

2021 Alaska Endurance Trail Run

COVID-19 Mitigation Plan

Revision Date: 5/5/2021

General Guidelines

Glossary of people involved in the event:

- Runner: An entrant in any of the races, whether walking or running
- Volunteer: Anyone at the event to make it happen, whether working at the aid station, timing table, race directing, etc.
- Participant: All of the above, as a general reference term

Guidelines and Requirements:

- All participants will be required to wear masks when proper social distancing cannot be maintained, particularly around the start/finish area at the ski hut.
- All participants are strongly encouraged to be fully vaccinated for COVID-19.
- All participants are required to stay home if they feel ill, if they have been in close contact with someone who has tested positive for Covid-19, or if they have been diagnosed with COVID-19 in the previous 10 days.
- Pens and all other shared supplies will be sanitized between uses.
- Participants will not sharing fluids, gels, or other items with people outside of their own household.
- Participants will not spit, blow snot rockets, or purposely express bodily fluids during the event. Those needing to get rid of snot during the event should carry tissues, a handkerchief, or small towel and a small bottle of sanitizer to use after, or head well off the trail into the woods.
- Closely grouped selfies or group photos are discouraged.
- Spectators are discouraged from the Start/Finish area, but are welcome to be socially distanced along the course.

Specific Guidelines

Start/Finish Area

- Any time social distancing is not maintained in the start/finish area, masks must be properly worn. Ideally, everyone will stay socially distanced.

- During the staged starts, runners will wear mask masks and maintain social distancing. Once on the course and everyone spreads out, masks may be removed at the runner's discretion.
- When checking in at the timing table after each loop, runners will maintain social distancing, both among themselves and the timing volunteer, and will wear a mask.
- Runners are encouraged to set up their gear in the field across the start/finish area from the ski hut, widely spaced, and to avoid congregating together. This would be a good year to bring a personal tent in case it's a wet one!

Aid Station

- All participants approaching the aid station will be required to sanitize their hands before touching anything and to wear a mask.
- The aid station will have multiple tables, affording each participant the opportunity to fuel up without standing close to another person.
- The aid station will have only pre-packaged and pre-wrapped, individual items. There will be no loose items, such as a bowl of M&Ms.
- Once you touch something, take it. No exceptions.
- There will be water, Powerade, and maybe other drink items. Use is allowed only after sanitizing hands. The aid station volunteer will sanitize the container controls regularly and frequently.
- Sanitizer will be available for all participants at all times.

On the Course

- Participants are not required to wear masks when on the course, but must carry them for any situations where social distancing cannot be maintained. And everyone must wear them in the start/finish area.