

Tri-Flake Winter Triathlon

Covid-19 Mitigation Plan

ABOUT TRI-FLAKE WINTER TRIATHLON

Tri-Flake Winter triathlon is an outdoor triathlon held on recreational trails in Kincaid Park in Anchorage, Alaska. Participants run a 6 kilometer out-and-back course on the Coastal Trail, then bike 2 laps of a 4 mile trail on multi-use and single-track trails, then ski 2 laps of a 3 kilometer loop on the nordic ski trails. There is just one race planned for 2021, to be held on January 16th, 2021. Racers will be broken into waves by age group or category (solo/relay) depending on the number of total registrants in accordance with current MOA Covid-19 requirements.

CONTACTS

Covid-19 related questions should be directed to the following Alaska Triathlon Club board members:

Name	Position	Phone and E-mail
Club E-mail	Club E-mail	alaskatriathlonclub@gmail.com
Jason Lamoreaux	Director & Primary Contact	907-350-3625, jasonlamoreaux@hotmail.com
Rebecca McKee	Event Coordinator	907-301-5969, rmckee@peakcenterak.com
Andy Duenow	Event Coordinator	907-229-2795, ajdino@gci.net

RACE SCHEDULE

A preliminary race schedule is provided below. The schedule is contingent upon the approval of the Covid-19 Mitigation Plan by the venue permitter.

Event	Date	Location
Bib Pick-Up	1/14/21	Chain Reaction Cycles – Outdoor Parking Lot
Race	1/16/21	Kincaid Park – Outdoor Stadium
Awards	1/16/21	Kincaid Park – Outdoor Stadium

RACE AREA

Tri-Flake Winter Triathlon consists of the following areas. Specific Covid-19 mitigation measures are addressed for each area. In general, cloth face coverings are encouraged anytime 6-feet of social distancing cannot be maintained. Hand sanitizer will be available, and people are encouraged to avoid close physical interactions.

Check-in: Race day in-person check-in with waiting line and table under and open-air tent.

Stadium: Large, open field where racers wait for their event. This will be the main Kincaid Stadium where the timing building is located.

Start/Finish and Racecourse: The Start and Finish areas are delineated with surveyor's ribbon and are located adjacent to the start / finish line. The race course is as stated above, utilizing multi-use trails, single-track bike trails, and nordic ski trails.

Timing: Timing building adjacent to start/finish line. Only timing crew of 4 will be allowed inside building and masks will be required at all times for all individuals. Hand sanitizer will be available and signage restricting access will be posted at entry points.

Note: Racers will be encouraged bring their own food and beverages, and to not share food or drinks with anyone except members of their household.

REGISTRATION AND RACE DAY CHECK IN

In 2021, race registration occurs online. No in-person registration is allowed. During registration, racers must declare their race division (age group, solo/relay). If registrations exceed the maximum number of participants as stipulated in the current (at race day) city or state Covid-19 guidelines, the race divisions will be spread throughout the race day to avoid large gatherings. All participants must check-in on race day at least 60 minutes prior to their race. Persons waiting in line will be asked to stay six-feet apart and wear a face covering. The check-in line will have signs posted to stakes to delineate appropriate standing areas and spacing. Racers will be required to read and provide negative statements in response to a list of three health screening questions prior to being entered into the day's race. The three screening questions are:

- 1.) Are you or any member of your household displaying any flu or cold-like symptoms?
- 2.) Have you travelled outside of Alaska within the past 14 days? If "yes", have you received a negative covid test within 72 hours of departure to Alaska as required by Alaska Travel Mandates?
- 3.) Within the past 14 days, have you been in contact with anyone who has been confirmed to be Covid-19 positive?

Race officials at the check-in table will be required to wear a mask. Alcohol based hand sanitizer will be made available at a separate table near the check-in table. Copies of the Covid-19 Mitigation Plan will be available at the check-in table. Face masks will be made available to anyone who does not already have one.

STADIUM AREA

Face coverings should be worn by racers and their families as much as possible as they wait for their race or anytime they cannot maintain 6-feet of social distance from people outside their household. All people will be required to wear a mask when in the transition area.

START / FINISH AND RACECOURSE

Waves will be capped so that no more than 50 people are on any portion of the racecourse at any time. Approximately two minutes prior to the start of a wave, racers will be called with a megaphone to enter the stadium area near the start/finish. Racers will be asked to wear their face coverings if they are not already at this point, and to spread out 6-feet apart from one another, for a brief pre-race announcement. Racers will be encouraged to self-seed to allow faster racers in their category to start at the front so they will space out quickly once the race begins with minimal passing or grouping required. Racers must wear a face covering at all times within the Start Area. Upon the start of the race, adult racers must continue to wear their face covering for the first half mile, or to a designated point on the course where the Race Director believes the racers will have spread themselves out. Racers must have their face covering available to them throughout the duration of their race, and will be encouraged to wear it anytime they are not able to maintain 6-feet of social distancing, when practical and safe.

Upon finishing, racers must immediately disperse from the finish area.

Physical barriers using surveyor's flagging tape, and posted signs, will be used to separate the racecourse from the general public in the start finish area. Non-racers will be asked not to congregate or spectate.

TIMING

The timing area is for race officials only. Tri-Flake Winter Triathlon uses a manual timing system operated by two people. Face coverings are required at all times the volunteer timers cannot maintain more than 6 feet of distancing – one member of the manual timing team calls racer numbers verbally as they are passed - the “caller” will always stand at a distance of 10-feet or greater from their co-volunteers as their duty of calling out numbers would be inhibited by wearing a mask. Racers can approach the timing area with questions, but are not allowed to enter the timing area to preview results and will be required to wear face masks when social distancing is not possible.

Racers: Please hold your questions about timing and results until after the race. Contact Alaska Triathlon Club with results related questions via email: alaskatriathlonclub@gmail.com

SIGNAGE

Signage prominently posted at the venue stating, “No one may participate who is exhibiting symptoms or who has knowingly been in contact with a suspected positive case of COVID-19 within the past 14 days.” No participant may attend the Tri-Flake Winter Triathlon within 72 hours of exhibiting a fever. Signage encouraging the use of face masks when in the stadium area and/or any time someone cannot maintain at least 6' spacing.

RESTROOMS

Two outdoor “port-a-potty” type restrooms will be made available at the event. Alaska Triathlon Club will ask the contract provider to space the restrooms 6-feet from one another. Signage will be posted to maintain 6- foot distancing if waiting to use the restroom. The porta-potties will be sanitized by a volunteer once per hour. Alcohol based hand sanitizer will also be available at a separate table near the start / finish area.

SYMPTOMS – WHAT TO DO

Any person planning to attend the Tri-Flake Winter Triathlon that is displaying the following symptoms should stay home. Race refunds are guaranteed, and will be provided with no questions asked.

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Unless the Municipality of Anchorage changes this restriction, any racer, organizer, or volunteer will not be allowed to attend the Tri-Flake Winter Triathlon if he/she has traveled outside Alaska in the last 14

days unless they have produced a negative Covid-19 test result within 72 hours of departure to Anchorage or prior to the event date. Any person planning to attend the Tri-Flake Winter Triathlon should stay home if they have had contact, within the past 14 days, with a lab-confirmed or suspected COVID-19 case patient (contact being defined as being within six feet of a COVID-19 case patient).

It should be noted that people with COVID-19 have had a wide range of symptoms reported, ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. For more information about COVID-19 and its symptoms, please consult the CDC at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.

At any time during the Arctic Cross series, any racer, organizer, or volunteer displaying flu/cold like symptoms should contact Arctic Cross, and stay home until these expectations can be met as recommended by the CDC:

- 72 hours have passed without fever (without the use of fever reducers),
- 7 days have passed since symptoms on-set,
- 24 hours have passed without symptoms.

When a parent/guardian, or someone in their household, has tested positive for COVID-19, the Tri-Flake Winter Triathlon racer, organizer, or volunteer will not be allowed to return to the program until a healthcare provider confirms that home isolation precautions have been lifted. The decision to discontinue isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

A racer, organizer or volunteer who tests positive for COVID-19 should immediately notify the Tri-Flake Winter Triathlon Director. The Director will contact all participants to notify them of the positive COVID-19 case.

If at any time a Tri-Flake Winter Triathlon organizer has concerns about a participant, he or she will notify the Director. The Director has the authority to remove anyone from the race, at anytime, based on his/her discretion.

Parents and guardians should reinforce the importance of physical distancing by remaining 6 feet away from any person.

Given the dynamic nature of the pandemic, The Tri-Flake Winter Triathlon may be suspended if it is determined that it would be in the best interest of the community, children, and their families.