



COVID-19 GUIDANCE: FOR SWIM, BIKE AND RUN EVENTS



SEASON
2020-2021



The aim of these guidelines is to provide key information about participating in swim, bike and run events in the current Covid-19 environment. We want to ensure that you know how to participate safely and to outline what provisions you should expect from RaceME, who is delivering an event that you are planning to participate in.



Should you participate?

The first thing you should think about is your own health and wellbeing. It is your responsibility that you are sufficiently fit and healthy to participate in any swim, bike or run event. You should think about any pre-existing medical conditions that you may have and if you are in any doubt, we recommend that you do not participate.

Your level of fitness may have changed because of lockdown, particularly in terms of swimming, where you may have been unable to access pools. You should think about your perceived level of fitness and ensure that you feel confident to participate fully in the event you are considering.

As a precaution, you should consider the following:

- ! If you were hospitalised due to Covid-19, you should undergo a form of health screening prior to taking part in any activity. This screening is best led by a doctor with specialist training in sports medicine. However, other doctors may feel competent to make decisions on your fitness to compete and to decide any appropriate investigations that might be required.
- ! If you were not hospitalised due to Covid-19, but self-isolated after having shown symptoms at any time, you are also recommended to undergo a form of screening.
- ! If you have felt entirely well during the pandemic, you are not routinely recommended to undergo health screening, but it is something to be considered as part of your normal health monitoring for the health-conscious competitor.
- ! People who are isolating should not visit venues or undertake activities.
- ! People who are symptomatic should self-isolate for seven days and their household members for 14 days according to government guidance. No one who is self-isolating should attend an outdoor sports facility/activity.

Your doctor should be able to guide you on what level of screening you may require, and who is the best person to assist you in the process. Again, if you are in any doubt about your health, you should not participate in ANY activity.

Important changes to entry and pre-event information

All people who are due to attend an event venue will be asked to complete and submit a pre event health questionnaire which can be downloaded from the specific event page on www.raceme.ae

If you had entered an event prior to the UAE lock-down or been rescheduled due to the lock-down, you will be asked by the event organiser to re-declare your suitability/fitness to take part in the event, as well as consider your fitness levels in light of the past restrictions of movement.

What Equipment Do You Need - Runs?

You should use your own clearly marked equipment and only take the minimum amount of equipment that you need to participate safely.

Remember the usual equipment of:

- ✓ Running Gear (Shoes?)
- ✓ Race Belt / Bib
- ✓ Sunglasses / Hat / Cream
- ✓ Pre & Post Hydration

What Equipment Do You Need - Triathlon?

You should use your own clearly marked equipment and only take the minimum amount of equipment that you need to participate safely.

Remember the usual equipment of:

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| ✓ Swim Gear (wet-suit?) | ✓ Cycle shoes |
| ✓ Goggles | ✓ Race Belt / Bib |
| ✓ Swim Cap | ✓ Sunglasses / Hat / Cream |
| ✓ Towel | ✓ Cycling gloves |
| ✓ Trisuit (or cycle shorts and shirt) | ✓ Running trainers |
| ✓ Bike helmet | ✓ Socks |
| ✓ Bike | ✓ Water and nutrition |



Additional items due to the Covid-19 environment:

- ✓ Hand sanitiser
- ✓ Additional water / drinks, as there will possibly be no aid stations on the course
- ✓ Warm clothes to change into
- ✓ Anti-viral wipes
- ✓ Soft-sided bag for your items at the event – you will be allowed to have this in your space in transition

We suggest you use your toilet facilities at home before you leave. Wash your hands with soap and water for at least 20 seconds before leaving home and as often as possible at the venue, or use an alcohol gel if washing hands is not possible. Aim to arrive changed and ready to participate.

Do not forget to cover cuts and abrasions, however minor, with sticking plasters. Do not swim if you have deep cuts or open wounds as the infection risk is higher.

AT THE EVENT



What To Expect - General

When at the venue, you should ensure that you remember the following throughout your event day experience:

- ! Where it is possible to keep 2 metres apart you should. Where it is not, you should keep a social distance of 'one metre plus', meaning you should remain one metre apart while taking mitigations to reduce the risk of transmission from the persons you are competing with (unless from your own household). Think about how this may be affected by other participants and volunteers.
- ! Maintain good hygiene. Use hand sanitiser throughout your event experience and try not to touch public areas such as hand railings, door handles, tables and ropes unless necessary

Please ensure you are early to the event, with plenty of time to make it as smooth as possible, for your entry due to any unforeseen COVID restrictions or procedures we or the venue may require. On arrival, park in the car parks (if traveling by car) as directed. Before leaving the car, think about where you are going to next and when you exit the car, aim to maintain social distancing at all times.

We advise you to take a moment to familiarise yourself with the Covid-19 layout of the venue and any instructions that we may have put in place for your safety and welfare. This is likely to change at the time of the event which will be communicated to you prior to the event (24hrs) via your registered email.

At this time, we are discouraging spectators from attending events to support social distancing requirements. However, it is acknowledged that in some instances you may need someone to accompany you e.g. to drive you to the event.

They must maintain social distancing from other people at all times and refrain from being in high traffic areas as per the venue and government guidelines. There are several expected changes to a 'traditional' RaceME event, so please familiarise yourself with the following information and the event Race Info Pack for any specific requirements for the event you have entered.



What To Expect - Runs

Registration is likely to be a bit different to normal. For all run events you will be sent your registration packs, race bags and bib numbers prior to the event. If anyone does not receive theirs it is imperative you make contact with us as soon as possible after delivery attempts. Please note only pre-event registration queries will be entertained at the event on the day, therefore you must contact us before 48 hours of the start time to arrange.

As you enter into the event start area you will pass a temperature check area so please ensure you are early to avoid missing your start time. If you are able to run in under a certain time you will be requested to congregate in this holding area awaiting the start line **WITH** a face mask. Please ensure you adhere to the social distancing rules at the time.

As you approach the start line of the event you will be asked to remove your mask and either carry or dispose of it in the secure hygiene rubbish bins provided. At the end of the event you will be provided with another new disposable mask to wear.

All runners (except pro athletes) will start on, and be timed by, a chip start basis to allow for a steady acceptable flow of participants onto the course rather than a mass start. Participants will be asked and monitored to maintain a suitable 2m distance and when passing another runner to maintain a 1m distance at all times. Failure to do this will result in disqualification.

What To Expect - Triathlons

For Triathlons you will be sent specific times to rack your bikes and collect your race bags at the event. This is to reduce the risk of large numbers of people congregating and keeping to the current social distancing. You will be asked to leave the transition area as soon as your bike is racked and your kit laid out. **ONLY PARTICIPANTS** will be allowed in the transition area with additional mitigation to reduce the risk of transmission therefore you must arrive at the event changed and ready to start.

When you are setting up your things in transition, take a minute to go through the event in your mind and to plan your route from each discipline into and out of transition, setting out the flow/path that you will need to take. This will help your transition experience go as smooth as possible and to reduce the risk of you getting too close to other participants.

All the events will be following a rolling start/time trial start system, meaning that you will be set off in small groups with a time gap between you and the group before and after you. The start order will be determined based on final numbers. Please aim to keep to the timings that we have provided you, as this is important for the smooth running of a Covid Secure event.

Whilst you are waiting for your start time, please ensure you remember to maintain social distancing, especially if you are waiting in the assembly area or the start holding area.

Whilst waiting for your swim start you may want to follow the below guidelines:

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| ! | Immerse yourself slowly | ! | If you become nervous or uncomfortable, it is recommended that you roll onto your back and float, breathing deeply until you regain control. Your wetsuit and your tow float will help keep you buoyant |
| ! | Put your face in the water | | |
| ! | Take some deep breaths | | |
| ! | Avoid touching your face | ! | Gently tread water, slowly moving your legs and arms |

During the event, you should try to think carefully about the aerosol effect whilst participating. Aerobic activity such as running and cycling will cause a person to expel air and therefore droplets behind them. Therefore when on the bike course, you should stay a minimum of 10 metres behind the bike in front and only be closer if you are overtaking. When overtaking, approach to a safe distance and then pass with 1m between you and the person you are passing.

When you are on the run course, try not to closely follow another participant and either try to run alongside, overtake, or drop back slightly to maintain at least a 2-metre gap. Remember to bring additional bottles of water for the bike and to carry on the run with you as there may not be aid stations due to minimising touch points.

Throughout your event, try to remember to maintain social distancing where possible, and remember to follow event staff instructions that will be provided.

At the finish it is possible you will be asked to remove your timing chip and put it in a provided bucket. Please proceed through the post-finish area to minimise crowding at the finish line as soon as possible.



Recovery – Cooling, drying and nutrition

Once you have finished your event, clean your hands with at least 90% alcohol gel and then you need to dry off and dress immediately. It is advisable to dress in lightweight material and remain as covered as possible dependent on climate conditions.

If you are feeling hot, you may need to sit in the shallows (venue dependent) before changing to help reduce your body temperature.

If possible, it is advised to get into a sheltered spot so you are protected from the sun. Again, ensure you maintain social distancing when you have finished the event. To limit contact with other participants and surfaces, it is our current recommendation to leave the site as soon as you have completed your event. Prize giving will be communicated to you prior to the event as there is a chance this will not occur this year. Any prizes / trophies will be distributed to you after the event.

You may also be low on energy, so refuel with something sugary too. Before you eat or drink, wash your hands using sterilising wipes or gels.

Do not congregate with others and be sure to adhere to social distancing rules. No extra-curricular or social activity should take place.



Cleaning Yourself and Equipment

When you return home, shower in fresh water at the earliest opportunity. This will remove all microbes, many of which are able to survive on the skin's surface for long periods.

Rinse and wash all your kit in fresh water before drying thoroughly, including wet-suit, goggles, water bottles, bikes and swimming costume.

If you feel ill, seek medical attention immediately by visiting your nearest hospital. Highlight that you have recently participated at an event and also email us immediately with your race number on **info@raceme.ae**