



This document will outline a proposed amended version of the Outer Banks Triathlon to be held on Saturday, September 12, 2020. This is developed in alignment with the phased approach of returning to normal business as provided by federal & state governments. By adhering to local event size restrictions, as well as physical distancing and sanitation protocols set forth by USA Triathlon (via OSHA, WHO, CDC) the goal is to lessen risks of disease transmission so as to allow in person racing as it aligns with local circumstances.

In 2020, we will not be hosting the *Half Distance*. This means a change to one day of racing, Saturday, September 12th.

Overview:

Start, Finish at Dare County Airport, Old Swimming Hole-1 transition. area.

Friday 9/11/20-Packet pickup/Bike drop/3mile run

Saturday 9/12-

Sprint Distance Triathlon / Aqua Bike

Olympic Distance Triathlon / Aqua Bike

Duathlon (new-Run Bike Run)

EVENT OPERATIONS:

Athletes, staff, volunteers, spectators should stay home if feeling ill. Athletes should pre-monitor during the 14 days prior to the event including symptoms & temperature,

Bike drop will be night before, Friday 9/11.

Tattoo race numbers (to be self- applied) vs. body marking

Less bikes per rack

Minimized course support-carrying of own vessel encouraged

Longer check-in /PPU time for spacing

Online retail sales are encouraged vs. in person

SANITATION PROTOCOLS:

Encouraged is regular hand washing & sanitizing.

Sanitizer readily available @ restrooms, finish line, post-race food, transition, hydration/ample trash receptacles/pot-a-potties

Any/all staff & volunteers to wear masks & gloves. Frequent sanitation of any/all areas.

Promote spreading out via signage and announcements.

6ft ground markings where lines may be present

Drive through pick -up

Plastic shield for in person transactions

Directions on how to register on phone/dynamic bib assignment for late registrants.

PACKET PICK UP:

Prepackaged bags with bib/ shirt/ swag/ tattoo race numbers

Recorded race briefing via YouTube for course familiarization, reminders of non -attendance if ill or fever.

Swim warm-up practicing social distancing.

Retail sales -no try- ons, products displayed on grid board-barrier at POS.- social spacing

START AREA:

Transition access 30-45 minutes before swim start

Time –trail start from smaller, more frequent waves.

Appear at start line no more than 5 min. prior to your assigned time.

Specific spectator areas with size limits, and distancing signage.

Encourage proper distance from other athletes.

AID STATIONS BIKE:

Sprint –none

Duathlon -none

Olympic –one

Encourage self- support.

1-2 volunteers keeping ample pre-filled fluid bottles available for handoff...

2-3 tables spaced out 10-15 feet apart, (1) volunteer per table

ALL aid station volunteers to wear gloves & face coverings. If change jobs/come in contact with athlete-new gloves.

AID STATIONS RUN:

Sprint & Duathlon: -one

Olympic Distance- two

Encouraged is self- support with own hand-held vessel.

One volunteer per table with fixed job of pump operator for refill from 5 Gal. jug for refills—not bottle touch.

OR Small single serve water bottles –well spread - with recycling plan.

All volunteers to wear gloves & face coverings.

Ample cleaning /sanitation supplies

FINISH LINE:

Significantly expand the finish line-with possible” lanes” to promote flow.

Vocally encourage flow with expediter volunteers as to minimize congregation.

Water/ Gatorade handed to each athlete by gloved, masked volunteer-no self -serve.

No towels.

Finisher medals handed to athletes by gloved, masked volunteer.

Not placed around neck.

Retrieval of timings chips-dedicated volunteers requesting that athletes remove their own chip –but wear gloves mask in the instance of needed assistance.

POST-RACE FOOD:

All volunteers to wear gloves/ face coverings. Gloves changed after changing jobs or contact with an athlete.

Pre-packaged meal in bag (ie biscuit or sub & snack) to go with minimal volunteers gathered

Line of tables for good flow of pick-up, encourage safe distancing.

Additionally:

Extra sanitation supplies

Designated spectator areas and defined volunteer roles.

Medical personnel to be equipped with thermometers, extra face coverings and gloves.

Arrange plan with EMS for any discovered/suspected cases including local medical resources/ isolation location.

COURSES:

This year's 2020 swim / bike/ runs courses will again be that used in 2017(last time). This is a simplified set -up especially when it comes to (1) transition area instead of (2). This allows everything to start and finish in one area, eliminating the need for athlete shuttles. The use of Ft.Raleigh/Elizabethan Gardens and Lost Colony will not be sought this year, but hope to bring it back into the event in the future.

TRANSITION:

All bike racks will be staged on the airport tarmac. Athletes will swim in, bike out, bike in and run out of this (1) transition area to complete his/her respective distance.

SWIM:

Olympic (1500 meters) and Sprint (750 meters) distances will have same shaped courses (Sprint distance embedded in the Olympic distance) at the Swimming Hole at the Manteo Airport.

BIKE:

Olympic (24.5mi) bikes will leave transition, travel down Airport Rd. Heading N. on 64 riders will cross the bridge, turn R on Mashoes Rd. to the end. Coming back to Hwy 64/264, heading back over the bridge and back onto Airport Rd. to transition.

Sprint (13.5 mi) bikes will leave transition, travel down Airport Rd. Heading N. on 64 riders will cross the bridge. These riders will be slowed to a a 180 turn slightly prior to Mashoes Rd. and sent to head back over the bridge, to Airport Rd. to return bikes to transition.

RUN:

Olympic(10K) runners will leave transition, crossing to the W. side of Airport Rd. The path beyond the dog park will lead runners out of the airport property...onto Etheridge (Sprint turn -around), Driftwood and across 64 via Harriot to Scuppernong (Olympic Turn around).

Finish line/ med tent/food service/possible beverage garden to be at swimming hole and aquarium area.

AWARDS:

Face Book Live awards ceremony 6pm that night of the race & mailed awards or pick up available Sunday.

Portions of the above outline may be adjusted as changes in restrictions may/may not allow.