

EX2 Adventures
Socially Distanced Race Operations Plan Supplement (v1.250)
Spring Backyard Burn Trail Running Race at Workhouse Arts Center and Laurel Hill Park

Introduction

EX2 Adventures is a locally-owned small business based in Fairfax, VA. We have produced over 280 trail-based events over the past 20 years and has been hosting races at Laurel Hill since 2011. The EX2 race director, Andy Bacon, is a full-time race director and has an exceptional race operations staff to support him. This operations plan addresses specifically the changes being made to our normal operations to be compliant, or exceed, the federal, state, and local guidelines related to the coronavirus for a trail running staging out of the Workhouse Arts Center and utilizing the trails at Laurel Hill Park on March 28, 2021.

Note: Information in this plan complies with current local and state guidance as of 3/16/21. It should be assumed that if restrictions (federal, state, and/or local) are adjusted prior to the event date that impact our plan, that our event plan adjusted accordingly or our event will be cancelled.

Summary of Precautions

Aside from our normal event procedures and safety precautions, the following bullets describe changes to our procedures to enforce social distancing and minimize the risk of disease transmission.

- Participation is capped to minimize the number of people in any one location at any one time (e.g., checking in and waiting to start). Social distancing and face coverings are enforced at all times. Total participation is capped at about 350 participants people **spread across a 2-hour check-in window (4+ hours including running time) and 6+ miles of trail**, which is well below the 1,000 cap.
- Participants will start the race in small groups of 20 participants or less.
- Parking, check-in, start, and finish areas of the event will have ample room for social distancing.
- Signage will be used to remind people to wear their face coverings and stay socially distanced.
- Face coverings are required at all times when in check-in, starting, and finish areas.
- Check-in process is touchless with social distancing enforced.
- Athletes must carry a face covering during event (when running) and use when passing if ample distance is not available on the trail. If a racer doesn't have a face covering, then one will be provided to them during check-in.
- Aid stations are staffed for safety only - no water provided with the exception of one water re-fill station at the halfway point on course. Athletes are required to carry their own hydration.
- There is no post-race awards ceremony.
- Race giveaways (T-shirt and medal) and post-race food and water are grab and go only and pre-packaged.
- Athletes are not allowed to stay after race except to cool down.
- Spectators are not allowed.
- Ample restrooms (portajohns) are available to minimize queues with hand sanitizing stations. All restrooms will be sanitized once every 2 hours by EX2 staff with bleach solution or Lysol spray (both on CDC sanitation list).
- Hand sanitizer stations available at check-in, start, and finish.
- All staff and volunteers are required to wear face coverings throughout the event if anyone is present (note some people may not see any participants for some time due to the spaced out nature of the event). If they are standing by themselves on the trail, then a face covering is not required.
- All staff, volunteers, and racers will be required to self-validate that they do not have COVID symptoms or have been exposed to anyone suspected to have COVID for the 14 days leading up to event.

Event Layout

The image below shows the planned layout of the parking, check-in, starting, and finish area for the race at the Workhouse Arts Center and Laurel Hill. The race is staged out of ballfield. There is ample space for social distancing in all areas used.



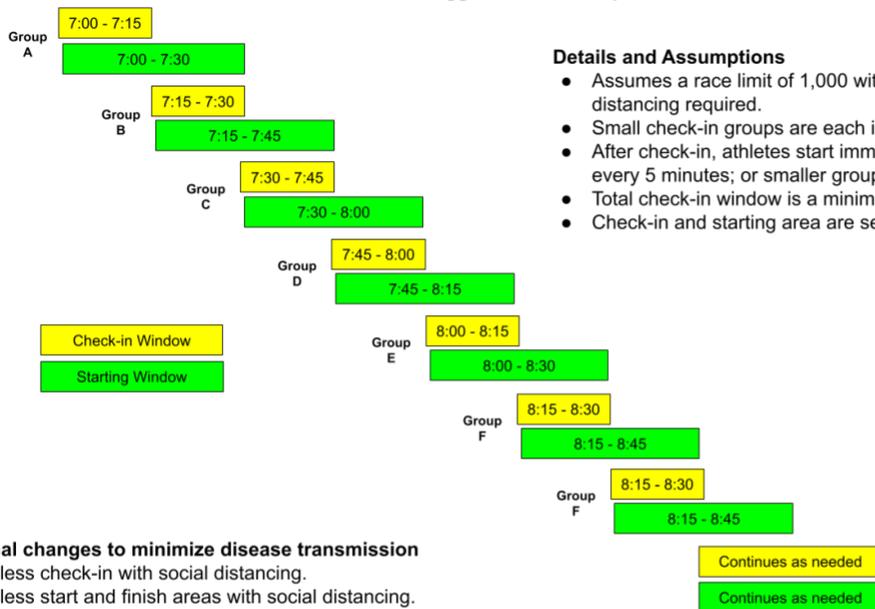
Event Parking

Event parking at the Workhouse Arts Center is in the paved parking areas to the south of the main campus buildings. In previous events, we have successfully parked over 250 cars in this area in a much narrower timeframe (about 45 minutes) than will exist for this year's event. We anticipate only approximately 150 cars for this event arriving and departing over a 5 hour timeframe. EX2 staff and volunteers will be helping racers park appropriately. Racers will be reminded by our parking staff to wear a mask when they exit their vehicle. Because of the ample parking area, we do not believe that additional special accommodations are needed to ensure social distancing is maintained. Once racers leave their vehicle to check-in, they will not return to their vehicle until after the race.

Event Check-in and Start Queues

The figure below shows the use of 15-minute check-in windows and 30-minute start windows to ensure social distancing and space out the participants along the 5 miles of trail used in the event. The check-in windows are spread across a minimum of 2 hours. Participants will be assigned a check-in window prior to the event based on anticipated pace. It will be mandatory that racers ONLY check-in during their assigned time. If racers arrive early, then they will be instructed to wait in their cars until their assigned check-in time. Groups of 20 or less will start the race every 5 minutes to help spread runners out along the course. Face coverings are required while checking in and waiting in the start queue.

EX2 Adventures Example of Socially Distanced Check-in and Start Queues Allows for Staggered Start Groups of 25 Athletes With Social Distancing



Details and Assumptions

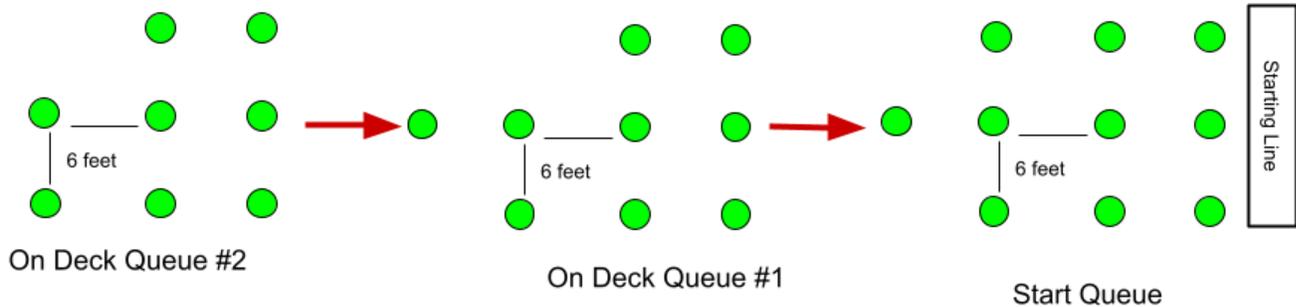
- Assumes a race limit of 1,000 with staggered starts of 25 people and social distancing required.
- Small check-in groups are each assigned a 15-minute check-in window.
- After check-in, athletes start immediately in socially distanced groups of 25 or less every 5 minutes; or smaller groups every 60 seconds (if no one in queue).
- Total check-in window is a minimum of 2 hours.
- Check-in and starting area are separate with ample social distancing space.

Operational changes to minimize disease transmission

- Touchless check-in with social distancing.
- Touchless start and finish areas with social distancing.
- Masks are required when in check-in, starting, or finish areas.
- Athletes must carry a face covering (e.g., buff) during event and use when passing if ample distance is not available on the trail.
- Aid stations are staffed for safety only - no water provided - except for one on each course. Athletes are required to carry their own hydration.
- Separated areas for check-in, start, and finish with ample room for social distancing.
- No post-race awards.
- Give-a-ways and post-race food and water are grab and go only and pre-packaged.
- Athletes are not allowed to stay after race except to cool down.
- Spectators are not allowed.
- Ample portajohns to minimize queues with hand sanitizing stations.
- Hand sanitizer stations available at check-in, start, and finish.

Check-in and Start Queue Illustration

The figure below depicts how each check-in group will progress through check-in to form start queues of 25 people or less. The entire queue of people in a check-in group can clear the check-in and start area in less than 15 minutes allowing for a buffer between groups.

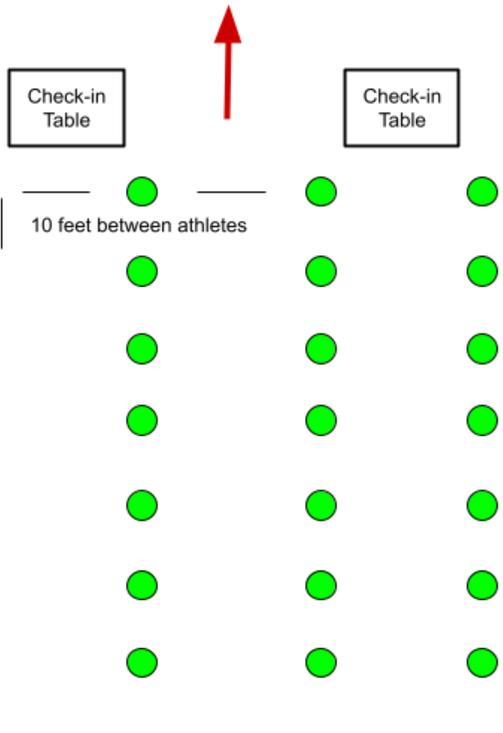


Groups of 20 or less start every 5 minutes

Example:

Check-in process takes approximately 45 seconds per person. The queue clears in less than 10 minutes.

Things will be more spaced out and fluid in actuality. *Layout will vary by park.*



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Check-in and Start Flow

Race Finish

Once a runner finishes the race, they will proceed into the area in the ballfield to cool down. Visual socially distancing cues will be placed in the field. Runners will not be allowed to stay other than to cool down and grab post-race pre-packaged food. This will keep the finish queue moving just as we kept the start queue moving. As runners leave the finish area, they will receive their finisher T-shirt, a pre-packaged food item, and a can of soda/water. Spectators are not allowed in the finish area at any time. We will enforce this by asking anyone that doesn't have a race bib (showing their number) to leave the area. Racers can use the set of portajohns near the start queue before they return to their vehicle and leave the facility.

Restroom and Sanitation Considerations

Restrooms will be located near the start queue. Racers will use the restroom, check-in, and then enter the start queue. In running events, most all racers will use the bathroom before they start. We plan to have at least 4 portajohns in that area. This will be plenty to prevent any delays in the start queues.

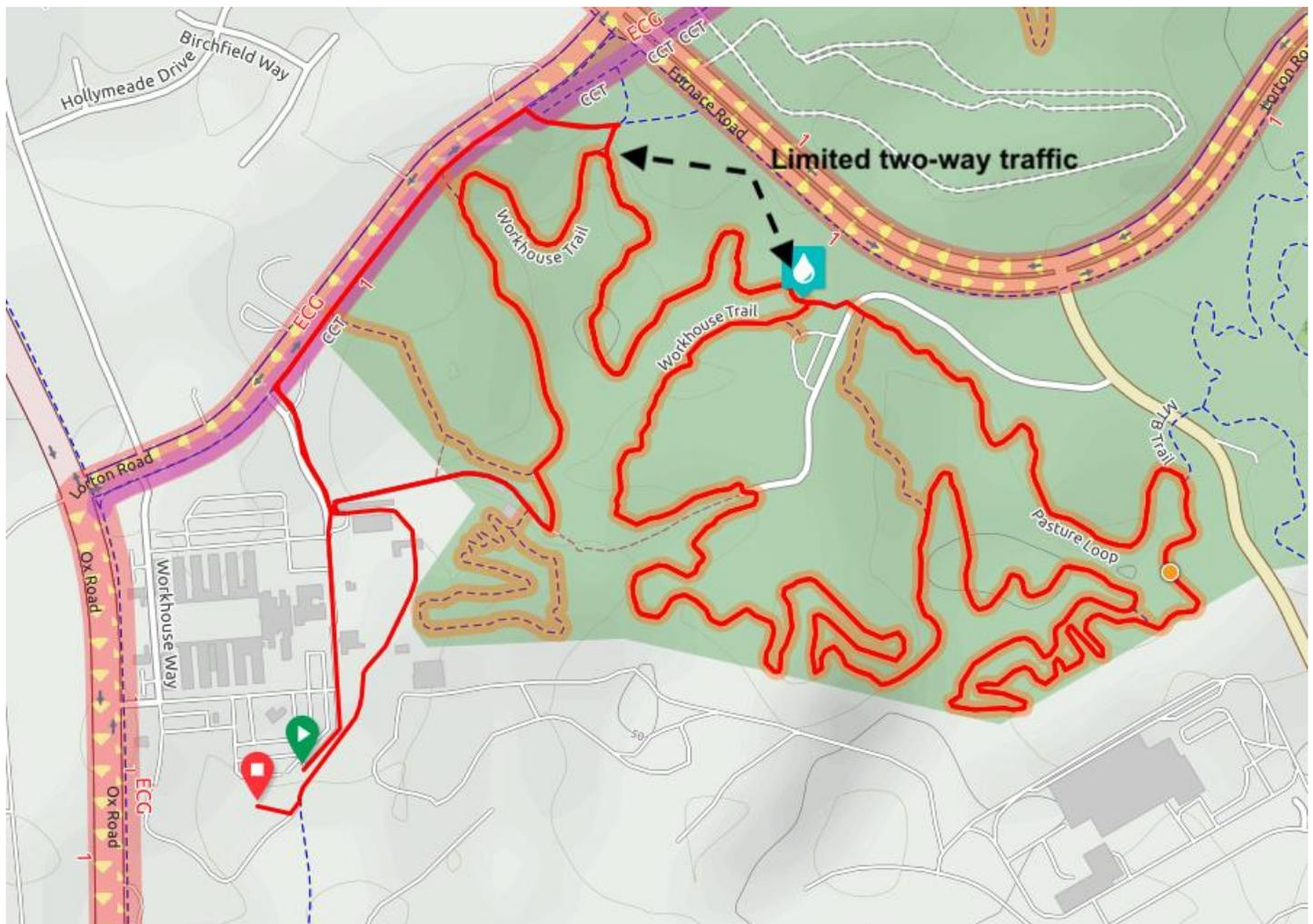
Each restroom will be sanitized by race staff every two hours using a CDC-approved disinfectant. Hand sanitizer will be available at each restroom.

In addition, any workspace (e.g., folding tables used for check-in, etc.) will also be sanitized every two hours.



Laurel Hill Race Course

Laurel Hill is a large park. The course uses a full 5+ miles of minimally overlapping paved and natural surface trail. Two-way traffic on the course is minimized by design.



Summary of Efforts to Maintain Social Distancing

At any running race, athletes and spectators normally congregate at several times during the event including check-in, in lines for the bathrooms pre-race, the starting line itself, and after the event. Occasionally, there may be groups of athletes together on the trails during the race, but because of the size of our events this isn't as much of an issue as it is in a large road race for example. Our staggered check-in procedures and start queues will drastically reduce any ability to congregate before, during, or after the race, but it won't make it impossible obviously. Because of that, we will utilize clear and redundant pre-race communications to remind racers of our protocols and expectations of social distancing throughout the event (including while running). In addition, signage and other visual cues will be used to help remind people to be conscious of their distance to other racers. As a third layer of prevention, EX2 staff and volunteers will audibly remind people to keep their distance and wear their face coverings as needed.

Point of Contact

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