



# AMH Anchorage Cup Race Series Mitigation Plan

**Goal:** Provide a safe race atmosphere for community members and volunteers to participate in the Anchorage Cup Race Series.

All participants must follow the terms and conditions of the Mitigation Plan in order to participate.

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## Race Basics

- Race will be individual start with one person starting every 20 seconds
  - This may change in the future depending on risk levels
- Bibs will be assigned as you arrive at the venue, and won't correspond to your start time
- Racers should arrive within their start windows based on speed and distance
- Once at the start, volunteers will record start times and bib numbers
- Results will be available online later
- Awards will be awarded at the next race

## Race Day Schedule

- Step 1: Prior to departing for Kincaid: fill out COVID screening questionnaire (link to be distributed)
- Step 2: Arrive 45-60 minutes prior to your anticipated start time
- Step 3: Stop by bib table and receive a bib number
- Step 4: Warm up in the recommended area and come to the start line within your start window
- Step 5: Race!
- Step 6: As soon as you finish, put your mask back on and return the bib to the trash cans at the finish
- Step 7: Take a quick cool down and depart as soon as you can.

## PPE and Distancing

- Face coverings will be required by all individuals at the venue all times.
  - Face coverings can be removed during the race if the racer generally can maintain ten feet physical distancing at all times.
  - Racers will wear their face covering until the race starts and put it on directly after the finish.
- 6 ft physical distancing is mandatory for all individuals not in the same household
- NSAA will provide sanitizer for users; frequent use is encouraged.

## Screening

Prior to attending participants must sign a waiver of liability related to COVID-19. Participants must complete an online symptoms screening on race day, prior to each race. Anyone with symptoms will not be allowed to participate.

Information should be recorded and stored to help facilitate contact tracing of a confirmed exposure. There will be a designated individual on site responsible for monitoring and following all screening, cleaning and social distancing protocols.

### **Race Clothing during Races**

- Racer's warm ups may be placed on designated fencing or on the snow and must be separated from other racers' gear.
- Racers must return to their warm up gear immediately upon the completion of their race to gather their gear.
- For racers, face coverings must stay on until just prior race start and must be put on directly after completion of the race.

### **Food**

- Bring your own water bottle and food, there will be no sharing of food/beverage.

### **Venue and Facilities**

- All races will be held at Kincaid to allow for sufficient space for physical distancing.
- Please do not bring spectators to the race
- No inside facilities are available
- There will be portapotties available at the venue. Participants may use them at their own risk.
- After using the portapotties, please use the provided hand sanitizer.

### **Time at Venue**

- Athletes can arrive at the venue with sufficient, but not excessive, time to warm up and text wax. Estimated time necessary is 45-60min prior to race start.
- Athletes are expected to depart the venue as soon as a cool-down is completed.

### **Bibs**

- Bib handout will be conducted prior to race start. Bibs will be assigned on-site.
- After the completion of their race, athletes will remove their own bibs and place them in the provided trash cans. Volunteers will not be able to help racers remove bibs
- Bibs will sit for more than 72 hours and then washed prior to the next race

### **Refund Policy**

NSAA will be offering a temporary refund policy for the 2020-21 season due to COVID-19 precautions. If a race is canceled due to COVID, NSAA will provide participants with a refund. If participants cannot participate due to COVID, NSAA will provide them with a refund.

### **Contact Tracing Protocol**

If any active member in the program tests positive, they need to call Sara Lucey immediately: (907)748-7259. The NSAA Office will assess and notify close contacts.

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## Symptoms Checklist

*Participants will complete the Daily COVID Assessment online tool prior to their scheduled practice.*

- Have you traveled outside of Alaska within the last 14 days?
  - If the answer is yes, participants must follow [State of Alaska regulations](#).
- Have you been in close contact with someone who tested positive for COVID-19?
  - If the answer is yes, participants will be asked not to attend and follow the guidelines provided by the [State of Alaska](#).

If participant/staff/volunteer has exhibited any of the following symptoms, they will be asked not to attend:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

[Municipality of Anchorage Coronavirus Symptoms Website](#)