

EX2 Adventures

Socially Distanced Race Operations Plan Supplement (v1.2)

Backyard Burn at Fountainhead Regional Park 4/25/2021

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 Fountainhead State Park for over 15 years. 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 race at Fountainhead Regional Park on Sunday April 25, 2021.

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 a 2-hour check-in window (4+ hours including running time) and 7+ miles of trail.**
- Participants will start the race in small groups of 25 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 and provide bottled water. Athletes are encouraged to carry their own hydration.
- There is no post-race awards ceremony.
- Race giveaways (T-shirt) 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 Backyard Burn Trail Running Race. There is ample space for social distancing in all areas.



Event Parking

Event parking at Fountainhead is in the mountain bike parking lot. In previous events, we have successfully parked over 275 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. *Note: we will be posting a notice of the event on the mountain bike forums to let rides know about the event.*

Event Check-in and Start Queues

We will use 15-minute check-in windows and 30-minute start windows to ensure social distancing and space out the participants along the 7+ miles of trail used in the event. The check-in windows are spread across almost 2 hours. Participants will select an assigned a check-in window prior to the event. 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 25 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.

5 Mile Race

- 7:30am – 7:45am...5 mile race corral #1
- 7:45am – 8:00am...5 mile race corral #2
- 8:00am – 8:15am...5 mile race corral #3

8:15am – 8:30am BREAK BETWEEN RACES

10 Mile Race

- 8:30am – 8:45am...10 mile race corral #1
- 8:45am – 9:00am...10 mile race corral #2
- 9:00am – 9:15am...10 mile race corral #3

Race Finish

The finish line will be at the exit of the BROT. Once a runner finishes the race, they will proceed towards the pavilion and in the parking lot to cool down. Visual socially distancing signs will be placed in the field near the pavilion. As runners leave the finish area, they will receive their finisher T-shirt, a pre-packaged food item, and a can of soda. Spectators are not allowed in the finish area at any time.

Restroom and Sanitation Considerations

Restrooms will be located at the end of the parking area. Racers will check-in, enter the start queue, and use the restroom right before they start the race. In running events, most all racers will use the bathroom before they start. Since there will be at most 25 racers in the start queue at any time, we plan to have 4 portajohns in that area. This will be plenty to prevent any delays in the start queues.

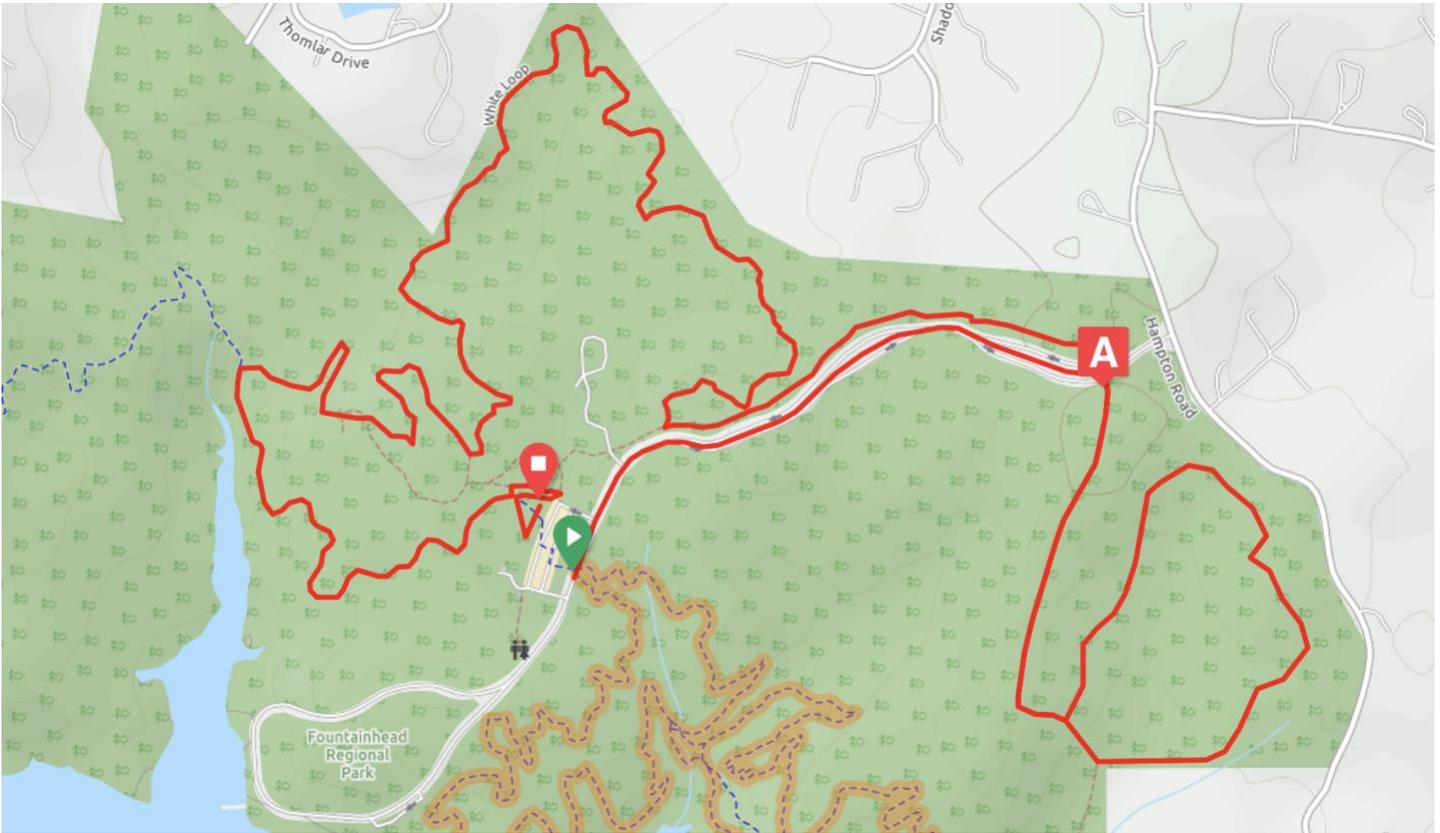
Each restroom will be sanitized by race staff every two hours using a CDC-approved disinfectant. Hand sanitizer will be available at each restroom.

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

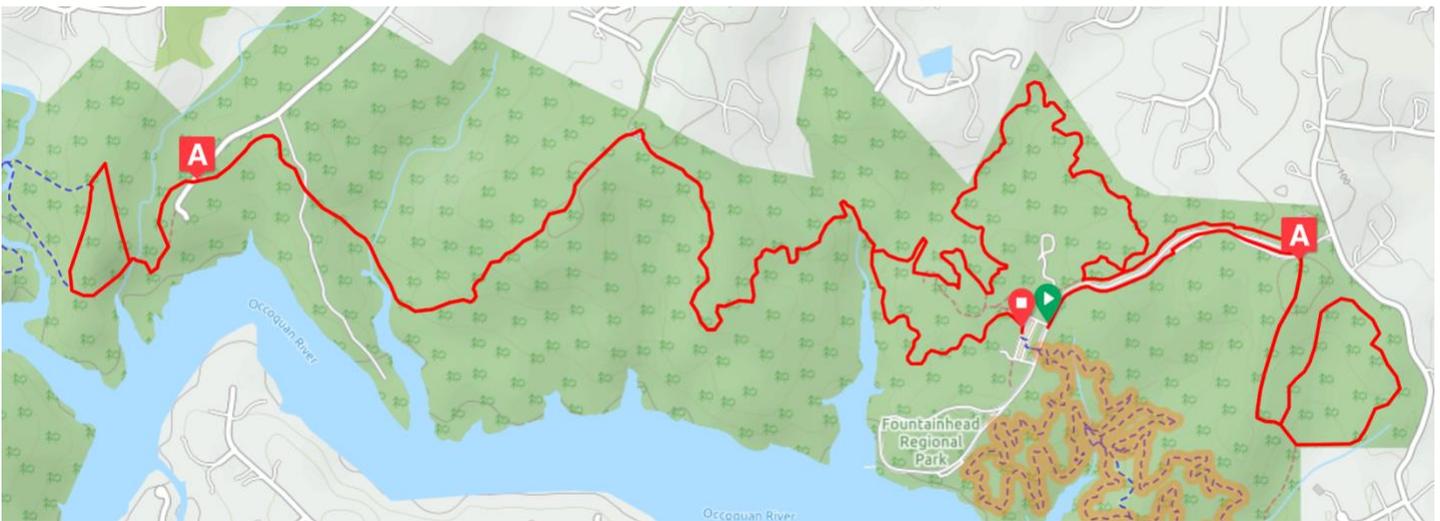
Fountainhead Race Courses

Fountainhead is a massive park. The 5-mile course starts up the park road, then does a lollypop loop on the horse trails, then crosses the park road to the white-blazed nature trail. The last half mile of the race follows the blue-blazed BROT. The 10-mile course is the same as the 5-mile course until the BROT, but then heads north on the BROT until just after Wolf Run Shoals Road. The course then returns to Fountainhead via the BROT. This section is largely the same as the EX2 Fountainhead 10K course. We are not closing the park road at any time during the event.

5 Mile Course



10 Mile Course



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

Andy Bacon

EX2 Adventures Race Director/Owner

703-338-3965

andy@ex2adventures.com