

COVID-19 EVENT SAFETY PLAN

Rapid Ascent will implement the following procedures to keep competitors and community safe during the event. This plan follows the recommendations of various public health agencies and governmental departments, but remains a working document that will continue to evolve up until event day.

Attendance limitations

The following people not to attend the event at all:

- Anyone who is displaying any COVID symptoms or is awaiting the results of a COVID test
- Anyone who has been in contact with a COVID case or suspected COVID case within the last 14 days
- Anyone who has returned from overseas or a designated COVID hotspot within the last 14 days
- Encourage people attending event to download and use COVIDsafe app on their mobile phone

Group gatherings

Minimising gatherings of large groups of people in close proximity to one another through the following measures:

- Display of signage and advice over the PA to remind people to social distance at all times
- Request that only one team member attend registration to avoid crowding
- Competitor briefing conducted in person and online – runners encouraged to watch it online
- Event presentations to be conducted outside and complying with all other procedures in this COVIDsafe plan (eg. No handshaking, winners pick up their own prizes, 2sq/m rule)
- Bus transfer from finish to the start - competitors requested to wear a face mask or a doubled over Buff (which is a mandatory piece of equipment to race) on the bus to reduce circulation of aerosols
- Providing a 10min start window so runners can spread out and start within a smaller crowd. Race time will commence when an athlete crosses the start mat
- Ensuring all other gatherings are no more concentrated than 1 person per 2sq/m – people asked to disperse if needed

Registration and competitor services

- Race waiver to be completed online – no paper forms or shared pens
- On the day entries to be completed on competitors' own mobile device
- Cashless transaction facilities

On course areas

- Runners encouraged to bring their own food / drinks to each checkpoint rather than accessing the shared food provided by Rapid Ascent. Support crews encouraged to take food to checkpoints rather than using bag transfer service
- RA to provide only pre-packaged or ready sealed food packages for athletes at checkpoints
- All RA supplied food at checkpoints to be served by prescribed volunteers only – no 'help yourself'. Including:
 - o the provision of water - one volunteer touches and controls the taps to water drums
 - o packaged food - portions to be handed to the athlete by a designated volunteer
 - o bag drop – designated volunteer finds athlete's bag and hand's it over
 - o no cups or shared food serving utensils
- Finish medals placed into hands and not placed over heads (minimising person to person close proximity)

Personal hygiene

- Request no handshaking / hugging / high fives at the event.
- Hand washing / sanitation stations established at race checkpoints, finish line, registration area, porta loos etc.
- Disinfectant, wipes, disposable gloves provided for regular cleaning of shared surfaces and common touch points
- Rapid Ascent staff / volunteers to regularly clean high touch areas/surfaces, such as registration tables, doors and handles, toilet areas, water points, handrails...
- Encourage runners not to blow their nose into the air (snot rockets)
- Prominent signage to remind patrons to clean hands regularly

Rapid Ascent management

- COVID safety plan circulated and discussed with all staff, volunteers and competitors prior to event
- Teams / runners / supporters seen breaking these rules will receive a warning and 30min penalty for first offence and will be disqualified and asked to leave the event immediately for second offence.
- Medical provider made aware of COVID plan and knowledgeable in the treatment of COVID patients
- All event venues (Cheeky Monkey Brewery / White Elephant...) to ensure their staff/management have a COVID safe plan that is consistent with Rapid Ascent's plan.