

## **TRI STATES GRAN FONDO 2020 COVID-19 Rules and Polices**

### **Introduction:**

Our number one priority is your comfort, well-being and safety. We are mindful that each of us has differing risk tolerances and feelings about the continuing COVID-19 situation. Our goal is to unite as a community of cyclists, and to foster understanding, camaraderie and respect for everyone: Our racers, our staff and members of our host communities.

Fortunately, the large start/finish staging area, and the tough nature of the race, on roads wide enough to allow safe passing, lend themselves well to compliance with COVID-19 guidelines.

Socially distanced cycling is a misnomer in many ways. While the rules/mandates do require some physical separation, sanitation and face coverings for the safety of everyone involved; our goal is to host an inspiring event which *socially connects us* and provides an opportunity to share with our fellow athletes a fantastic race as close to “normal” as possible.

We ask that you please do your part as a sign of respect to what it means to hold an event in the time of COVID and for the safety of everyone involved in this event.

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### **Before attending Tri States Gran Fondo:**

- Know the [symptoms of COVID-19](#).
- Please do not attend if you are sick or have exhibited any of these symptoms within the past two weeks.
- Please do not bring any spectators to the start/finish who are sick or have exhibited any of these symptoms within the past two weeks.
- Please do not attend if you are aware that you are, or suspect that you may be at higher risk for severe illness.
- Please also consider whether there is someone in your life who is considered high risk.

### **While traveling to and during the event:**

- Wash your hands often with soap and water for at least 20 seconds (or use alcohol-based sanitizer with at least 60% alcohol).
- Avoid close contact with others (maintain 6' physical distancing).
- Cover your mouth and nose with a cloth face cover when around others.
- Cover coughs and sneezes.
- Clean and disinfect everything.
- Avoid touching your eyes, nose, or mouth with unwashed hands.

**The following rules are in effect, and supersede anything in the event rules to the contrary:**

**WAIVERS and all pre-event paperwork:** Every participant must sign both the USAC waiver and specific COVID waiver. Please print out, fill out and sign both before arriving, and submit at check in.

**RIDER CHECK-IN:** Given the small field, we will not have check-in Friday evening. Saturday morning check-in will be at our start/finish area at Veteran's Park, 501 Hillside Drive in Mesquite. For Ultimo Fondo (full distance) 5:45-6:30am; for Gran Fondo (shorter distance) 6:30-7:15am.

Please remember social distancing applies outside also. You must wear a face covering at all times for check-in. Race staff will hand you your registration materials and cap (guaranteed only for first 40 riders who signed up); and you will turn in your USAC and COVID waivers.

**EVENT START:** All cyclists and must wear face coverings in the start area and maintain 6' distance from others. We recommend wearing a buff, as it's very easy to slide up and down with one hand. You may lower your face cover after everyone spreads out.

**DURING THE RIDE:** When overtaking another cyclist, the passing racer must cover their face until a three-bike length advantage is achieved, since the rider being passed will likely not be covered. The passer must wait to complete the pass until it is safe for them to move at least six feet to the left of the person being overtaken. The passer must continue to wear their face covering until they are at least three bike lengths ahead of the overtaken person.

**SAG STOPS:** When entering aid stations, all racers must wear a face covering at all times (except when eating/drinking and at least 6' distanced from others). There will be two tables at each aid station. The first will have pre-packaged food items (KIND and Clif bars and other miscellaneous snacks). Please do not touch anything you're not going to take. The second table will have small water bottles. Take as many as you need. The Ivins Aid Station and top of Utah Hill on the return trip will have soda or gatorade. If you'd like one, please ask the staff member and they will hand it to you. After you have your "goodies," please move forward to the LAST available trash can on your right. Please expeditiously fill up your bottles, have a drink/bite to eat (or open your snacks to make them easier to eat from your pocket), throw away your trash and move on. You can always stop farther down the course if you need more time/rest. It is important we don't have a congregation at the checkpoints that will make distancing impossible.

**FINISH LINE:** When you're finished with the ride, please raise your face cover and check-in at the Park. Our staff will hand you a cold drink and an event souvenir. Our finish area is large and there is lots of grass and shade to sit/lay down on and maintain plenty of distance from staff and riders not part of your party while you have a drink and briefly rest.