

Format for producing the Escape from Ft De Soto Event.

Event Limited to 250 athletes: In order to keep our athletes safe and maintain proper social distancing, we will cap the event at 250 athletes on race day.

Registration: Online only. No race day registration, cash exchanged, etc.

Packet Pick-up: Procedures will be altered to promote physical distancing and mitigate person-to-person contact. An outdoor packet pick-up will take place following proper “social distancing” guidelines. Masks will be required.

Giveaways: Only competition-essential materials will be included inside the race package while reducing packaging as much as possible. Essentials include: T-shirt, bib/bike/helmet numbers, and swim cap.

Timing Chips: If not disposable chips, athletes will be required to remove their own chip and place in sanitized bin near finish line.

Pre-Race Clinic: Pre-Race Clinic will take place virtually. Please see video link on Packet Pick-up page on our website.

Body-marking: We will encourage self-body-marking prior to arrival and give clear instructions.

Face Coverings: Athletes will be required to wear face coverings before and after competition. Staff and volunteers will be required to wear face coverings throughout the entire event.

Health Screening: All participants and volunteers will be required to do a self-assessment regarding their overall health in the last 14 days and asked to stay home if they have any symptoms (including fever, cough, sore throat, etc.). All attendees (staff, volunteers, athletes, spectators) will be screened upon entrance to the venue. Medical staff will be equipped with thermometers, extra face coverings and gloves. As per the CDC guidelines, if anyone has a temperature of 100.4°F or above, they will be asked to leave and seek medical attention.

Sanitize Areas: Areas will be sanitized prior to, and during the race. Hand sanitizer and hand-washing stations will be available and placed throughout the venue. Additional signage will be displayed reminding everyone to use them. Announcements will also serve as a reminder to wash hands.

We will promote Social Distancing: To promote physical distancing and mitigate person-to-person contact, we will have ample signage placed in key areas of venue encouraging physical distancing (i.e. markings on the ground and signage) around potentially crowded areas to encourage people to spread out. Announcements will also serve as reminders.

Increase Athlete Footprint in Transition: Transition will be 100% bigger. We will reduce the number of bikes per rack to 3 (normally 6/rack), thereby increasing the size and space in transition.

Time Trial or Limited Wave Start: In order to maintain social distancing, rather than the usual 30-50 athletes per wave, we will reduce the number of athletes starting at once to 2 athletes every 5 seconds.

Run Aid Stations: We will ask each athlete to bring their own water bottle for the run portion of the event. Single use 8 oz. water bottles will be available at aid stations. Please dispose of properly in containers provided on course.

Finish Line Fluids: Single-use water or electrolyte drink will be handed to athletes by staff or volunteers wearing gloves/masks. Athletes will NOT be permitted to grab their own hydration.

Finisher Medals: Medals will be wrapped in plastic. Please feel free to unwrap and wear proudly!

Food Area: Post-race food will be pre-packaged. "Grab your own bag" following proper social distancing guidelines i.e. 6' of separation, facial masks required.

Timing: We are eliminating results screens but will email results and publish results online, post-event. Timing trailer/van will be locked, and timer will not be physically available for timing questions. We will post a number to call or text with timing questions.

Awards Ceremony: (Subject to cancellation) Awards area will be increased to allow for a ceremony with proper social distancing protocols in mind. Awards will be given by staff member wearing mask and gloves.

Please contact Greg Nichols with questions: greg.cc247@gmail.com
217-246-5725