

Littlefoot Triathlon

September 12, 2020

COVID-19 Risk Mitigation Measures and Safety Precautions

(Updated 08/15/20)

Packet Pickup: An early packet pickup will be held from noon until 6pm at Campus Cycles in Denver (2102 S. Washington St. Denver, CO). Packet pickup will take place outside the store, and masks will be required per state guidelines. Our Race Day Packet Pickup plan is being developed and will be announced shortly.

No Spectators: Due to COVID-19 regulations regarding group size, and to better control social distancing, **no spectators** will be allowed at the Littlefoot Triathlon this year. Please help us with this requirement, as it affects all other events working to take place during the ongoing COVID-19 crisis.

Parking: Parking staff will direct you to your parking spot on race morning. There must be 10 feet of space left between vehicles in dirt parking areas, and parking in paved lots parking will be done in every other parking space, leaving an empty space between cars.

Social Distancing & Masks: All standard social distancing rules will be in effect, including the 6-foot rule. Masks must be worn before and after you race, but masks will not be required during the swim and bicycle portions. The county health department asks that while running, all athletes hang a mask from their neck, and pull it up when passing on the bike path or whenever social distancing can't be done. Masks must be worn in transition during setup and after you have finished.

Body Marking: We ask that all athletes mark themselves with an indelible/permanent black marker. Your race number should be printed legibly and in a vertical orientation with bold 2 inch numbers on your left and right bicep.

Transition: Bikes will be racked one bike per bike rack. Social distancing must be maintained, and masks must be worn in the transition area, except while you are racing.

Timing Chip Pickup & Return: Timing chips will be distributed when you line up for your swim start. Details are listed in the "Swim Start" section. When you finish the race, you will remove your own chip before exiting the finish area and

deposit it in the chip collection bin. If you drop out of the race, please stop by the finish area and deposit your timing chip in the chip collection bin.

Swim Start: The swim start will be conducted with a time trial start. Swimmers will enter their estimated swim time during registration, and will be grouped with swimmers of similar ability. Groups of 25 (identified by swim cap color) will come to the swim start area, and will stand by the sign with their race number on it, creating a single-file line with swimmers 6-10 feet apart. Timing chips will be handed out once you are standing by your sign. Swimmers will be started at 25-30 second intervals. As each swimmer starts, the remaining swimmers will move up one space until it is their turn to go. Once all 25 have started, we will call up the next group.

Aid Stations: Our current plan is to ask runners to carry their own fluids during the 5k run.

Post-Race: Upon completing the race, please return your timing chip to the chip collection bin before leaving the finish area. You may return to the transition area to retrieve your bike and gear through a side entrance -- please use this entrance for entering and exiting the transition. Do not cross the timing mats after you have finished racing. Please be efficient with your time and avoid socializing while you retrieve your gear, as others will still be racing. Post race activities will be minimal, however food and drinks will be provided. Awards will be distributed during the week following the race at a local bike or running store that you select. Additional post-race details will be provided on the race website.