

PLANET ULTRA CYCLING 2021 COVID-19 Rules and Polices

Introduction:

Our number one priority is rider comfort, well-being and safety. Mindful that individuals have different risk tolerances and feelings about the continuing COVID-19 situation, our goal is to unite as a community of cyclists, to foster understanding, camaraderie and respect for everyone: Our riders, our staff and members of our host community.

Fortunately, the nature and size of the ride, lends itself well to compliance with COVID-19 guidelines.

Socially distanced riding is a misnomer in many ways. While the rules/mandates do require 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 ride as close to “normal” as possible.

Please understand, 2021 Planet Ultra cycling events WILL not be “business as normal”. Unfortunately, that is not yet possible.

We ask that you please do your part, as a sign of respect, for the safety and well-being of everyone involved in this event.

These Rules and Policies may be updated as the situation evolves. The final rules will be posted by Wednesday before the event. Please check back as the covid situation is fluid and may require deviation from this version.

Before attending your Planet Ultra event:

- Know the [symptoms of COVID-19](#).
- Please do not attend if you are sick or have exhibited any symptoms within the past two weeks.
- Please do not bring any spectators to the start/finish.
- 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 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. Blatant violation of any of these rules will result in DQ.

WAIVERS and all pre-event paperwork: Every participant must sign both the USAC waiver and specific COVID waiver. Both will be posted to the web page by Wednesday before the event. Please print out, fill out and sign both before arriving, and submit at check in. *There WILL NOT be extras at check in. Bring them with you, filled out and signed. No exceptions.*

RIDER CHECK-IN: Check-in will likely be outdoors, or with strict social distancing and face coverings if indoors. *If you're not staying overnight at the host hotel, please plan on spending little to no time in the host hotel building.*

Friday evening- Time and location TBD: Please remember social distancing applies both indoors and outside. *You must wear a face covering at all times.* Ride staff will hand you your registration materials and any event swag.

Saturday morning- Time and location TBD: Ride staff will hand you your registration materials and any event swag.

RIDE START: All riders must wear face coverings at the start area and maintain 6' distance from other riders. We recommend wearing a buff, as it's very easy to slide up and down with one hand, although an ear loop mask is also easy to take up and down if you get it situated right with your helmet straps.

We will assign start times, which will be emailed to you, based on your requested start time. *You must check out at that time, not before or after.* After you check out, you must IMMEDIATELY start your ride and leave the hotel property. You MAY NOT wait on hotel property for other riders. If you are late, DO NOT proceed to the checkout area. Instead, you may come to start your ride after the last rider in your wave leaves.

You may lower your face covering after you leave the hotel property.

SAG STOPS: When entering aid stations, all riders must wear a face covering at all times (except when eating/drinking and at least 6' distanced from others). We plan to have two tables at each aid station. The first will have pre-packaged food items (KIND and Clif bars and other miscellaneous snacks). We cannot offer energy powders, electrolyte pills, Ibuprofen or sunscreen during Covid. Please carry what you want/need in that regard. Please avoid touching anything you're not going to take.

The second table will have small water bottles. Take as many as you need, but the same rule applies that "you touch it, you take it." Some aid stations will have soda. If you'd like one, please ask a staff member and they will hand it to you. Please do not attempt to self serve from our coolers.

After you have your "goodies," please move away from the tables and the staff. 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 any significant congregation/gathering at the checkpoints that will make distancing impossible.* If you are at either table either eating/drinking or without your mouth and nose covered, you will be immediately DQ from the ride. Please don't put us in the position to do that. Please respect all instructions for aid station staff.

SAG RIDES: *Absent an emergency, and at the discretion of the vehicle driver, there will be no SAG rides back to the finish.* The side windows behind the front doors of two of our three vans are fixed/non-existent and the third has windows that only crack open. Accordingly, the airflow through the vehicles is limited, and insufficient per Covid guidelines. Under no circumstances will a rider be

transported without their face mask properly fitted, which must be kept on at all times in the vehicle if a ride is given.

FINISH: Upon finishing and entering hotel property (even outside), you must cover your mouth and nose. You will either check in with event staff or sign in on check-in sheets. As a courtesy to the host hotel and non-cycling guests staying there, unless you're staying at the hotel, please do not enter the building when you finish. *There is no need to rush. Your finish time for the ride will be kept to insure completion and enforce the time limits, but no times will be published.* There is no need/benefit to rushing to sign in at the finish, or being impatient at the checkpoints.

Thank you in advance for your courtesy, cooperation and compliance. Please respect these rules 100% so we're not forced into the unhappy position of DQ-ing you.