

Wasa Lake Triathlon & Events (June 11 + 12, 2022)

Communicable Disease Plan

Protocols to align with BC PHO 'Outdoor Sporting Events' and Workplace BC 'Guide - Communicable Disease Plan'.

NOTE: All event activities occur outdoors.

→ We will **NOT** be verifying participants for vaccinations.

ALL NOTIFIED:

- **If EXPERIENCING SYMPTONS such as Fever/headache/fatigue/shortness of breath/persistent cough/sore throat to stay at home and report to your Interior Health Authority.**
- **Stay at home if you have been in contact with anyone who is in quarantine/tested positive for Covid or symptomatic within the last 10 days before the event if unvaccinated, 5 days of vaccinated.**

GENERAL/COMMUNICATION

- Prior to event, Safety Protocols will be communicated clearly to all registrants, volunteers, staff, service providers.
- Communication will include having the information on Website and contact the above groups/persons via direct emails.
- No participant pre-race day in person meetings (email or Zoom/virtual).
- Athletes, volunteers, staff, service providers will be required to answer a daily pre-race health screening (wristband given to verify screened).
- Event Race bag pickup to occur prior to event, different location than event venue, will have barriers/signage in place for social distancing.
- No spectators allowed to enter transition/athlete venue. Spectators must stay behind barriers on event course/social distancing from racers (unless parent of child).
- A parent/guardian of child/youth will be allowed to support child/youth participant during race if need to reduce contact of volunteers, staff.
- Signage located through out venue relative to safety protocol. Those not adhering to protocol will be asked to leave.
- Race announcer to remind everyone of safety protocols during events.
- Anyone in attendance who begins to have Covid/Communicable illness symptoms must report to First aid and follow IH protocol (will be requested to leave and report to IH).

MASKS –

Use of masks/face-coverings & gloves:

- Masks provided for all volunteers, parents, officials, staff, service providers, optional to use, it will be suggested to volunteers to wear.
- Masks for athletes available, optional use in all non-competition activities (event will have masks on hand for adults and children if need), masks not required while racing.
- Event to provide gloves for volunteers/staff to cover the event needs.

SANITIZER

- Hand sanitizer will be available at check-in/transition zones/aid stations/finish-line/toilets.
- Announcer will continue to announce and remind volunteers/participants to regularly sanitize hands.

CHECK-IN/TRANSITION

- Fencing, barriers and signage in place to maintain flow and social distancing. One direction flow in Transition.
- Triathlon/Duathlon events occur over 2 days. Complete separate events: Sprint distance events occurs Saturday morning with approximately of 300 participants. Trikids Event occurs Saturday afternoon with 150 participants. Standard distance events occur Sunday morning with approximately 300 participants.
- Participants identified with color coded wristband for each day.
- Participants, staff, volunteers, others (parents) not permitted entry to Venue/Transition Zone unless **pass** Daily Health Screening if required by PHO at time of event (wristband given to identify screened).
- Event Check-in will have 4-6 stations, ground markers for social distancing.
- Participants, volunteers, staff, parent of child/youth ALL must check-in.
- Participants to remain in transition until called to race start, social distancing expected.
- Each participant/gear will be spaced at least 2 m apart in transition (if required by PHO).
- Bikes will be spaced in alternate racking format.
- No spectators allowed in transition only behind course barriers or public areas, signs to promote social distancing will be around venue.
- Transition zone will have a one directional flow – Arrows/signage will be posted.
- Participants must place and remove own gear in transition.
- Those not adhering to protocol will be asked to leave.

- 2 Triathlon BC officials expected to officiate.
- Event sanctioned by Provincial Sport Body TRIBC.

EVENT TIMING

- Individual Timing chip assigned to each participant.
- Chip to be placed on and removed by participant.
- Participants will remove chip and drop chip in bins at finish-line.
- Start-line Timing Company to ensure chips are clean before use and will take responsibility of chips after participants use.

RACE START

- Participants to remain social distancing until start on beach. Athletes led from transition to race start 15 min before start time.

RACE COURSE

- Swim course to be a 750m lap at the north end of the lake to reduce crossover with run course/reduce impact on recreation on the lake.
- Swim course marshals will be spaced, assigned a zone (area) to monitor.
- SARS will be in a boat on the water, 8-12 marshals on paddleboards and kayaks on course.
- Bike course will be non-drafting, single loop course.
- Professional Flaggers will be on bike course in 3 areas.
- Run course designed to reduce athlete crossover.
- Athletes encouraged to avoid running directly behind another athlete at distance of less than 4 meters.
- If the distance is less than 4 meters, to pass must be at a 45-degree angle or alongside the other athlete and to avoid facing each other.
- Athletes will be instructed to maintain expected physical distance as outlined by VIA Sport/Provincial Sport Body specific guidelines during event.
- Volunteers and race staff to maintain social distancing on the course from each other and participants.

AID STATIONS

- Volunteers will not serve athletes on course; they will only fill cups for athletes to self serve. Volunteers to remain social distanced from athletes and other volunteers.
- Participants encouraged to be self-reliant during event, stations will supply water and sanitizer.
- Search and Rescue on hand as First Aid.

FINISH-LINE/FINISH ZONE

- Finish chute to be split into 2 lanes to reduce contact of another finisher.
- Participant to remove own chip, drop in bin.
- Participant to proceed to post-race self serve table grab water/food, then exit to their original zone to collect and remove own gear.
- Minimal gathering at finish-line, participants encouraged to keep area clear.
- Spectators permitted (unless PHO changes at that time).
- No post race award ceremony.
- Medals will be available for pick up and distributed at designated spot after event. Option to have medal mailed to participants who 'placed' will also be available.
- Results will be available throughout the event via an online leaderboard and results listing.

MEALS

- Saturday brunch/Sunday lunch served outside the venue at the Wasa Lions Outdoor Kitchen location a block away.
- For meal pick-up signage in place for social distancing.
- Masks optional (unless required by PHO), gloves mandatory for volunteers.
- Masks optional for customers.
- Meals to be served in TO-GO format.
- Meals purchased prior to event.
- Standard size picnic tables available to seat a family or small group.
- Social distancing expected, set up for small grouping not large groupings.

Contact Tracing

Participant/staff/volunteer contact information will be available if required. The timing system can be used to determine participants in particular events to narrow the impact of contact tracing.