



SAFETY PROTOCOLS, PRECAUTIONS & GUIDELINES

Epic Warrior Triathlon - Fort Collins, CO

Saturday, June 18th 2020



Hello Athletes!

Race day on Saturday, June 18th 2020 is gonna sneak up fast! We can't wait.

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 6/23/20 but MAY change slightly prior to race day as restrictions continue to lift.**

Diving in...

Race Day Start Times- To accommodate wave start times, we intend to start the overall race EARLIER than originally planned. *The original start time was 7:25am; we are now planning a 7:05am start time.*

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 our swim fitness a bit...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 locker rooms WILL BE OPEN at the pool, there are also restrooms there (*to minimize porta potty use*).

Packet Pickup- This one will be unique!! We'll be offering 'curbside packet pickup'. What's that mean? Well, on the Thursday & Friday 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.



SAFETY PROTOCOLS, PRECAUTIONS & GUIDELINES

Epic Warrior Triathlon - Fort Collins, CO

Saturday, June 18th 2020



Swim Start Groups/Waves- The swim start will be BOTH a wave start AND a time-trial start. EXAMPLE- You're in the Epic Mini Sprint Triathlon and your estimated swim time was 12 minutes. You'll be starting with the 12 minute swim group AND have 15 seconds in-between each athlete in that group as you start. Each WAVE has approximately 8-10 minutes between the next based on overall athlete numbers in that wave. We are planning on waves of 25 per the guidelines.

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 the fall at the 'Last Call Triathlon'.

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 dedicated lane this year! 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.

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 is 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 via Facebook Live. We ALSO plan to have morning-of athlete briefings that are 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 200 athletes.



SAFETY PROTOCOLS, PRECAUTIONS & GUIDELINES

Epic Warrior Triathlon - Fort Collins, CO
Saturday, June 18th 2020



Aid Station- Our aid station will be smaller than 2019 and will NOT service the bike athletes at the start of their bike split. 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. Sorry, we're bummed on this one 😞

Spectators- Friends and family ARE welcome at this event. Allotted space is VERY limited inside the EDORA pool complex for this year's race. We are required to limit capacity to just 50. As race week approaches we will have final entry numbers and plan spectator options for this area accordingly. We *may* opt to allow ZERO spectators inside on the bleachers. There are however windows on the south side of the building for viewing. We are also strongly considering having a Facebook Live stream for this portion so friends and family can watch from the comfort of their device on the outside grassy grounds. More on this as we get into July.

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 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"