



SAFETY PROTOCOLS, PRECAUTIONS & GUIDELINES

Last Call Triathlon - Boyd Lake, CO
Sunday, September 27th 2020



Hello Athletes!

Race day on Sunday, September 27th 2020 is gonna sneak up fast! We can't wait for some great fall weather!

2020 has been a challenging year for all of us. There has been so much turmoil in the world. We're hopeful this event will help our local athletic community continue to strengthen and balance out.

This document notes a number of health/safety protocols, precautions and guidelines we're putting into place for this race. We want everyone that takes part at this event to feel safe and comfortable. This is also being put into place to comply with Larimer County and the City of Fort Collins as both have allowed us to move forward with race day.

This document DOES NOT replace your athlete guide which will be available online 7-10 days prior to race day. **This document is accurate as of 8/12/20 but MAY change slightly prior to race day as restrictions continue to lift.**

Diving in...

Race Day Start Times- We are still planning a NICE leisurely morning start time of 8:30am for the first waves. *If we change this, YOU WILL BE UPDATED via social media & email.*

Facemasks- Facemasks ARE NOT REQUIRED for you to race. We are requesting that athletes and spectators bring them, have them available and utilize them when they are in slightly closer proximities to others. Regardless of what you think a facemask is or isn't doing, please be respectful of others around you. This is especially important if someone you are interacting with may seem uncomfortable if you are not wearing one.

Distancing- No yard sticks or tape measures please. We will have distance reminder signs throughout the venue. In higher traffic areas (*ie. the swim start and porta potties*) we will have a few distance markers laid out as well for reference. We've all had a number of months to LOSE some of our swim fitness ...but we've certainly learned what a 6ft distance feels like in almost every public place. Be mindful of others around you. We WILL request closer gathered groups that appear to be larger than 10 people spread out. We unfortunately have to have a ZERO tolerance for any group that looks to be near 50 people and in too close proximity.

Touch Surfaces- There aren't many surfaces you'll be touching on race day. Possibly the porta potty doors and bike racks. If you see your athlete-neighbor in transition racking their bike and licking the metal bike racks for some strange reason, definitely let us know. The rest rooms WILL BE OPEN at the pavilion, there are also stalls there (*to minimize porta potty use*) for any outfit changes.

Packet Pickup- This one will be unique!! We'll be offering 'curbside packet pickup'. What's that mean? Well, on the Friday & Saturday before race day we'll be extending packet pickup timeframes. This will allow folks to drive up, show us their ID through the car window and a volunteer or staff member will deliver your packet as well as swag bag. The only line you're in with this scenario is cars. Traditional walk up and pickup on those days IS available as well. Traditional packet pickup will be the ONLY option on race morning (no drive-up). The standard packet rules still apply. **ID's are a MUST.** USAT ID is NOT required (*as we are pre-verifying any annual memberships*) but it's always good to have it with you. Relay teams must be together OR whoever is picking up the group's packet must have a copy/picture of all team members ID's.



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Swim Start Groups/Waves- The swim start will be a waves start. We will plan to have additional waves if our registration numbers increase above the current expected number of athletes. Please pay attention BEFORE race morning to which wave you might be in. This information will be sent out via the athlete guide.

Illness/Symptoms- Stay home. Seriously. If you are feeling under the weather, have any potential illness symptoms or other ailments that could put you, staff, volunteers, paramedics or other athletes at an increased risk – STAY HOME. Cheer friends on via Facebook Live or plan to race with us in 2021.

Transition Area- Open ALL MORNING. Transition usually closes and reopens at certain times to control athlete flow. With transition remaining open all morning athletes will be less cluttered and have the option to respectfully remove their gear AND bike whenever they are done with the race. Please do so while minding other athletes that are still racing.

Roomy beyond belief. Transition is usually jam packed with bikes and athlete gear. This will be different. We will be staggering bikes both with 'same-side distancing' AND 'opposite rack-side distancing'. What's this mean for you? Plenty of room to neatly lay out your gear, feel comfortable with your athlete-neighbors setup and easily spot your bike once you're out of the water (*or back from the first run if you've switched to the Duathlon option*). Please don't be sloppy and spread out like it's a wild hotel room. Be neat and tidy wherever possible. NO GEAR should be left in an aisle or potentially in the way of another athlete.

Bike Course- We have a different course this year! The bumpy road on the north end of the park has been cut down by 50%!! Cyclists will be travelling NORTH on the nicely kept cement walkway/pathway that runs parallel to the road. Once you are at the north turn around you will get onto the roadway to head for the south loop. There is plenty of room for passing and staying at comfortable spaces apart from each other. Be mindful of ALL traffic as always and VERBALLY INDICATE when passing another cyclist on their left. Passing while on the cement pathway should be done with EXTRA caution! **WE DON'T OWN THE PARK OR THE PATHWAYS OR THE ROAD ON RACE DAY!**

Run Course- This trail is wide, well kept and has grass on both sides for optional 'step off' as needed per your comfort level. There will be TWO WAY runners on race morning and if you need to overtake, VERBALLY INDICATE this! Please pay attention to the signs and volunteers. This course WILL be well marked.

Finish Line- Once you cross the line you can cry if you'd like to...if not, that's fine too. A volunteer will hand you your finisher medal and a water (if you'd like one) and someone will quickly collect your ankle timing chip. We will keep athletes flowing from this area and request you congregate in smaller personal/private groups on the surrounding grounds.

Virtual Briefing- We are currently planning a virtual athlete briefing online. We ALSO plan to have a morning-of athlete briefing that is shorter in length. As long as you attend one, you don't need to come to the other. We are offering as many information opportunities for athletes as possible to lessen larger groups.

Food Station – Still a buffet setup, but this is NOT a self service option for this event. It's instead a "say when service". This means you'll step up to the food tables and a volunteer will go through each option with you and make your plate up. This ensures only gloved volunteers are touching utensils or items on the tables, not every individual athlete.



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Aid Station- Our aid station will be JUST ONE and will NOT intend to service the bike athletes at the south part of their bike split. If cyclists need to stop for water/snacks, please do so by getting OFF your bike and setting it to the side near the tables. This reduces congestion by a lot. It is also similar to food service above. Volunteers will be handing out water, electrolyte drink and gel packs. NO communal or 'open' food (*ie. pretzels or waffles*). Please SAY or SHOUT what you'd like as you approach this spot before heading out onto the run course. Then say thanks!

Body Marking- Sadly, we can't draw a random smiley on your calf muscle this year ☹️ | We are asking athletes to SELF BODY MARK the morning of at home, in their car or on site with their OWN sharpie markers. It's not ideal but body marking lines are another large bottleneck we need to avoid on race day. More info on this will be in the athlete guide.

Awards- Grab n' Go style! The podium is a FUN spot to be on race morning. Sadly this is another 'large group' risk area, so it will be done in a different fashion. We will be adjusting awards and award tiers based on the small number of total athletes and classes/categories. We will also call up one athlete at a time to grab their award and walk past the podium spot for a quick picture. There won't be a 1st, 2nd, 3rd place athlete standing on the podium together at any one time as it's a close proximity area. We are definitely cranky about this one ☹️

Spectators- Friends and family ARE welcome at this event. Please request that they be just as mindful (*if not more so*) than you and your fellow athletes are when you're not racing.

Volunteers & Staff- You'll see us in bright (volunteer) or dark green (staff) shirts on race morning. Most of us will have a face covering with us but please DO NOT PANIC if you don't see us wearing it, especially outside. We are leaving it up to each individual per their comfort level. Our constant communication on race day (*especially via phone and two-way radios*) is what makes event magic happen. This is greatly inhibited with a mask. If you need a volunteer or staff member on race morning and would prefer they talk to you with a mask on, simply ask.

The above protocols, precautions and guidelines are NOT 150% comprehensive. It's impossible to know every single detail or item that may come up on race day. We are taking all steps possible to ensure athletes have a safe, comfortable and FUN event!

Please be respectful and supportive of others on race day. Our community has been hurting all year and this is a great chance to reconnect and rekindle our love of racing together.

Thank you everyone,
Your Race Director - JB Tobin

"For the LOVE of Racing"
"Never Limit Your Challenges - Challenge Your Limits"