



This is a general outline of the steps being taken by 4 Peaks Racing for a safe return to racing. The health and safety of our staff, volunteers and athletes has always been our top priority. During these times the sense of keeping everyone safe and healthy is even more heightened. We have worked closely with both USA Triathlon and USA Track & Field in the creation of the following protocols. Bearing in the mind that these events are held outdoors and we have the ability to limit participants we are confident of being on the low end of the risk spectrum.



WELLNESS CHECKS

All staff, volunteers and athletes will be screened for elevated temperatures upon arrival at check in area.

All staff, volunteers and athletes will be reminded to not come if they exhibit any COVID-19 symptoms within 14 days of the race.

Athletes will be verbally screened for Covid at registration



FACE MASKS

Face masks must be worn by all staff, volunteers and athletes at all times at the race site

Athletes may take off their masks while competing as long as they maintain appropriate social distancing

Once athletes finish the race face masks should be put back on as soon as practical



REDUCING SPECTATORS & VOLUNTEERS

We will be asking that spectators do not attend the event

Race will be self-supported (unless otherwise noted on event page), meaning athletes will need to carry their own water on course

No post-race medals or awards

There will be no vendors



HYGIENE

Hand sanitizer will be spread throughout the race site at check in tents, bathrooms, medical, etc.

Registration tables will be sprayed with bleach regularly

Plastic barrier at all tents where there is face to face contact



SOCIAL DISTANCING

Designated staff member to remind people to maintain social distancing

Physical reminders of 6 feet at bathrooms and check in tents



WAVE STARTS (TRIATHLON)

Stagger wave start times (10 people at a time to the start line)

Start athletes one at a time allowing 10-15 meters between swimmers

Separate start and finish lines

Physical reminders of 6 feet in start area



WAVE STARTS (RUNNING)

Stagger wave start times (40-50 people at a time to the start line)

Start athletes one at a time allowing 6-10 feet between runners

Separate start and finish lines

Physical reminders of 6 feet in start area



REDUCED TOUCHPOINTS

We have reduced as many common touch points as practical. There will be no body marking, safety pins, wetsuit removers, timing chip removal, on course water stations, post-race food/water, etc.



NO POST RACE GATHERING

In an effort to stop athletes gathering after the race there will be no post-race medals, results or awards. Once athletes finish, they will be encouraged to collect their belongings and leave