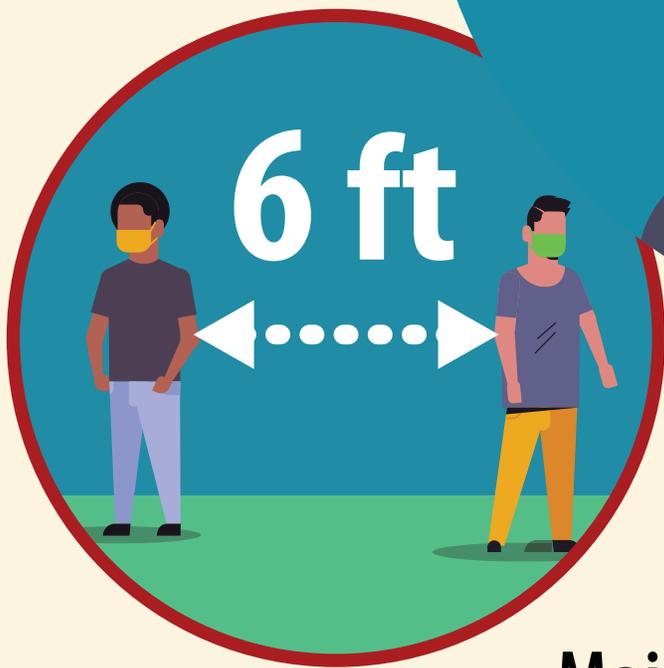
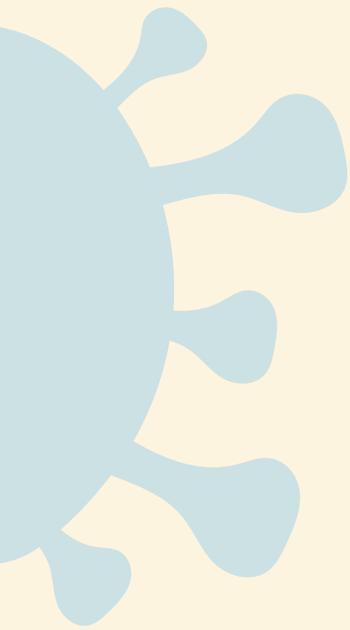
**\*Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



# Please wear a cloth face covering.



**Maintain a distance of 6 feet  
whenever possible.**



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

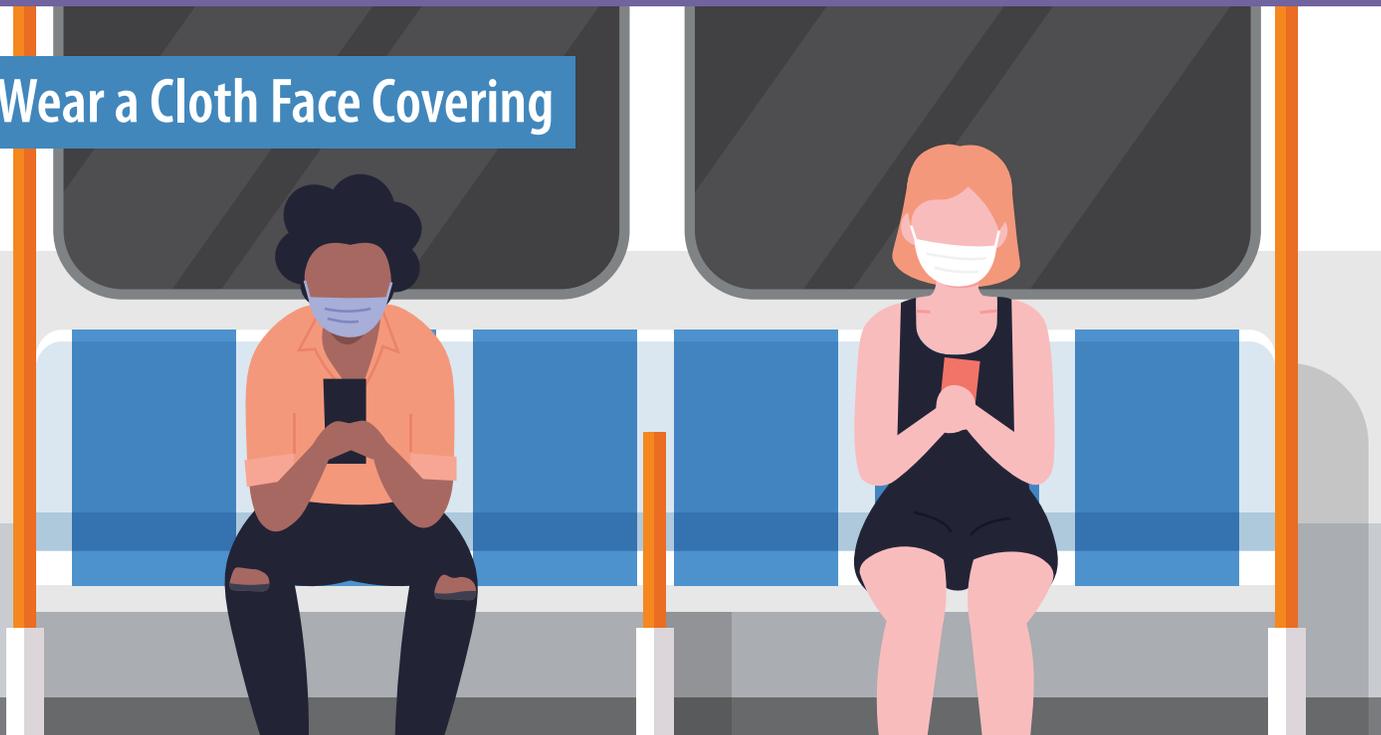
# Help Protect Yourself and Others from COVID-19

## Practice Social Distancing



Stay 6 feet (2 arm's lengths) from other people.

## And Wear a Cloth Face Covering



Be sure it covers your nose and mouth to help protect others.  
You could be infected and not have symptoms.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)