



RACER COVID-19 PROTOCOLS FOR BLACK SPUR ULTRA 2020

The following protocols have been put into place in order to minimize the risk of COVID-19 exposure for you, volunteers, the public, and our staff. **Please read carefully.** This information is adapted from guidelines created by the **International Trail Running Association (ITRA)**, and the **Province of British Columbia**. ***Any noncompliance with these protocols may result in removal from the event and facility. We are all trying to do the best we can during this challenging time.***

<https://itra.run/documents/ITRA%20COVID-19%20GUIDELINES%20-%20EN.pdf>

PRE-RACE

1. Understand that there is NO GATHERING. This is no longer an regular event with fixed start time or staging areas. The intent is to let you run anytime within a flexible timeframe but on a set course.
2. Competitors and racer support crew members/family must agree to NOT ATTEND if:**
 - a. You have a fever of 38 degrees celsius or above on race day.
 - b. You show ANY signs or symptoms of Covid-19 in the 14 days leading up race day (ex: New continuous cough, fever, change/loss of taste/smell).
 - c. You have been in contact with anyone who is symptomatic in the 14 days leading up to race day.
3. Sign the updated waiver and COVID-19 disclaimer prior to the start of the event.
4. No live briefing; a video briefing will be emailed to all registered racers and posted on our website/social media.
5. Group text and email will be used for distributing any last-minute updates/changes.
6. It is suggested that you self-isolate for 14 days prior to any travel but this is ***not mandatory***.

BAG PICK-UP KIOSK

1. Only registered racers may enter the bag pick-up area. Teams will designate one team member only to collect for the entire team.
2. Hand sanitizer, signs and physical distancing markers will be in place, as well as one-way directional markings, to comply with BC health regulations.
3. The kiosk will be open the following times:
 - a. 18:00 hrs to 21:00 hrs Wednesday, September 16
 - b. 07:00 hrs to 21:00 hrs Thursday through Sunday
 - c. On-call anytime from Thursday at 00:00 hours through Sunday at 21:00 hours (403-563-6420)
4. Bottled water and snack bags will be available. Take what you are given; this is not buffet-style.
5. Grab what you need and keep moving! No lingering when other racers are present.

SUPPORT CREWS

1. Please limit the number of crew members and be aware that they must all abide by all race rules and regulations, as well as physical distancing guidelines.
2. Only the racer or one member of their crew is permitted in the central kiosk area at any time.
3. Sinister Sports and Kimberley Alpine Resort reserve the right to place further restrictions on gathering should it be deemed necessary (ex: too many people gathering in the same area).

START AREA

1. When others are present, racers must wear a face mask (provided) and maintain a 2-meter distance in all directions. Masks may be removed once you exit the Start Area.
2. Checking in at the kiosk or texting 403-563-6420 with your bib number when you start.
3. To start your official time, you must activate your chip. See "TIMING" below.



DURING THE RACE

1. Maintain 2-meter distance from other competitors, volunteers, and crew at all times.
2. When passing, announce from behind (eg: Passing on the left), and wait until it is possible to pass with at least 2-meter distance side-by-side.
3. Spitting and clearing your nose must not be done within 10 meters of anyone else.
4. As per our Race Rules, the use of pacers is not permitted.
5. The course will be flagged as normal.
6. Should you or your support crew show any signs or symptoms while on site:
 - a. IMMEDIATELY remove yourself from the course,
 - b. Put on your face mask,
 - c. Contact Sinister Sports at 403-563-6420. A quarantine area will be provided until medical staff can assess the situation.

TIMING

1. No set start time:
 - a. 54k competitors may start anytime between 00:00 hrs Thursday, Sept. 17 and 09:00 hrs on Sunday, Sept. 20; once they “chip in” they have 12 hours to complete their run.
 - b. 108k competitors may start anytime between 00:00 hrs Thursday, Sept. 17 and 21:00 hrs on Saturday, Sept. 19; once they “chip in” they have 24 hours to complete their run.
 - c. We are able to accommodate earlier start times with advanced notice.
2. You will be using the Sport Ident system for timing - this consists of a plastic fob that you must carry, and a series of boxes. Your timing chip pin needs to be inserted into the START box until you hear the beep/see the light flash.
3. You will need to do this at each CP/TA and at the finish in order for your race time to be recorded properly. There is a different box for the end of each stage.

AID STATIONS / DROP BAGS

1. There are no aid stations or formal gathering areas.
2. On the course, there will be latching boxes at the checkpoints with a timing station, water, and some emergency supplies, but racers should be self-sufficient on the course.
3. Racers may set up their own support station in the central area near the start/finish line while maintaining physical distancing.
 - a. Keep it minimal - maximum of 3m x 3m (10' square)
 - b. Space is limited at the resort and this is first come, first served
 - c. We reserve the right to ask people to move their station in order to maintain distancing
 - d. Stay within your “bubble” of people with whom you normally socialize
4. Hand sanitizer will be available at the start/finish area and use is MANDATORY by all racers.
5. Racers must use hand sanitizer prior to interacting with any volunteers or crew members
6. When interacting with others in the central area, a face mask must be worn.

FINISH AREA AND AWARDS

1. Racers should pick up their medal from the race kiosk in the central area.
2. When others are present, do not linger in the finish area to take photos or wait for others.
3. Awards will be done via live video after completion of the event.