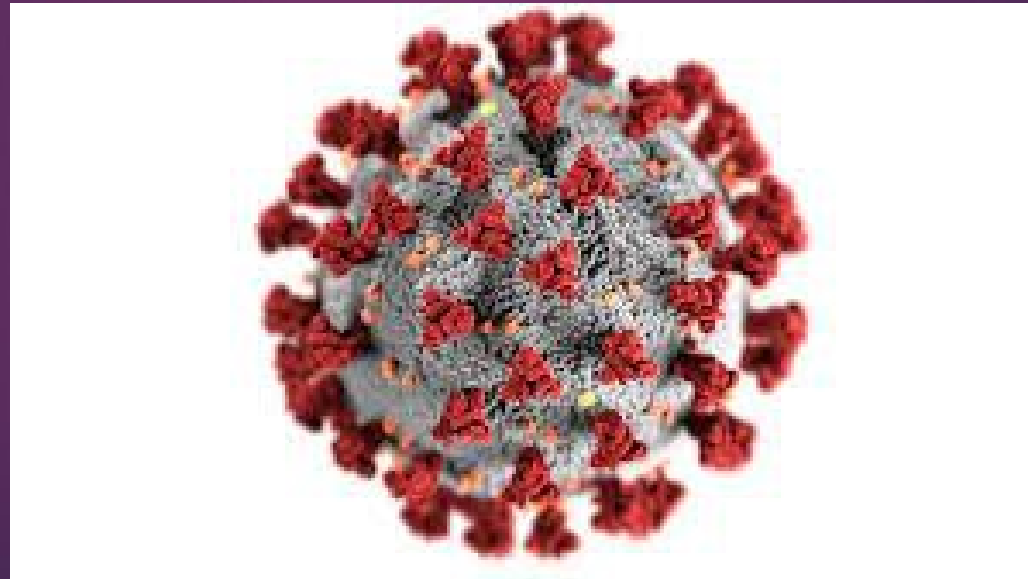


Open Water Event Safety in the Time of COVID-19





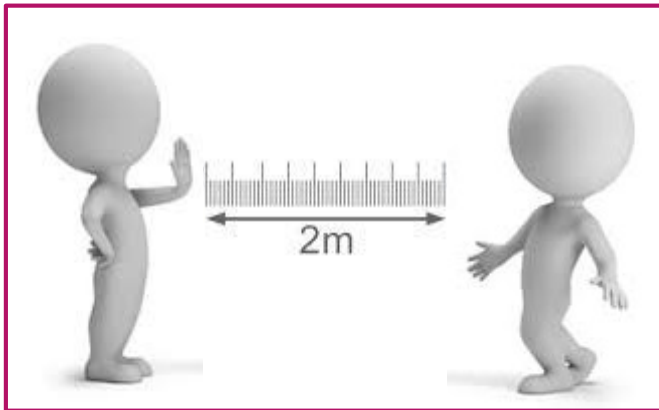
Pre-race...

Get to know your local/state health departments

- ▶ Since permits are required for most open water events, you'll want to work with your local/regional and/or state health departments and share with them your additional safety protocols put in place.
- ▶ This virus is not going to disappear; We may need to keep these additional protocols in place for another year.



Follow basic essential safety practices



Socially distance



Wear a mask



Wash your hands

Reduce the number of participants

- ▶ Give swimmers options:



swim



defer



refund

- ▶ Set a clear deadline for decision

On refunds—Be clear and transparent in what you can offer as a refund
Credit card processing fees, some permit fees or deposits for awards/dinners/venues may not be refundable

Reduce the number of participants

- ▶ Given the nature of open water, many participants will not be local
 - ▶ Recommend anyone travelling by plane purchase refundable tickets
 - ▶ Please request they be diligent about mask wearing on planes, at rest stops, etc.
- ▶ Race Directors may have to cancel the race at a last moment if the local, state, or CDC guidelines change.



Encourage swimmers to quarantine prior to event

- ▶ While this is obviously unenforceable, encourage participants and volunteers to reduce their number of contacts the week leading up to the event whenever possible.



Cancel pre-race dinners/social events



- ▶ If a pre-race dinner is part of your normal event, offer take out/to go options or cancel.
- ▶ Reduce activities that would discourage mask wearing and/or social distancing

Update/Check your first aid kits

- ▶ Make sure that first aid kits include a resuscitation mask with a one-way valve or a resuscitation bag.



Have hand sanitizer available at check-in and finish



**SPREAD LOVE,
NOT GERMS**

Ask Questions at Check-in

- ▶ Ask all participants at check-in if they have had any contact with someone who has tested positive for COVID-19 or have had any of the following symptoms in the past 48 hours:



Taste

recent loss of taste or smell



Smell



sore throat



FEVER

fever or chills



COUGH

cough



SHORTNESS OF BREATH

shortness of breath



fatigue



HEADACHE

headache



congestion/runny nose



diarrhea



nausea or vomiting

Encourage swimmers who report such symptoms to consider withdrawing

Mandatory safety briefings

- ▶ Place this information online far in advance
- ▶ Encourage all swimmers to read, understand, and act on safety protocols.
- ▶ Include the list of check-in questions



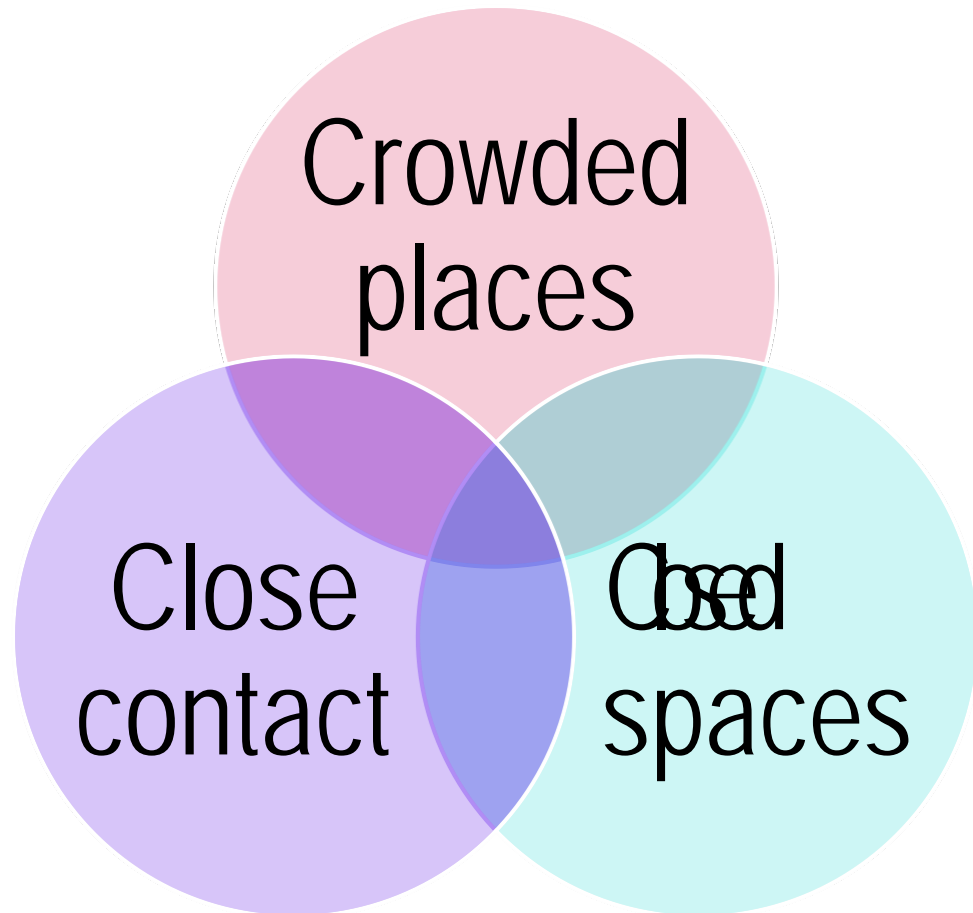
Use outdoor locations for packet pickup/race check-in





Day of Race...

Avoid the three C's



Everyone should wear a mask!

- ▶ Require all volunteers and officials to wear a mask
- ▶ Require swimmers to wear masks for
 - ▶ Check in
 - ▶ Body marking
 - ▶ Riding buses/boats to the start
 - ▶ ...up to the point where they are lined up, socially distant, for start
 - ▶ After the swim, mask back on for any post race awards and activities



All Safety/Support Staff should wear a mask! (whenever possible)

- ▶ Kayakers/SUPs should wear masks on dry land (before start/at finish)
 - ▶ They can put in a dry bag during the event, but have handy
- ▶ Powerboat personnel should wear masks whenever possible
- ▶ Have extra masks on boats for swimmers and/or a boaters that need to be escorted to the finish



Consider changing mass starts to time trial

- ▶ More distance between swimmers
- ▶ Makes it easier for boaters/kayakers to find their swimmers in escorted swims
- ▶ Eliminates the need for boaters to congregate without masks



Modify your mandatory safety briefing on race day

- ▶ Have URL (&QR code?) to full online information on sign at check-in table on race day
- ▶ Keep it short and simple on race day





Post-Race

Post-race Dinners/Social events

- ▶ Post race food should not be “serve yourself.”
 - ▶ Have servers or
 - ▶ Offer take out/to go type options
- ▶ Encourage social distancing & masks whenever possible.



Limit Selfies and Post-race Group Pictures



Try to limit contact when handing out awards

- ▶ Allow recipients to pick up awards at table.
- ▶ Take individual pictures as opposed to group shots or stagger participants.



Do not blow it during clean-up!

- ▶ As much as possible, still try to stay distant.
- ▶ Still wear masks
- ▶ The virus didn't go away when everyone else left a few to clean up!



Thank yous & Acknowledgments



Karah Nazor



Prevent. Promote. Protect.

Eric Coffee



Lowe Wilkins



Bob Bruce



