

**2020**

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ARAVAIPA RUNNING  
**EVENT SAFE**

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# EVENT SAFE 2020

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# EVENT SAFE INTRODUCTION

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JULY 2020



This document will outline the general steps Aravaipa is taking as a company to prepare for a safe return to in person events in the COVID-19 era. Supplemental operating plans with race specific guidelines will be provided for each event with specific site plans, course modifications, wave start times and maximum capacity numbers.

Our return to safe events includes an emphasis on the health and safety of not only our participants, but also our staff, volunteers and community.

In the creation of this plan, we have sought out feedback from an association of other race directors in our industry through the Race Director Alliance and through discussions with other permitting agencies and county health.

Our aim is to mitigate the transmission of the virus and minimize risk to the extent within our control. The outdoor nature, size and space to which these outdoor activities are conducted are on the low end of the risk spectrum when dealing with the virus.

We will continue to be adaptable and open to creative solutions to put the health and safety of participants at the forefront of our decision making while still offering important outdoor recreation opportunities that offer both physical and mental benefits needed now more than ever.

It has been a challenging year thus far. For us who are personally into endurance sports this experience has many parallels to the sport we love. Long days and nights in the mountains with many highs and lows, challenges to overcome. This may be our biggest challenge yet.

As I'm putting together this event safe plan, we are coming off our first in person event (held July 11 & 12 in Silverton, Colorado) in the past four months. We put a lot of time and care into our protocols for the safe production of that event. What we learned there is now expanded upon in this event safe plan for our future planned events for the rest of 2020.

We look forward to working together with local permitting agencies, counties and communities to reimagine how endurance events both running and biking will be held for the foreseeable future.

We know this will require additional work and sacrifice on the part of many to safely get back to holding endurance events in person, but we are committed to the challenge.

A handwritten signature in black ink, appearing to read "Jamil Coury". The signature is stylized and fluid.

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ARAVAIPA RUNNING

## MESSAGE FROM LEADERSHIP

*Jamil Coury, CEO*

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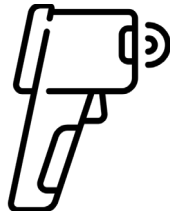






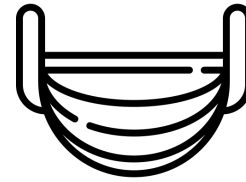
EVENT SAFE  
**GUIDELINES**





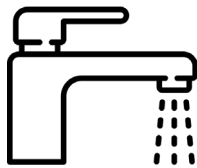
### 1. WELLNESS CHECK

- Temperature check to enter the starting corral
- Wellness check to confirm free-of-COVID-symptoms
- Agreement not to attend event if COVID positive or symptoms 14 days prior



### 2. FACE MASKS

- Face covering required by participants, staff, volunteers & spectators on site
- Participants may take off while on course as long as they can maintain distance from others
- Face coverings required at all aid stations



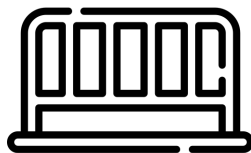
### 3. HYGIENE / SANITATION

- Hand sanitizer available throughout event
- New no-touch water dispensers available
- Prepackaged food when possible & gloved/masked volunteers for any other service required



### 4. SOCIAL DISTANCING

- Utilize systems to require social distancing
- Limited capacity in event village and on course at any given time



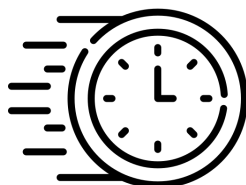
### 5. CONTROLLED EVENT VILLAGE

- New site layout to spread out impact
- Runners only permitted inside via temperature checks
- Limited capacity



### 6. REDUCE TOUCHPOINTS

- Pre-sealed race packets with bib, shirt & finisher award
- Touchless options when possible
- No communal food



### 7. WAVE STARTS

- Small size groups starting in spaced out waves (10 every 5 minutes as example)
- 6 foot separators in start corral
- Faster runners first to reduce on course passing



### 8. MODIFIED COURSES

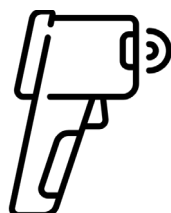
- When necessary, reduce out and back routes and cross traffic
- Create a 2nd loop to spread out participants more





## 1. WELLNESS CHECK

- Our on site medical team, MedStar Solutions will have a medical screener on site to check for elevated temperatures of all participants who enter the starting corral. They will also conduct a COVID-19 screening questionnaire.
- All participants will agree in advance not to attend the event if they test positive for COVID-19, exhibit symptoms or feel sick within 14 days prior to the event.
- Our medical team will also help ensure all participants entering our starting area are wearing masks.

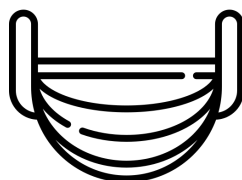






## 2. FACE MASKS

- Face covering and/or mask will be required by all participants, staff, volunteers, and spectators on site.
- Participants may take off while participating in the event on course as long as they can maintain proper social distance from others (we recommend minimum 6 feet from other runners and 10 feet from other riders).
- Participants will be asked to keep face covering on up until start.
- Face coverings are required to be worn at all aid stations if you are obtaining aid.
- Disposable face masks will be available for free for all participants on site.
- Other face covering options will be available for sale in our store.

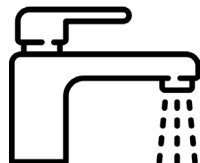






### 3. HYGIENE / SANITATION

- Hand sanitizer will be available throughout event at all aid stations, medical, check in tent and scattered throughout the event.
- New no-touch water dispensers will be available at all aid stations to reduce touch points.
- Portable restrooms will be spaced out to offer proper social distancing while waiting in line.
- All touch points will be regularly sanitized with a 10 to 1 bleach solution in sprayer.
- Our aid stations will offer repackaged food when possible & gloved/masked volunteers for any other service required







## 4. SOCIAL DISTANCING

- All attendees must practice social distancing on site, maintaining a 6 foot space between all others on site. If that becomes not possible while obtaining something from a volunteer, both people must be wearing face coverings.
- In areas where lines form (on site packet pickup, restrooms, wellness checks and lining up in the starting corral) we will mark out lines or places to stand that are 6 feet apart.
- We will limit capacity in our controlled event village and on course at any given time to reduce numbers







## 5. CONTROLLED EVENT VILLAGE

- Our event village will be separated from the parking lot area with event barricades and flagging. The controlled event village will at minimum include our start corral, finish line, timing tent and aid station.
- Only participants with their bib on and who pass our wellness check and temperature control will be admitted into this area.
- We will have a new site layout to spread out all of our tents to ensure proper social distancing.
- We will have a limited capacity in our event village. If too many people are congregating in this zone we will ask some to leave.







## 6. REDUCE TOUCHPOINTS

- As much as possible we will be reducing the touch points for our events. This all starts with packet pickup where participants pickup their bib and shirt normally. All packet pickup items including safety pins and finishers awards (except for belt buckles) will be pre-sealed in poly mailer bags for fast and easy pickup.
- We will be using plastic barriers at our packet pickup, store and timing tent.
- Touchless options when possible for hand sanitizer, water dispensing at aid stations
- No communal food out in the open. Most snacks will now be pre-packaged and single serve. For the things that are not, participants will ask our aid station volunteers who will serve on a plate or in a bag out from the back of our aid station.

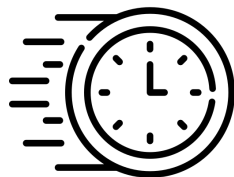






## 7. WAVE STARTS

- We are adopting a new race format indefinitely for all of our endurance events. We realize that the current mass starts are not feasible as it would be irresponsible to have people that close together.
- Small size groups starting in spaced out waves will help to keep our social distancing measures enforced and at the forefront of our event safety. Each event will be different, but we recently used waves of 10 starting every 5 minutes with success.
- We will create 6 foot separators in start corral.
- Faster runners will be seeded into earlier waves to reduce on course passing.
- A separate start corral will be created for events that are multiple loop or have runners finishing before all waves have started.







## 8. MODIFIED COURSES

- We will be modifying our race courses when necessary to reduce out and back sections on narrow trails to reduce participants passing and cross traffic on course.
- We may also introduce a longer loop or a second loop option for events to limit capacity on one given section at a given time.
- When possible we want to have runners only travel in one direction on a trail and to limit the number of people per mile to an acceptable level. Each course is unique, but with our 12 years of event experience we feel we have a good handle on where changes are necessary.





*Photo top*

*Aravaipa event crew setting up ahead of the 2020 Silverton, Colorado events the weekend of July 10 & 11.*

*Photo bottom*

*Silverton Alpine participant wearing a face mask picking up his sealed race packets for the weekend.*



## THE BIG PICTURE OF EVENT SAFETY

### OUTDOORS

#### ***Low Risk Compared to Indoors***

Outdoor transmission of the virus is measurably lower than being around others indoors. This is why many restaurants are moving to outdoor service. All of our event activities take place in outdoor environments from start to finish.

### WELLNESS

#### ***Stay Home If Sick***

By screening for those who feel sick we will reduce the chance someone is attending the event who might have the virus. If we all agree to stay home while sick we will all reduce the risk.

### WAVE STARTS

#### ***The New Format***

Wave starts will likely be the way forward for endurance events for some time. A mass start is clearly not a good idea right now and we are committed to finding a workable solution for the long run. Runners normally spread out anyways on course. This just speeds up that process.

### COURSE CAPACITY

#### ***Planning for Success***

Just as a restaurant and a retail store cycle through many people in a given day, we envision having a maximum capacity at any given time, but then cycling in new starters to serve a determined total number of participants per event.





## EVENT SAFE OUR APPROACH

*The New Normal*

We took a multi-faceted approach in developing these new event safe guidelines. From reading CDC recommendations to working with local county health leaders to joining an alliance of other race directors in our industry and speaking with other event directors who gained approval we've put together a new model for the future of endurance events.

- The **Centers for Disease Control** as of July 7 recommends for events and gatherings that are held in person to space at least 6 feet apart, wear cloth face coverings, do not share objects & move outdoors when possible. We have incorporated many of their recommendations into our plan.
- The **Race Director Alliance** (of which we are a member) developed guidelines for Trail Running Events in the COVID-19 era. This group of 8 organizations in the US encourages more self sufficiency for participants, wave starts and suggestions for aid station setup.
- **Local County Health Departments.** We worked directly with San Juan County Health on specific guidelines on capacity and other protocols specific to our events in Silverton, Colorado some of which we have now adopted in our general plan.

We will continue to work with local permitting agencies to adapt our plan and adjust over time. Our goal is to continue to operate our business and find a "new normal" in which to safely conduct endurance events.

Since the beginning of the pandemic and local shutdowns Aravaipa has already been a leader in the virtual event space serving over 5,000 participants since March. We look forward to continuing to be leaders in the return to in person events in a safe manner.

We appreciate your time in reading this plan and look forward to working together. Outdoor recreation and endurance events play a vital role in allowing people to stay in tune with nature, strong both mentally and physically, and connected with a community.



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**Aravaipa is committed to our community of athletes around the world in these challenging times.**

**Whether that is through the creation of unique virtual events that keep people connected or crafting a new way forward with in person outdoor recreation events we are optimistic about the future.**

**With creative changes to these traditional events we are confident we can hold safe events that minimize the risk of contracting the virus.**

**We continue to adapt and update our guidelines as local information changes.**

*Photo above  
A volunteer assist a runner  
with a touchless bottle fill  
up atop California Pass at  
the Silverton Alpine 50K in  
July 2020.*



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EVENT SAVE  
**2020**

*The New Normal*

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**“We can and will adapt to the challenges laid out in front of us in a safe way that still allows us to experience the outdoors.**

*-Jamil Coury, CEO*







**ARAVAIPA RUNNING**

2401 S. 24th Street  
Phoenix, AZ 85034

*Phone*  
(602) 361-7440

*Email*  
jamil@aravaiparunning.com

*Website*  
www.aravaiparunning.com

**2020**