



# Safety Standards

*COVID 19 Health and Hygiene Applications*

As a member of our running family, we want you to know that we are constantly prioritizing your health and safety. For the foreseeable future, we will be agile and flexible in our production processes and procedures to allow for seamless adjustment to changing directives from governing and permitting agencies.

We are working diligently to keep you prepared for what the future of racing may look like and what to expect as we prepare to crush PRs, overcome obstacles, and achieve goals on race day.

## WHAT TO EXPECT

Your race day experience will likely feel a bit different. There may be unfamiliar modifications to the event, but keep in mind, these changes will be in place for your safety and to provide the best event experience possible. Although some of the procedures outlined below may change based on current trends and health directives, these are the key areas we are redesigning to prioritize your health and enhance safety for all involved.

## WELLNESS SCREENINGS

1. All Motiv Staff Members and Volunteers will be asked to complete wellness screening when working onsite.
2. All participants will be asked to complete a wellness screening prior to racing.
3. Should you feel ill, if you have recently traveled to a high-risk location or think you may have been exposed to coronavirus within the past 14 days, please do your part and hang out at home. Contact us directly and we can talk you through your options.

## PREVENTION AND PROTECTION

1. Increased access to hand sanitizer and hand washing stations will be available throughout the start and finish line venues and at high touch customer service locations. We strongly urge all participants to carry personal sanitizer to help reduce gathering points.
2. Cleaning techniques will be practiced more frequently and adapted to comply with current recommendations from the California Department of Public Health (CDPH), the Centers for Disease Control (CDC) and World Health Organization (WHO) as it relates to Covid-19.
3. Motiv Team Members and Volunteers will follow current state and local guidelines as it relates to face coverings and practice frequent hand washing in line with CDC guidelines. Disposable gloves will be available where applicable.
4. All participants will be asked to follow current state and local guidelines as it relates to face coverings.
5. Common sense personal hygiene recommendations reign true - please wash your hands often, for 20 seconds or more, and cover any coughs or sneezes. Please refrain from clearing your nose or spitting on the ground when around others.

## PHYSICAL DISTANCING

1. We are re-evaluating our venue footprints and points of service to reduce contact.
2. Race packets will be available via mail (Race Day Packet Pickup will be offered at very limited quantities). Information will be communicated well in advance to allow you to plan.
3. Lines and queues will follow current recommendations as it relates to social distancing.
4. Key transaction points will likely have some form of separation between the participant and staff member to allow for increased distancing.

## START/FINISH LINE MODIFICATIONS

1. As we work through the intricacies of the start line, you will likely see a more controlled start line area with designated access points to prevent overcrowding and allow for more space. Corrals will allow for a minimum of three feet between participants.
2. Where possible, a flexible and expanded rolling start along with assigned start times, may be assigned to help reduce density. Please do not start earlier than your assigned race. This will be determined based on the most current local and state regulations.
3. Once you cross the finish line, participants are encouraged to wear a face covering, retrieve their recovery fuel and immediately exit the area.

## POINTS OF SERVICE - TOUCHLESS

1. Motiv events will be going cashless. ApplePay, GooglePay, credit cards and more will be available as payment options.
2. Participant tee shirts will be pre-wrapped. Out of an abundance of caution, tee shirt exchanges will not be offered for the foreseeable future. Please double check your sizing at least 6 weeks before the event.
3. To further reduce touchpoints, all merchandise sales will be final - no exchanges or refunds can be accommodated.

## COURSE SUPPORT

1. Aid stations are being designed to allow for more space, reduce interaction between runners and event staff, and feature more individually wrapped products.
2. We encourage the use of personal hydration packs! Avoid the lines, help reduce crowding and reduce your use all in one go!
3. Relief stations on course may be repositioned to allow for more space between stops.

## RACE DAY ACTIVITIES

1. Pre and post-race activities and festivals will be limited as we continue to navigate these waters. We will communicate any new info through email, on our websites and social channels.
2. Award ceremonies will not occur on-site. Top finishers will receive their award post-race via mail.
3. Limited food service will be available onsite. We will have a list of local dining options open and ready to see you!
4. Active beer gardens will be evaluated based on the rules and guidance provided by local authorities and officials.
5. Gear check will be very limited to reduce gathering points.

## YOUR COMMITMENT

As part of our commitment to health and safety, we kindly ask that our community of runners do their part to help us return to the racing field safely. By committing to the Motiv Community Code of Conduct, you are doing your part to make the participant experience a safe one.

Motiv Community Code of Conduct:

1. I recognize the event experience will be different and will do my best to be extra patient and kind to my fellow participants, event staff and volunteers.
2. I will read and familiarize myself with the information provided to me. Race day will look different and I

will be prepared.

- 3.** I will show up on time and follow the schedule provided by the Motiv Team.
- 4.** I will actively read all signage and follow the guidance they provide.
- 5.** I will refrain from visiting the venue or participating in the race if I or someone I have been in contact with anyone who has been diagnosed with COVID-19.
- 6.** I will refrain from visiting the venue or participating in the race if I have symptoms such as fever, chills, muscle aches, dry cough, loss of taste or smell, shortness of breath, or difficulty breathing.
- 7.** I will follow current recommendations regarding social distancing and face coverings and be respectful of others.
- 8.** I will wash and/or sanitize my hands as prescribed by local health authorities.
- 9.** I will refrain from entering closed-off areas or not following the paths outlined for me.
- 10.** I will practice common sense judgement when it comes to the health and safety of myself and those around me. If I am unsure or have a question, I will ask a staff member.
- 11.** I will have fun!