



PATRIOT HALF COVID-19 MITIGATION PLAN (5/13/21)

Dear Athlete,

Thank you for registering for the 2021 Patriot Half. We are excited for a safe return to racing and look forward to hosting you at Cathedral Camp in East Freetown, MA on Saturday, June 19th.

While the number of COVID-19 cases continues to decline in MA and the % of people getting vaccinated is rising, the virus remains a public health threat and in the interest of the safety of all those connected to this event we have developed this COVID-19 Mitigation Plan to reduce the risk of the spread of the virus. This plan has been created to prioritize the safety and health of athletes, staff, volunteers and the host community and complies with the latest Massachusetts COVID-19 Safety Standards, CDC Guidelines and USA Triathlon's COVID-19 Safety Certification protocols.



We are grateful for a return to racing even if it will look and feel a little different from the last time we hosted an event in 2019. Some of the changes we expect you'll like (e.g. more spacious transition), others perhaps not (e.g. no spectators), but these changes are what's necessary at this time for this event to take place. **Please read this document carefully and come to the race ready to comply, cooperate... and compete!**

This is our plan based on the information we have right now. We will continue to monitor the situation and will revise this plan as needed if changes are warranted. Any changes to this plan will be communicated to you via email and the Patriot Half page of the Sun Multisport Events website at

<https://sunmultisportevents.com/events/patriot-half/>

PLEASE NOTE: This document should not be confused with the Official Patriot Half Athlete Guide. This is our COVID-19 Mitigation Plan and while it touches on topics like packet pick-up and aid stations it does so from the perspective of reducing the risk of the spread of the virus. While the Athlete Guide will include information in this mitigation plan, the Athlete Guide is a more comprehensive document that covers other details such as parking, swim wave assignments, athlete tracking, etc. The Athlete Guide will be published about one week before the event.

Best regards,

Mark Walter

USAT Certified Race Director

Email: info@SunMultisportEvents.com

WHO CAN ATTEND:

The following categories of people may attend the event as long as they are not experiencing symptoms of COVID-19 or have not been exposed to someone with COVID-19 within 14 days of race day.

- Athletes
- SME Staff
- Volunteers
- Safety Support (e.g. lifeguards, EMTs, communications, etc.)
- Sponsor and vendors

Travel advisory: Anyone from the categories above traveling from outside MA must follow the COVID-19 Travel Advisory as detailed at <https://www.mass.gov/info-details/covid-19-travel-advisory>.

Spectators are prohibited from the event. Unfortunately, in the interest of safety and in an effort to minimize crowd density, spectators are not allowed to attend the event. Athletes with friends or family who were planning to attend the event may register to volunteer. Volunteering provides an opportunity to support all athletes participating in the event. Visit the Patriot Half volunteer page for the complete list of volunteer opportunities here: <https://www.bikereg.com/patriot-half-volunteer-registration>

Teams are prohibited from setting up tents at the event. Seeing a line of team tents along the finish chute and team members basking in the day's accomplishment has been a welcomed sight at the Patriot, but unfortunately, that is not something we can allow this year. Again, our focus is minimizing crowd density and keeping people socially distanced and safe. Team members wanting to support their teammates are encouraged to register as a volunteer. All volunteer details are here: <https://www.bikereg.com/patriot-half-volunteer-registration>

OVERALL SAFETY GUIDANCE:

- **Face Masks (athletes):** Face coverings are required for all athletes leading up to the start of the race and after crossing the finish line; athletes must also have a face mask with them when cycling and running (see details on when face masks must be worn in The Bike and The Run sections later in this document).
 - Athletes should arrive at the event on race day with at least one face mask. Event management will include 1 face mask in each athlete's packet and make additional face masks available to athletes in transition, at run course aid stations and at the finish line.
- **Face Masks (NON-athletes):** Face coverings are required for all staff, volunteers and vendors at all times when they are unable to maintain 6' of social distancing. Exceptions will be made for individuals who are unable to wear a face covering due to a medical condition or disability.
- **Social distancing:** All staff, volunteers, vendors and athletes are asked to maintain social distance of 6' at all times from packet pick-up through the conclusion of the event. Ample signage will be in place to help enforce this rule.
- **Hand washing and sanitizing:** Hand sanitizing and/or washing stations will be set up throughout the venue (e.g. in transition, near porto-johns, finish line, etc.). Sanitizing wipes will also be available for athletes. Staff will regularly wipe down high touch surfaces (e.g. porto-john handles) during the event.

PRIOR TO RACE DAY

- **Registration:** Contact information for all staff, volunteers, vendors and athletes will be collected and logged by event management. If you are a registered athlete for this event, we already have your information. We are required to alert the Massachusetts Department of Public Health and Local Boards of Health if we are notified in the two weeks after the event if an athlete, staff, volunteer or vendor personnel has tested positive for COVID-19.

PACKET PICK-UP:

- Athletes and volunteers are required to wear masks at all times during packet pick-up hours.
- Packet pick-up procedures will be designed to promote physical distancing and mitigate person-to-person contact.
- Packets will be pre-assembled with all components (e.g. swim cap, t-shirt, timing chip, bib, etc.) by volunteers in advance of packet pick-up so that when athletes arrive at the designated packet pick-up locations their packets will already be assembled.
- Historically, there has been 3 packet pick-up opportunities for this race – (1) Wednesday of race week, (2) the day before the race and (3) race day. In an effort to encourage more people to get their packets prior to race day and to spread the picking of packets over more time/dates we will be offering four (4) packet pick-up opportunities for this year's event as follows:
 1. Monday, 6/14/21, 5:00pm-7:00pm at FastSplits, 77 Charles St, Needham, MA; **RSVP required**; packet pick-up registration link to come.
 2. Wednesday, 6/16/21, 5:00pm-7:00pm at Landry's Bicycles, 1048 Commonwealth Ave, Boston MA; **RSVP required**; packet pick-up registration link to come.
 3. Friday, 6/18/21, 4:00pm-7:00pm at Cathedral Camp, 167 Middleboro Rd, East Freetown, MA (RSVP not required).
 4. Saturday, 6/19/21, 5:00am-6:30am at Cathedral Camp, 167 Middleboro Rd, East Freetown, MA (RSVP not required).
- **Athletes will be required to RSVP for packet pick-up at FastSplits on 6/14 or Landry's Bicycles in Boston on 6/16. Only the packets of athletes that RSVP for packet pick-up at these locations will have their packet available at these locations.** If you don't RSVP, your packet won't be there. Packet pick-up registration link to come.
- Athletes will not need to RSVP if they will be picking up their packet at Cathedral Camp on Friday, 6/18, or Saturday (race day!), 6/19.
- Per USAT rules, athletes are NOT permitted to pick-up the packets for other athletes.

RACE DAY:

COVID-19 Health Screening:

- **All athletes, staff, volunteers and vendors will be required to answer a short COVID-19 health screening questionnaire within 24 hours of the race start at 7:00am on 6/19.** Details on the methodology for this screening process to come.

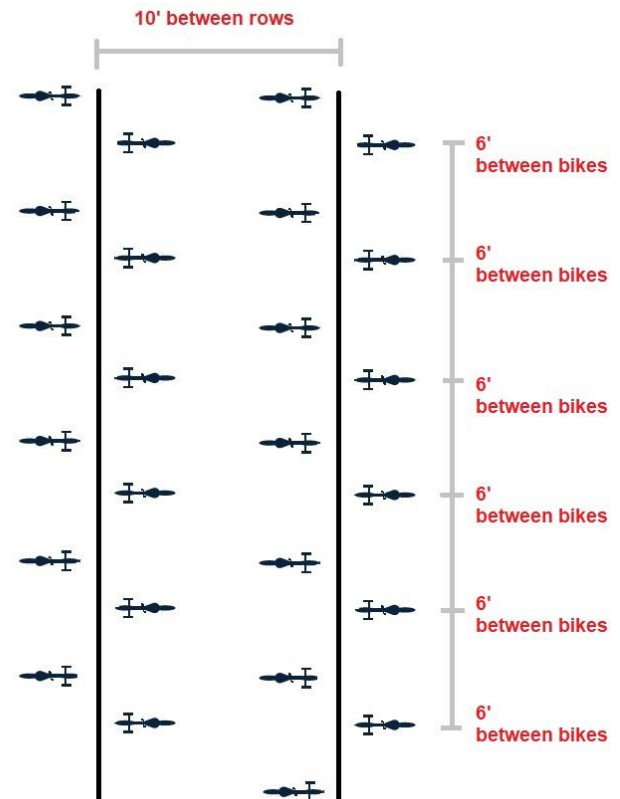
Body Marking:

- Traditional body marking of an athlete's bib number by volunteers with sharpies will be replaced by race tattoos that athletes will need to self apply. Each athlete's race tattoos along with directions on how to apply them will be included in the athlete's packet.
- Athletes that pick-up their packet prior to race day should self-body mark **BEFORE** arriving at the venue on race day; athletes that pick-up their packet on race morning will have access to buckets of chlorinated water with sponges in transition so they can self-apply the race tattoos included with their packet.



Transition:

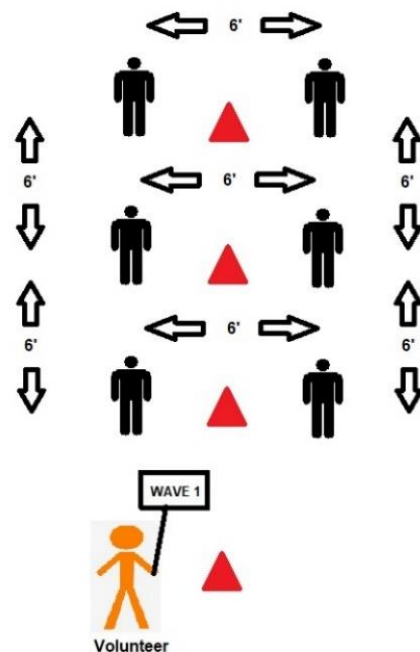
- Transition will be limited to athletes, staff and volunteers.
- Athletes are required to wear masks at all times leading up to the start of the event including pre-race while in transition.
- Transition volunteers will be required to wear masks at all times.
- Hand sanitizing stations will be set up in transition.
- Athlete rack positions will be spaced 6' apart on each side of a bike rack and bike rack rows will be spaced 10' apart. See diagram at right.
- Buckets of chlorinated water with sponges will be available in transition for athletes to use to self-apply the race tattoos included with their packet.



The Swim:

- The swim start will follow a time trial start format with 2 athletes starting every 10 seconds.
- Athletes will be organized into approximately 10 waves based on category or age group. Each wave of athletes will be grouped together in transition based on bib #. For example, wave 1 athletes will be #1-50, wave #2 athletes will be #51-75, wave #3 athletes will be #76-150, etc.
- The procession to the swim start will begin from transition and go in order of wave # beginning with wave 1. Wave 1 athletes will be led by a volunteer holding a sign for "WAVE 1". Wave 1 athletes will follow this volunteer 2 across with 6' between, in front and behind other athletes. This process will be followed for waves 2, 3, 4 etc. Cones will be placed along the procession to the swim start to provide a physical cue to help with proper distancing. See diagram at right.
- Athletes must wear their mask on the procession to the swim start and will be able to discard their mask in a trash barrel placed at the swim start.

PROCESSION TO THE SWIM START



The Bike:

- Athletes must have a mask with them during the bike, but are not required to wear it. However, athletes are encouraged to have a mask on, but pulled down so that they can pull it up over their mouth if they are unable to maintain 6' of social distancing when passing another athlete or a volunteer. Moving a mask up or down when on the bike requires taking one hand off the handle bars and we realize not all participants are comfortable doing this when riding a bike. It is for this reason we are not requiring that you have the mask on, but if you are comfortable with your bike handling skills, please have the mask on and in a position that would allow you to cover your mouth with it if necessary.
- Athletes should carry their own water or nutrition while participating such as camelbacks, waist packs, or bike rack bottles.
- For athletes in need of additional hydration, there will be bottle exchange stations near miles 12, 27 and 49 on the course where athletes will have an opportunity to get a Poland Springs water bottle or a bottle of Gatorade Endurance. If you want a bottle, volunteers wearing masks and gloves will jog along side of you holding the bottle from the bottom/base for athletes to grab at the center.
- Porto-johns with hand sanitizer will be available at the bottle exchange stations.

The Run:

- Athletes must have a mask with them during the run and will be **required** to pull it up over their mouth if they are unable to maintain 6' of social distance from an athlete or a volunteer.
- Athletes are encouraged to carry their own water and nutrition while participating such as hand-held water bottles, camelbacks or the race belt with water bottles that will be provided by event management in the athlete's packet.
- There will be 6 aid stations on the run course for athletes requiring additional hydration or nutrition. Aid station volunteers will be required to wear masks at all times and maintain proper social distancing. Each aid station will have 2 tables:
 - Table 1 will offer 8 oz. bottles of water and Gatorade for athletes to grab as they come upon the aid station. Cups with ice and energy gels will also be available at these tables. To minimize person-to-person contact and in the interest of social distancing volunteers will not hand these supplies to athletes – athletes must take them from the table on their own. Garbage cans will be available approximately 0.5 mile after the aid station for athletes to discard any bottles or trash. LITTERING ON THE COURSE IS STRICTLY PROHIBITED.
 - Table 2 will have water in jugs and Gatorade in coolers for athletes who want to refuel their personal hydration carrier. Athletes that stop at Table 2 will have their carriers re-filled by volunteers with jugs of water or working a Gatorade dispenser. Volunteers will wear masks and gloves. ATHLETES ARE PROHIBITED FROM TOUCHING THE WATER JUGS OR GATORADE DISPENSERS.
 - Volunteers will regularly wipe down aid station tables with disinfectant wipes
- The run will feature 4-5 porto-johns along the run course and each porto-john will be stocked with hand sanitizer.

The Finish and Post-Race

- All staff and volunteers at the finish line area will wear gloves and masks when unable to maintain 6' of social distancing.
- The finish line area will be extended to help spread athletes out after crossing the finish line and to avoid congestion of athletes and volunteers.
- After crossing the finish line athletes will be required to re-apply face masks; event management will have a supply of face masks at the finish line.
- After crossing the finish line athletes will remove their own timing chip and place it in the designated bin.
- The finish line area will include one table with finisher medals, one table with water bottles and hand towels and one table with packaged nutrition (e.g. energy bars, bananas); volunteers will keep these supplies readily available at these tables for athletes to help themselves to their medal, water bottle and hand towel and recovery nutrition before leaving the finish line area.
- A food tent will be set up near the finish line area for athletes to pick up a boxed lunch; a limited number of tables will be spread out around the food tent for athletes to enjoy their post-race meal while maintaining a safe social distance.
- Results will be texted to each participant's mobile device which will include the athlete's place in their race category. Results will also be displayed from flat screen monitors but athletes will be required to remain 6' apart from each other when reviewing these results.
- There will be no awards ceremony. Awards will be distributed on a rolling basis as category award winners are identified. Category winners will be formally recognized post-race at a virtual awards ceremony.

- Event management will notify local boards of health if the host or event venue is notified that an event participant, attendee, volunteer or vendor has tested positive for COVID-19. Hosts and event venues must assist the Department of Public Health and Local Boards of Health with contract tracing and case investigations, including, upon request, providing lists of attendees at social gatherings and their contact information.