

# COVID-19 MITIGATION PROCEDURES



By Elite Event Management

*August 2021 V1*



# Quest Adventure Race Covid-19 Procedures

## General

These guidelines have been drafted by Elite Event management for the safe and responsible staging of Quest Adventure races in line with current Government's guidelines on mass gatherings.

The guidelines will be updated continuously according to the latest information from the Government, HSE and Sport Ireland. The effective protection of the health and safety of participants is our priority. We will implement all possible measures for respecting the social distancing and hygiene requirements throughout our events.

Our main aim with the measures we will put in place for this event is to ensure that all covid19 guidelines are followed, social distancing and no gathering post event.

## Medical Care

Elite Event Management (EEM) will put in place preventive measures to minimize the risk of infection.

## Individual Responsibility

It is of foremost importance that any person who thinks they may be symptomatic should stay at home and not partake in a Quest adventure race until cleared to do so by a Public Health Care Official.

General recommendations for all members of the public that are in place currently to reduce the general risk of transmission from acute respiratory infections are listed below:

- Participants should aim to keep at least two meters distance from other people.

- Frequent hand washing by participants using soap and hot water or alcohol-based (at least 65-70%) hand rub for 20 seconds.
- Avoid shaking hands or hugging.
- Avoid touching their own mouth, nose or eyes.
- Anyone who feels unwell (i.e. fever, cough) should stay at home.
- Washing hands and social distancing are the most important measures to avoid the transmission of harmful germs and to prevent illness.

## Participants' Health Screening

All participants must monitor their own health status continuously (including taking their temperature and monitoring for any symptoms) from 14 days before the event.

You will need to self-isolate and not attend the event:

- If you have symptoms of coronavirus;
- Before you get tested for coronavirus;
- While you wait for test results;
- If you have had a positive test result for coronavirus;
- If you have any cold or flulike symptoms, such as sore throat, runny nose, blocked nose, cough or wheezing;
- If you arrive in Ireland from any other country - this includes Irish citizens coming home
- If you have been in contact with an infected person or potentially infected person in the 14 days immediately prior.

## Use of mask / face covering

We strongly recommend the use of masks/mouth-nose face covering and rubber/disposable gloves by all event staff that are in contact with athletes

Participants are advised to wear masks/ mouth-nose face covering.

Quest adventure race will be responsible for providing masks/mouth-nose face covering and rubber/ disposable gloves to its event staff

## Medical Provisions

Outside of our event safety medical cover (detailed in the medical plan) the following will be provided:

- Soap and water or alcohol-based hand sanitizers should be accessible in all common areas.
- Isolate persons who become ill or are suspected to be ill while at the event.
- The medical staff attending persons who are ill should wear a mask and rubber/disposable gloves, and dispose of them immediately after contact and cleanse thoroughly afterwards.

## Risk Communication and Awareness

All the COVID-19 provisions that are in place will be communicated clearly to all participants in advance through social media, websites and through all communication channels available. In addition to this the following measures will be in place:

- Display of COVID-19 health advisories at-venue and in all possible venue facilities and access routes, reminding everyone and encouraging to maintain high levels of personal hygiene, including advice on hand washing, and minimizing physical contact.
- Have ample signage placed in key areas of venue encouraging physical distancing
- Coordination with major social media sites like Twitter and Facebook, Instagram should be set up so that messaging can be coordinated with, and assisted by, those platforms.
- The race announcer will make announcements periodically to remind spectators about guidelines and government regulation.

## Participants' Conduct

The following measures will be recommended and / or implemented:

- Physical separation of athletes, officials, spectators and event staff as per government recommendations.

- Athletes are advised to wear masks/ mouth-nose and face covering during any non-competition activity.
- Sharing of equipment should be prohibited, in particular ensuring that water bottles and cups are not shared.
- Anyone due to participate in the event who is feeling ill should not come to the venue.
- Ensure everyone is briefed through the event website, social media platforms and race briefings on the protocols, for infection prevention and control measures.
- Detailed contact details of each participant to be available for contact tracing.
- Inform High Risk Groups involved with the event of the possibility for serious consequences in case of contamination and recommending them to take preventive measures or even not-participating

## Venue Analysis

A detailed evaluation of all locations and facilities involved in an event will be carried out and will highlight the following areas:

- All working spaces and provided facilities will be organized in a way that social distancing is respected.
- At the entrance of each tent/ room, alcohol-based hand sanitisers must be available.
- Provide disinfectant wipes for event staff and advise venue cleaning staff to disinfect door handles, toilet handles, bathroom faucet handles, etc. in all areas several times per day.

## Public Toilets

The following recommendations should be in place for Portable toilets:

- Provide ample sanitization options like hand wipes, sinks, or hand sanitizer immediately outside each portable toilet cluster.
- Increase the number of portable toilets to lower the ratio of athletes per portable toilet.

- Increase the physical footprint by adding some space between portable toilet to encourage socially distancing in lines.
- Consider additional signage to support physical distancing.
- Schedule additional cleaning or continue to sanitize throughout the event day.

## **Registration**

All registrations online in advance of the event and do not allow for race day registration. Pre event safety briefing will not take place in person, a zoom link will be sent to participants prior to event.

## **Race Pack Distribution**

Registration will take place over an extended period of time, this is to ensure no gatherings or congestion.

## **Bag Drop-Off/Collection**

There will be no bag drop off facilities provided to further reduce personal contacts.

## **Event Staffing**

The event has a responsibility to the event team and event staff. Measures to be taken include:

- The social gathering of the delivery team and its volunteers must be kept to a minimum pre event
- All event staff training sessions should take place via online platforms or on site while respecting social distancing.
- The number of event staff must be reviewed and kept down to the minimum necessary.
- Ensure event staff are educated on social distancing protocols.

## Spectators

No spectators will be permitted to attend the event to reduce the number of people gathering.

## Athlete pre start briefing

- Pre-race briefings will be carried out electronically, so as to reduce pre-race social interaction.
- All race information must be provided to the athletes online prior to the event date.
- The briefing will be distributed via email, youtube, social media platforms and any other forms of online communication method.
- A comprehensive online Q&A forum for athletes to have the opportunity to contribute questions or feedback online to be implemented pre event.

## Transition areas

- All event staff and volunteers involved in this area will wear masks/ mouth-nose face covering and rubber/disposable gloves.
- Adequate spacing of bikes in bike racking areas.
- Participants directed to spend as little time as possible when collecting their bikes after the race.
- Bike racking to be set up and managed to minimize person to person contact in this area.

## Event Start

- Participants instructed prior to the event to have a face covering before entering the start pen.
- Face coverings must be use until participants are adequately spaced out, (2m)
- Socially distanced waiting area for the participants for up to 2 waves respecting the social distancing guidelines.
- Queuing for gear check to be a channel system similar to an airport check in.

## Bike routes

On the cycle stages participants will be informed and event staff will be implementing the following:

- Overtaking must be done as quickly as possible.
- No cycling in groups
- No drafting
- Cyclists to keep minimum 2-meter distance to next cyclist
- Bike transitions to be managed to provide adequate space for social distancing between participants.

## Run Routes

On the run stages participants will be informed and event staff will be implementing the following:

- Runs to be designed to minimize out and back sections.
- The athletes are recommended to avoid running directly behind another athlete to maintain the recommended social distancing.
- Any water stations are self-service and dispenser taps to be cleaned regularly.



## Kayak stage

All boats, paddles and Buoyancy aids will be disinfected between uses.

## Finish Area

- The finish chute must be split into finishing lanes to prevent the athletes from coming closer than the recommended social distance.
- Participants not allowed to congregate around at the finish area. They will be told to hear straight for their cars and exit the event straight after the race finishes.
- Following the finish, all athletes will be directed to an open space where they can have access to recovery drinks and food.
- Multiple food stations will be provided within this space for distribution of food.
- All recovery stations must be self-served.
- Food provided must be individually factory wrapped.
- Athletes must avoid lying or sitting down at the finish
- Event staff & volunteers will be available to support the athletes and make sure that the athletes are not congregating at the post finish area.

## Medal Ceremonies/Prize Giving

Medal not to be handed out by event staff. All medals to be left on a table for participants to pick up after the race.

## Transport & Parking

The traffic management plan for the event will include recommendations to participants to;

- Be encouraged to drive alone to and from the event.
- Minimize any warm ups in the vicinity of car park area
- Reduce social contact with fellow participants before the race
- Asked to get into their cars directly after the race and exit the car park

## About Us

Elite Event Management are the market leader in participative sporting events in Ireland. We specialize in delivering large scale participative sports events to a world class standard, across Ireland and in the UK. The events we successfully deliver currently include:

Please contact us to discuss the event in more detail:

Oliver Kirwan

Phone: 0879877880

Mail: [oliver@eliteevents.ie](mailto:oliver@eliteevents.ie)

