

Phase 2 and 3 outdoor bicycle, running, cross country skiing, and non-motorized boating: races, tours, and rides

COVID-19 Reopening Requirements

Included here:

Races, bicycle tours and rides, runs, cross country skiing races, biathlons, canoe and kayak races, marathons, cross country running competitions, triathlons, and multi-sport competitions with more than 12 participants.

Not included here:

Sporting activities and outdoor group fitness classes. Also not included under these guidelines are “fun runs” without participant timing or “charity walks.” Except as otherwise specified in this guidance, indoor competitive sporting activities or races, such as professional, amateur, or organized team sports and outdoor group fitness classes should follow the guidance for [Professional Sports and Other Sporting Activities](#).

All outdoor bicycle, running and non-motorized boating: races, bike tours, cross country skiing races, , and rides operating during Phase 2 and Phase 3 must adopt a written procedure for employee safety and customer interaction that is at least as protective as this procedure and complies with the safety and health requirements below.

Activity operation requirements

Phase 2:

- Organizers are recommended to offer a virtual option, if a virtual option can be achieved in a safe manner, for participants who would like to participate on their own and not share a common course with other participants and would prefer a virtual course of their own choosing.
- All pre-registration must occur online. No same day in-person registration is allowed.
- It is recommended that bib numbers and activities packets are mailed to participants prior to the activity. If it is not practical to mail bib numbers and packets pick-up operations should include strategies to stagger pick-up times, reduce congregation, and ensure 6-foot distancing in any cue lines.
- Starting waves of 10 participants or less must be used with no more than one wave starting every minute and no more than 200 total participants starting per hour. No more than 3 consecutive hours of starting waves allowed per day. Waves should be sequenced by pace with faster racers going first, then working towards the slower racers to reduce likelihood for congestion or passing on the course. The starting area is limited to no more than 50 participants at any time awaiting their staggered starts. Participants waiting for their start time must maintain at least six feet of distance from all other people and wear face coverings until their race begins. Additional participants must wait in their vehicles or away from the course until their start time approaches.
- Employees and volunteers necessary to supervise the event are not considered “participants” for the sake of calculating starting waves and are allowed as needed. Employees and volunteers must wear facial coverings and maintain physical distance in compliance with current guidelines.
- Participants must make an effort to remain 6 feet from other participants on the course as much as

possible. If participants need to pass another participant they need to pass them in a manner that is safe and makes the moment of passage as brief as reasonably possible. Similarly if a participant is being passed that participant must allow for passing such that distance between participants can be achieved in as brief amount of time as reasonably possible.

- Spectators are not allowed. A member of the same household of a participant or a coach may provide support for a participant along the activity area including providing hydration and nutrition supplies, gear replacement and repair, or trash disposal in locations other than the activity-crew supported hydration and nutrition stations. The support person must always remain at least 6 feet away from all people aside from their athlete and may not visit the start or finish to avoid congestion or crowding in these areas.
- No congregation of more than 5 people allowed at hydration and nutrition stations at any one time. Participants must obtain hydration and nutrition supplies and then proceed. Hydration and nutrition station crews must maintain 6 foot separation from participants, and each other at all times as much as reasonably possible and wear facial coverings.
- No congregation allowed at the activity start or finish area. Participants must leave the activity area when finished. No exhibitors, food vendors, beer gardens, awards ceremonies, or after party activities allowed in the activity start or finish area.
- Lines at portable toilets must be managed such that there is at least 6 foot of distance between all participants waiting in lines. The race must provide a hand washing station or hand sanitizer at all restroom stations.
- Organizers must retain registration data for 30 days after the activity in order to aid possible contact tracing.

Phase 3:

All the same guidelines as Phase 2 must be adhered to with these exceptions:

- Starting waves of 15 participants or less must be used with no more than one wave started every minute and no more than 300 total participants started per hour. No more than 3 consecutive hours of starting waves allowed per day. Waves should be sequenced by pace with faster racers going first, then working towards the slower racers to reduce likelihood for congestion or passing on the course. The starting area is limited to no more than 100 participants at any time awaiting their staggered starts. Participants waiting for their start time must maintain at least six feet of distance from all other people and wear face coverings until their race begins. Additional participants must wait in their vehicles or away from the course until their start time approaches.
- Spectators are not allowed, except for spectators of the same household along the activity course but not at the start area or finish area. Spectators of the same household must remain at least six feet distanced from other spectators outside their household. A member of the same household of a participant may provide support for a participant along the activity area including providing hydration and nutrition supplies, gear replacement and repair, or trash disposal in locations other than the activity-crew supported hydration and nutrition stations. The support person must always remain at least 6 feet away from all people aside from their athlete and may not visit the start or finish line to avoid congestion or crowding in these areas.

Safety and Health Requirements

All outdoor bicycle, running and non-motorized boating: races, tours, and rides operating during Phase 2 or Phase 3 have a general obligation to keep a safe and healthy facility in accordance with state and federal law and safety and health rules for a variety of workplace hazards. In addition, they must comply with the following COVID-19 worksite-specific safety practices, as outlined in the Governor's "Safe Start"

Proclamation 20-25, and in accordance with the Washington State Department of Labor & Industries [General Requirements and Prevention Ideas for Workplaces](#) and the Washington State Department of Health [Workplace and Employer Resources & Recommendations](#).

Employers must specifically ensure operations follow the main L&I COVID-19 requirements to protect workers, including:

- Educate workers and volunteers in the language they understand best about coronavirus and how to prevent transmission and the employer's COVID-19 policies.
- Maintain minimum six-foot separation between all employees (and participants) in all interactions at all times. When strict physical distancing is not feasible for a specific task, other prevention measures are required, such as use of barriers, minimize staff or customers in narrow or enclosed areas, stagger breaks, and work shift starts.
- Provide (at no cost to employees) and require the wearing of personal protective equipment (PPE) such as gloves, goggles, face shields and face masks as appropriate or required for the work activity being performed. Cloth facial coverings must be worn by every employee not working alone on the jobsite unless their exposure dictates a higher level of protection under Department of Labor & Industries safety and health rules and guidance.
- Exceptions to this requirement for cloth face coverings include: when working alone in an office, vehicle, or at a job site; if the individual is deaf or hard of hearing, and is communicating with someone who relies on language cues such as facial markers and expression and mouth movements as a part of communication; if the individual has a medical condition or disability that makes wearing a facial covering inappropriate; or when the job has no in-person interaction.
- Refer to [Washington Coronavirus Hazard Considerations for Employers \(except COVID-19 care in hospitals & clinics\) Face Coverings, Masks, and Respirator Choices](#) for additional details. Cloth face coverings are described in the [Department of Health guidance](#).
- Ensure frequent and adequate hand washing with adequate maintenance of supplies. Use disposable gloves where safe and applicable to prevent transmission on tools or other items that are shared.
- Establish a housekeeping schedule that includes frequent cleaning and sanitizing with a particular emphasis on commonly touched surfaces.
- Screen employees and volunteers for signs/symptoms of COVID-19 at the start of their shift. Make sure sick employees stay home or immediately go home if they feel or appear sick. Cordon off any areas where an employee with probable or confirmed COVID-19 illness worked, touched surfaces, etc. until the area and equipment is cleaned and sanitized. Follow the [cleaning guidelines set by the CDC](#) to deep clean and sanitize.
- Post a sign at the activity site so that it is immediately noticeable to all participants that requires participants to wear cloth facial coverings. All participants must adhere to the requirements of the Secretary of Health's [Order 20-03](#), unless they are exempt from the requirement. People who are engaged in high intensity activities, such as strenuous indoor fitness, training, recreation, and sporting activities, may not be able to wear a cloth face covering if it causes difficulty breathing while exercising. Participants who remove their cloth facial coverings to exercise must wear them at all other times including immediately before and immediately after exercise.

A site-specific COVID-19 supervisor shall be designated by the employer at each job site to monitor the health of employees and enforce the COVID-19 job site safety plan, including occupancy limits and sanitation protocols. A designated COVID-19 supervisor must be an employee for outdoor bicycle, running and non-motorized boating: races, tours, and rides operating during Phase 2 and Phase 3, unless the event is an all-volunteer run event, in which case the COVID-19 supervisor can be volunteer.

A worker may refuse to perform unsafe work, including hazards created by COVID-19. It is unlawful for an employer to take adverse action against a worker who has engaged in safety-protected activities under the law if the individual's work refusal meets certain requirements. Information is available in these publications: [Safety and Health Discrimination in the Workplace brochure](#) and [Spanish Safety and Health Discrimination brochure](#).

Employees who choose to remove themselves from a worksite because they do not believe it is safe to work due to the risk of COVID-19 exposure may have access to certain leave or unemployment benefits. Employers must provide high-risk individuals covered by Proclamation 20-46 with their choice of access to available employer-granted accrued leave or unemployment benefits if an alternative work arrangement is not feasible.

Other employees may have access to expanded family and medical leave included in the Families First Coronavirus Response Act, unemployment benefits, or other paid time off depending on the circumstances. Additional information is available at [Novel Coronavirus Outbreak \(COVID-19\) Resources](#) and [Paid Leave under the WA Family Care Act and the Families First Coronavirus Response Act](#).

No outdoor bicycle, running and non-motorized boating: races, tours, and rides may operate until it can meet and maintain all the requirements in this document, including providing materials, schedules and equipment required to comply. Additional considerations may be adopted, as appropriate.

All issues regarding worker safety and health are subject to enforcement action under L&I's Division of Occupational Safety and Health (DOSH).

- Employers can request COVID-19 [prevention advice and help](#) from L&I's Division of Occupational Safety and Health (DOSH).
- Employee Workplace safety and health complaints may be submitted to the L&I DOSH Safety Call Center: (1-800-423-7233) or via e-mail to adag235@lni.wa.gov.
- General questions about how to comply with the agreement practices can be submitted to the state's Business Response Center at : <https://coronavirus.wa.gov/how-you-can-help/covid-19-business-and-worker-inquiries>.
- All other violations related to Proclamation 20-25 can be submitted at <https://coronavirus.wa.gov/report-safe-start-violation>.

Planning considerations:

Prior to reopening, all outdoor bicycle, running and non-motorized boating: races, tours, rides are required to develop for each activity a comprehensive COVID-19 exposure control, mitigation and recovery plan. The plan must include policies regarding the following control measures: PPE utilization; on-location physical distancing; hygiene; sanitation; symptom monitoring; incident reporting; location disinfection procedures; COVID-19 safety training; exposure response procedures and a post-exposure incident project-wide recovery plan. A copy of the plan must be available at the location and available for inspection by state and local authorities.

Safety Briefing Responsibility

1. The facility is responsible for providing a safety briefing at the beginning of outdoor bicycle, running and non-motorized boating: races, tours, and rides to emphasize the protective measures for everyone to include maintaining physical distancing, sanitation protocols, and pre-session screening. Alternatively, a safety video can be shared and emailed to the client prior to the scheduled appointment, or played for the group. Each client will sign a waiver of consent and commitment to the activity's reopening policies prior to their scheduled participation time.

Pre-Activity Screening

2. Place signage at activity site to instruct participants that they cannot participate if they have been diagnosed with COVID-19 (have not recovered or are still within the required 10-day isolation period), had symptoms of COVID-19 (within the last 24 hours), or had contact with a person that has or is suspected to have COVID-19 (within the last 14 days).
3. An activity organizer may employ a COVID-19 safety monitor to conduct a temperature screening and/or questionnaire of participants.
4. For activities that take reservations: On-line or phone reservation systems to pre-pay and limit interactions are recommended.

Safety and physical distancing practices

5. All outdoor bicycle, running and non-motorized boating: races, tours, and rides will employ one site-specific COVID-19 supervisor and additional safety monitors if needed, trained in the Washington State guidelines contained here, to ensure physical distancing, implement hygiene protocols, and ensure face covering requirements are adhered to during all hours of operations. This may require assigned safety monitors.
6. Physical distancing guidelines of at least six feet of separation must be maintained by every person in the activity at all times to the greatest extent possible. Each activity will have a physical distancing plan that explains where participants can be at a given time at the activity location. The facility's or race's COVID-19 supervisor is responsible for ensuring physical distancing guidelines are maintained.
7. Congregations of no more than five people will be allowed in the activity location, and only if physical distancing may be maintained.

Sanitation Protocols

8. Ensure portable restrooms are frequently cleaned and appropriately disinfected throughout the day. Handwashing or hand sanitizing stations
9. Participants should to bring their own water bottles. Congregating at water bottle filling stations shall be limited.
10. Hand sanitizer with at least 60% alcohol must be available and distributed throughout the activity.
11. Equipment will be sanitized immediately after each use. Sanitation spray or wipes will be dispersed throughout the activity. Regularly sanitize common surfaces, score posting kiosks, and other frequently touched surfaces including employee used equipment.
12. For guidance on choosing safer disinfectants: [Safer Cleaning, Sanitizing and Disinfecting Strategies to Reduce and Prevent COVID-19 Transmission, UWDEOHS](#)

Employee Protection

13. Screen all employees and trainers reporting to work for COVID-19 symptoms with the following questions:
 - Have you been in close contact with a confirmed case of COVID-19?
 - Are you experiencing a cough, shortness of breath, or sore throat?
 - Have you had a fever in the last 48 hours?
 - Have you had a loss of taste or smell?
 - Have you had vomiting or diarrhea in the last 24 hours?
14. Ask employees to take their temperature at home prior to arriving at the business, or take their temperature when they arrive. Thermometers used at the facility shall be 'no touch' or 'no contact'

to the greatest extent possible. If a 'no touch' or 'no contact' thermometer is not available, the thermometer must be properly sanitized and disinfected between each use. Any employee or trainer with a temperature of 100.4°F or higher is considered to have a fever and must be sent home.

15. Staff must be sent home if they're sick or feel sick. If an employee or trainer reports feeling sick and goes home, the area where the person worked should be immediately disinfected.
16. Staff must wear employer provided face coverings and other personal protection items as required by the Washington State Department of Labor & Industries. Facility owners should provide training on personal protective equipment in accordance with the Washington State Department of Labor & Industries guidelines.
17. Staff must wash hands frequently with soap and water and use hand sanitizer.
18. If a staff member or trainer is confirmed to have COVID-19, facility owners should inform staff and trainers of their possible exposure but maintain confidentiality as required by the Americans with Disabilities Act. The facility owner should instruct employees and trainers how to proceed based on the CDC Public Health Recommendations for Community-related Exposure.