



GRIZZLY ULTRA MARATHON

COVID-19 SAFETY GUIDELINES AND RETURN TO SAFE RACING

The health and safety of all individuals in the event is a priority.

Modifications and new procedures are in place to reduce the risks to all individuals involved with the event and provide a safe return to racing. Fortunately, case studies have shown that the risk of COVID-19 transmission at an outdoor sporting event is extremely low. Regardless, the event has developed strong COVID-19 safety guidelines and operating principles in alignment with sport/industry standards, provincial health recommendations, and other events that have safely relaunched. The COVID-19 Guidelines for the event include the following measures/mitigations:

1. EDUCATION

- - COVID-19 Safety Guidelines available on Grizzly Events website
- - Updates are issued in participant e-newsletters and social media

2. SCREENING AND CONTACT TRACING

- - All athletes, staff and volunteers will complete a screening questionnaire
- - Participants agree to follow the COVID-19 Guidelines via electronic waiver
- - All participants, staff and volunteers are electronically registered for contact tracing and available immediately via phone/text/e-mail in the case immediate contact is required

3. DENSITY REDUCTION / DISTANCING

- - All venues will now be located outdoors for maximum ventilation
- - Race Check-in/Bib pick-up times have been expanded to include choice of 3 pick up dates
- - Race Check-in/Bib pick-up will be facilitated outdoors with extra spacing
- - Outdoor Event infrastructure will allow for more spacing
- - More space will be available in the Start Area
- - No mass start. Race start will be divided into waves.
- - More space will be available in the Finish Area – participants will be asked to exit immediately
- - Participants, volunteers and staff are encouraged to limit time spent inside the day lodge
- - We request that day lodge be accessed for bathroom use only
- - Participants are encouraged to come prepared to spend the day outdoors

4. ENHANCED HYGIENE

- - Face masks are recommended for start, relay tag zone and solo runner base camp area
- - Face masks are not required or recommended while on course outside of the start / finish area
- - Self-serve sanitizing stations have been added
- - Surfaces will be continuously cleaned and sanitized
- - Staff and volunteers will be provided masks and gloves to be used while in athlete-facing areas
- - Touchpoints have been reduced or removed at aid stations and other activities between participants, staff and volunteers
- - Aid stations will be limited to providing water, heed electrolyte drink and Hammer gels only
- - Post race buffet, kids indoor movie theatre and free kids run have been cancelled
- - Cups will not be provided – participants must bring their own water bottles / containers

5. PARTICIPANT SELF-RELIANCE

- - Participants are encouraged to carry hydration and nutrition with them
- - Self-serve options for water, heed and hammer gels will be available
- - Participants are encouraged to bring home prepared post-race food with them
- - At time of writing, the café located inside the day lodge is scheduled to remain open

COVID-19 SAFETY AGREEMENT FOR PARTICIPANTS, STAFF AND VOLUNTEERS

Participants, Staff, Sponsors and Volunteers agree to:

1. To comply with the event COVID-19 Guidelines.
2. To comply with all rules and regulations of the Event, and all laws, rules, regulations, policies and guidelines issued by relevant Public Health Authorities concerning matters of health and safety and specifically as they relate to COVID-19.
3. That when I attend the event, I do not have COVID-19 or any symptoms of COVID-19.
4. To provide my contact details in order to be contacted in the case of COVID-19 to assist with the contact tracing of the virus.
5. That if I contract COVID-19 as a result of attending the event, I am not entitled to any compensation and release the organizers and volunteers of any liability.
6. To symptom screening checks and will let the Organizers know if I have experienced any of the symptoms in the last 14 days.
7. To bring my own equipment, water bottles and hand sanitizer
8. To avoid physical contact with others, including shaking hands, high fives, etc.
9. To leave the finish area as quickly as possible after I finish.
10. To continue to follow social distancing protocols of staying at least 2 meters away from others.
11. To not share any equipment during the event.
12. That continued abuse of the policies and/or guidelines may result in disqualification or suspension from the event.
13. That there are risks associated with attending the event venue and/or participating in race activities.
14. To review the following **COVID-19 Screening Checklist** before attending the event.

COVID-19 SCREENING CHECKLIST

The following check list will be sent to all registered participants 7 days prior to event weekend. All racers will be required to respond electronically to the check list before race day. Participants must confirm “NO” to all the questions in the Screening Checklist. If any answers are “YES”, participants may not attend the event.

1. Do you have any of the below symptoms:

Fever
Cough
Shortness of Breath / Difficulty Breathing Sore throat
Chills
Painful swallowing
Runny Nose / Nasal Congestion
Feeling unwell / Fatigued
Nausea / Vomiting / Diarrhea Unexplained loss of appetite
Loss of sense of taste or smell
Muscle/ Joint aches
Headache
Conjunctivitis

2. Have you, or anyone in your household, travelled in the last 14 days outside of Canada to a country or region that is currently restricted for travel by the Government of Canada

3. Have you or anyone in your household been in close unprotected contact in the last 14 days with someone who is being investigated or confirmed to have a case of COVID-19?