

# 2020 RUN OFF-THE-GRID

## NEW COVID-19 RACE PROTOCOLS

We are making several modifications to the race venue this year to ensure everyone's safety. This is a new reality for all of us and we are grateful that we are able to proceed with the event given the circumstances. Please remember these protocols are new to all of us so be respectful of everyone's space and feelings. Please read the guidelines carefully and if you have any questions or concerns, you can reach out to us directly.

- **General:**
  - All participants must come with a mask/buff/face covering
  - Participants advised to keep 6 feet apart and wear masks if this is not possible (should not be an issue with all the space on site other than the start line)
  - In order to keep our numbers in check with the covid-19 guidelines, we are asking that you do not bring any spectators (where possible). If this is not possible or if you are staying overnight with family members, we ask that any spectators keep their physical distance in the large open field or spread out on the property. We want to ensure that we do not gather any crowds close to the finish line or central grounds area.
  - Coloured bracelet to be provided to any participants that are of higher risk or need to adhere to very strict protocols for other participants to respect additional spacing.
- **Race Check Ins: (event day)**
  - Participants will arrive and park in the clearly marked "Event Parking" area
  - Check Ins will be done upon arrival at your vehicle. Please stay in your vehicles during this process.
  - After registration, participants to find their 'space' in the field to wait or warm up before the race start. There is endless space to spread out to facilitate social distancing.
  - Drop bags for aid stations to be placed in a clearly marked area. See aid station information below. More detailed information to be provided in this regard.
- **Race Check Ins: (evening before)**
  - Participants to drive up to the main lodge (log home) and someone will come out to your vehicle for registration.
- **Race Start:**
  - There will be a separate start time for each event this year as follows:
    - 50K - 9:00 am
    - 25K - 9:45 am
    - 12K - 10:30 am
  - Masks/buffs/face coverings must be worn at the start line and can be removed afterwards
  - Participants to be called to the start line a few minutes before the race start
  - There will be clearly marked spray paint lines to space out participants to ensure proper social distancing at the start line. Any hikers in the 12K/25K event will be asked to start at the back lines. With everyone's cooperation, this should be easily facilitated based on the number of participants in each sub-event.

- **Course**
  - The 12.5K loop is the same loop as in previous years. However, the course will be changed this year to be one direction only to minimize close exposure where participants passed each other coming from the opposite direction in the past.
  - Participants to be respectful of social distancing on the course when overtaking
- **Aid Stations: (Important changes)**
  - We will have (4) aid stations again this year with (2) volunteers at each station, who's primary responsibility will be to track the participants through the course and to communicate back to central grounds if required.
  - Aid stations will only be stocked this year with hydration fluids – water + electrolyte drink. However, we are still encouraging participants to bring their own fluids to be independent and minimize touch points.
  - Drinks will be pre-filled by volunteers in compostable cups
  - Participants required to bring ALL other essentials for the race (food/snacks/gels)
  - We will have a drop bag system in place to have your bags delivered to specific aid stations in advance and returned at the end of the race. More communication to come in this regard.
  - Social distancing and covid protocols to be respected at aid stations
  - Volunteers to wear masks and keep aid stations sanitized
- **Finish:**
  - Once finished the race, please walk away from the finish line in order to not congregate in one place
  - Finishing medals – will either be given in advance in race kit or possibly laid out to grab in a safe manner once crossing the finish line (final decision still to be made in this regard)
- **Post Race Meal:**
  - There will be a post-race meal, which will be served in a pre-packaged container to avoid contact points
  - Participants to find their own physical distanced space in the field to eat
- **Awards:**
  - No formal awards ceremony or prize table to minimize close gatherings
  - Any sponsor prizes will be randomly selected in advance and will be distributed to the participant during race registration
  - Any finisher prizes to be handed out shortly after participant crosses the finish line
  - Formal announcements to be made on the website and social media outlets
- **Facilities:**
  - In order to keep physical distancing a top priority, we will not have a bonfire this year since this is a space that participants often gather together.
  - There will be no sauna this year to minimize close contact!
  - We're sorry....we really feel like the fun police this year! 😞
  - Compost Toilets & Eco-showers - we will have someone to monitor and clean on a regular basis. Hand sanitizer to be available and used before/after use. We will have additional toilets available this year as well.

We understand that there are many changes this year and many that we wish we didn't have to enforce. However, your safety is our top priority! We hope that we can return to our 'normal' again next year! For now, we are just excited to get everyone out on the trails again!

Please note as we move forward and closer to the event date, there could be some minor tweaks and changes to these protocols. We will be sure to communicate and update the guidelines as required.