



Kinetic Multisports Return to Racing Covid Mitigation Plan

Executive Summary: Triathlon is an outdoor, non-contact individual sport that is socially distanced by design and attracts a healthy, physically active population. Our mitigation plan focuses on preventing the spread of COVID-19 via the asymptomatic carrier via screening, enhanced distancing, mask wearing and hygiene. Our mitigation strategy was crafted via guidance provided by the CDC, WHO and USA Triathlon. It was reviewed by ER Physician and triathlete, Deborah Battaglia, MD.

What is Triathlon: The sport of triathlon is the combination of swimming, biking and running into one event, in that order. Athletes are spread out prior to, during and after the event on courses that range from 15-75 miles. It is an individual sport with distancing built into its DNA.

Pre-Race: *Pre-race mitigation strategies focus on screening and communicating race day expectations.*

All registered athletes will receive several communications leading into the event that outline our safety protocols and will provide the following guidance:

1. Do not race if you are feeling ill, have flu-like symptoms, an elevated temperature (>100.4F) or have been in recent, close proximity to a COVID-19 positive person.
2. Everyone at the event must wear a mask except while actually racing. Disposable masks will be available before and after the event.
3. Maintain 6' of spacing as much as possible before, during and after the event
4. Frequently wash and/or sanitize your hands, cover your coughs, then sanitize again.
5. Spectators (if allowed) will be restricted from many areas and will follow the same mask and distancing guidelines or be asked to leave.
6. All safety precautions and race modifications will be communicated well in advance of the event.
7. The Pre-Race Athlete Brief will now be online several days prior to the event.

Athlete Travels During Covid

1. If you are traveling with others outside of your bubble, a vaccine or rapid COVID test is highly encouraged prior to spending time in close proximity.
2. If athletes from different bubbles are traveling together, wear a mask at all times, sanitize often and travel with the windows open for air flow.
3. Use standard precautions when eating meals, grocery shopping, training, etc.



Race Day: *Race day mitigation strategies focus on screening, increased hygiene and density reduction.*

Screening

1. Email and signage encouraging any athlete to stay home if they are sick, feeling ill, have flu-like symptoms, an elevated temperature (>100.4F) or have been in recent, close proximity to a COVID-19 positive person.

Temperature Checks

1. All staff, athletes and volunteers will be checked by touchless infrared thermometer. Anyone with a temperature greater than 100.4F will be sent home.

Masks

1. All staff and volunteers will be required to wear a mask at the event.
2. All athletes will receive a disposable mask at check in to wear until starting the swim.
3. All athletes will receive a face covering at the finish line which must be worn until they are in their cars and headed home.

Hygiene

1. Hand washing stations will be stationed at the portajons and throughout the race site.
2. Common touch points have either been eliminated or will be cleaned frequently.
3. Hand sanitizer stations will be set up throughout the event to include the following:
 - Athlete Check In, Transition, Porta Jons, Finish Line, Swim Start/Finish, Aid Stations
4. Portajons will be provided at a 1/40 athlete ratio and distanced to prevent lines/gathering
5. Sanitizing wipes will available throughout the event for staff and athlete use on phones, bikes and other surfaces as needed.
6. All staff and volunteers will be issued face masks, personal hand sanitizer and gloves.

Hydration

1. Athletes are encouraged to bring their own supply of water to the event, approx 1 gallon/athlete to include pre-filled bike water bottles and hydration packs for the run.
2. Touchless water filling stations will be available throughout the venue
3. Contactless water stations will be available on the run
4. Post race drinks will be sealed, single serve bottles

Athlete Check In

1. Athlete Check In will be streamlined with two, socially distant, one-way lines.
2. Body marking will be athletes choice and done via their personal bubble
3. Timing chips will be staged in each section of the transition area



Transition Area

1. Athletes will be assigned 5 bikes/rack with 15' between rows
2. Social distancing and mask wearing will be enforced, no spectators allowed in
3. Hand sanitizer and additional masks will be available

Swim Course

1. Pool Time Trial Start - 1 Athlete/15-20 seconds (500 athletes = approx 3-4 hrs with breaks)
2. Open Water Time Trial Start - 2 Athletes/10 seconds (500 athletes = approx 42 min)
3. Disposable face masks will be discarded as athletes enter the water
4. Staging area will be self seed, spectator free and have markers 6' apart
5. There will be no massive, pre-race brief at the swim start

Bike Course

1. Triathlon is an individual sport with 3 bike length distancing between athletes
2. Bike support staff will have masks, gloves and hand sanitizer

Run Course

1. Athletes are typically spread out on the run course.
2. Every effort will be made to eliminate out and back run courses
3. Run support staff will have masks, gloves and hand sanitizer
4. Aid stations will be self-serve for the athlete with water and sports drink
5. Athletes will be encouraged to carry their own hydration and nutritional needs

Finish Line

1. The finish line will be significantly expanded to allow for distancing at the finish
2. Athlete receives and wears a face mask after crossing official finish line
3. Athletes will remove their own chip, then make their way through the exit chute while receiving their finisher medal, ice water, towel and finish line photo.

Post Race Food

1. Post race food and drink will be pre-packed and given to each athlete away from the finish line and after transition has been cleared.
2. Athletes will be encouraged to eat away from the race site, no pulling down masks to eat, no mixing of bubbles, no gathering.

Results and Awards

1. Results will be sent to each athlete via text message and email, they will not be printed
2. There will be no awards ceremony, all awards will be mailed
3. Athletes will be encouraged to leave shortly after they finish the race



References

- [USA Triathlon – Safe Return to Multisport](#)
- [CDC – Coronavirus Overview](#)
- [CDC – Travelers Health](#)
- [Prevention and treatment](#)

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