

**EX2 Adventures**  
**Socially Distanced Race Operations Plan Supplement** (v1.25)  
**Rails to River XC Mountain Bike Race at Lake Fairfax Park – May 2, 2021**

**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 Lake Fairfax since 2013. 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 mountain bike race at Lake Fairfax Park on May 2, 2021.

*The Rails to River XC Mountain Bike Race is actually three different races with three different check-in and start times. The beginner race starts at 9am; the sport race at 11am, and the elite race at 2pm.*

***Note: Information in this plan complies with current local and state guidance as of 4/1/21. It should be assumed that if greater restrictions (federal, state, and/or local) are implemented prior to the event date that impact our plan, that our plan/event will be adjusted accordingly.***

**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 well below the allowable limit and **spread across 3 events, 10 hours, and 7 miles of trail.**
- Participants will start the race in small groups of 50 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.
- Riders are required to carry a face covering during the race.
- Check-in process is touchless with social distancing enforced.
- 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.
- Any post-race ceremony will comply with all state limits.
- Race giveaways and post-race food and water are grab and go only and pre-packaged.
- Spectators are strongly discouraged.
- Ample restrooms are available to minimize queues with hand sanitizing stations. All EX2 provided 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 Lake Fairfax. The race is staged out of the large pavilion. There is ample space for social distancing in all areas used.



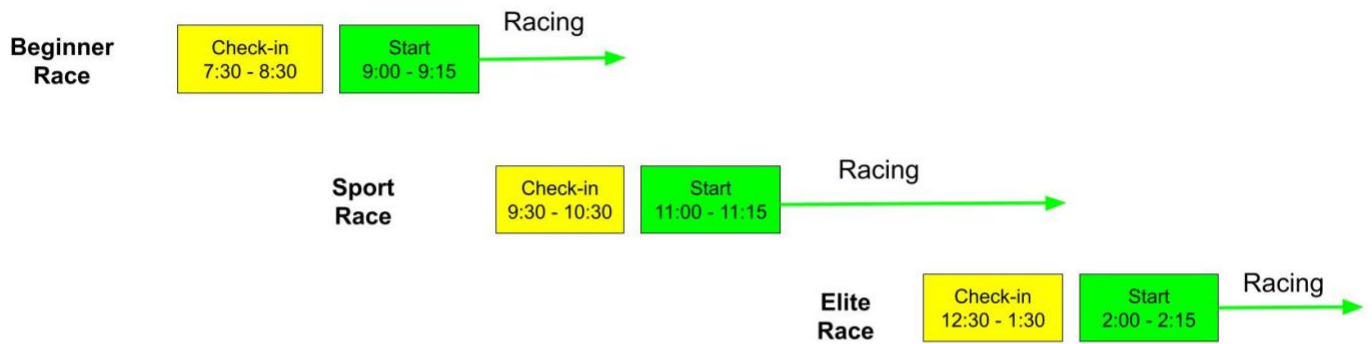
## Event Parking

Event parking at Lake Fairfax is in the grassy field in front of the large pavilion. The water mine parking lot will be used for overflow if needed. 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 10 hour timeframe. EX2 staff and volunteers will be helping racers park appropriately (keeping lines straight, appropriate distance between cars and rows, etc.). 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 Race Starting Queues

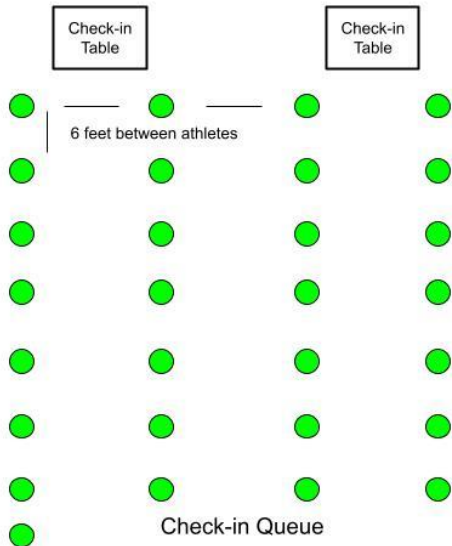
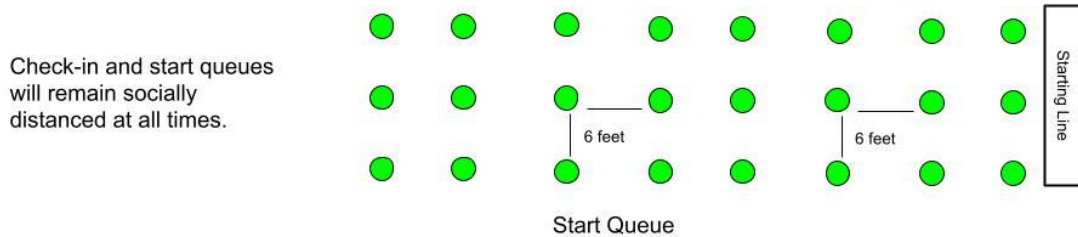
The Rails to River XC Mountain Bike Race is actually three different races with three different check-in and start times. The beginner race starts at 9am; the sport race at 11am, and the elite race at 2pm. Each race's check-in window starts 1-hour and 30 minutes before the respective race starting time. Each race will have staggered starts with 50 or less riders separated by at least 5 minutes. Face coverings are required at all times when checking in and waiting to start. The figures illustrate these queues.

**EX2 Adventures**  
**Rails to River XC Check-in and Starting Queues**



**Details and Assumptions**

- Race participation will be limited and significantly lower than state/local limits.
- Each race has its own check-in window with one hour check-in window.
- Starts will be in small groups of 50 or less riders.
- Check-in and starting area are separate with ample social distancing space.
- 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.
- 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.
- Give-a-ways and post-race food and water are grab and go only and pre-packaged.
- Spectators are not allowed.
- Ample bathrooms to minimize queues with hand sanitizing stations.
- Hand sanitizer stations available at check-in, start, and finish.



Check-in process takes approximately 45 seconds per person.

Things will be more spaced out and fluid in actuality.

### EX2 Adventures Check-in and Start Flow

#### Race Finish

Once a rider finishes the race, they will proceed into the area around the large pavilion. Signs will be placed to remind athletes to remain socially distanced and masked. As riders leave the finish area, they will receive their race swag, pre-packaged food items, and a can of soda or 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.

#### Restroom and Sanitation Considerations

Restrooms will be located in two separate areas around the large pavilion. One set of portajohns will be near the start queue area. Racers can check-in and use the restroom right before they start the race. In cycling events, most all racers will use the bathroom right before they start. Since there will be at most 50 racers in the start queue at any time, we plan to have 2 portajohns in that area to supplement the park bathrooms near the large pavilion. This will be plenty to prevent any delays in the start queues.

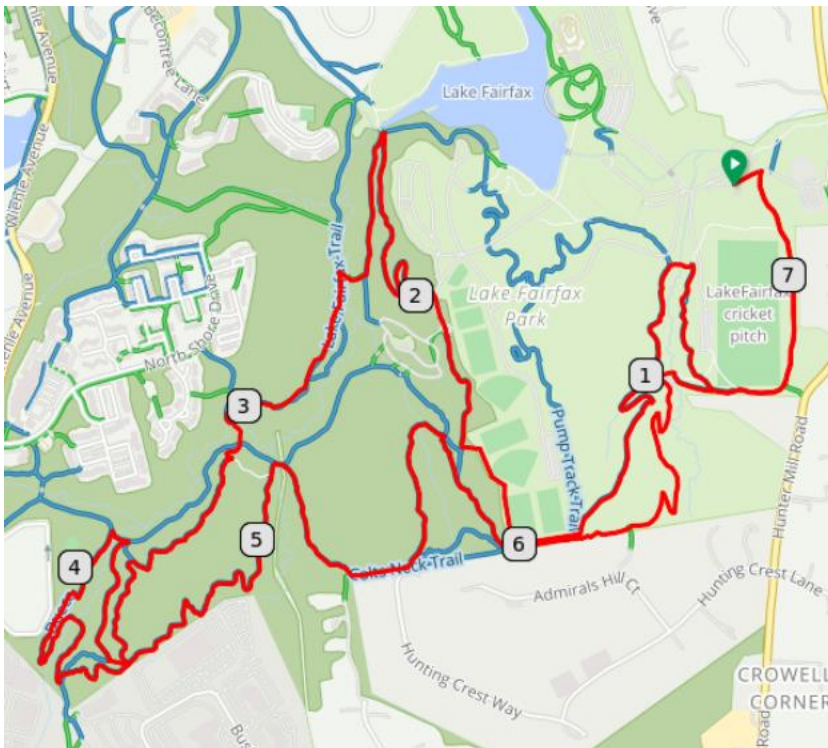
Each EX2 provided restroom will be sanitized by race staff every two hours using a CDC-approved disinfectant. Hand sanitizer will be available at each restroom.

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



### **Lake Fairfax Race Course**

Lake Fairfax is a large park. The course uses a full 7+ miles of trail with only one small section of two-way traffic on the gravel road near the large pavilion. The course uses official numbered trails that are all within the park boundaries. Signs will be posted warning other trail users of the bike race (signs will be posted one-week before the race). In addition, volunteers will be positioned at several locations on race day warning other trail users about the race.



### **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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