

Racing non-motorized and motorized COVID-19 Requirements

Summary of January 2021 changes:

- Racing separated out into a standalone document
- New Phase 1 and Phase 2 requirements.
- Safety and health requirements updated to current language for all outdoor recreation at the end of the document.

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
- Go-kart Tracks, ORV/motocross facilities, participant-only motorsports facilities and racetracks, regardless of whether facilities are being used for racing or practice

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 should follow the guidance for [Professional Sports and Other Sporting Activities](#).

All related businesses and organization must adopt a written procedure for employee safety and customer interaction that is at least as strict as this procedure and complies with the safety and health requirements below, including recreation-specific guidance.

Outdoor bicycle, running, cross country skiing, and non-motorized boating: races, tours, and rides

COVID-19 REQUIREMENTS AND RECOMMENDATIONS

Activity operation requirements

In all phases:

- 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.
- Pre-registration online is strongly recommended. Same day in-person registration must be limited and ensure 6-foot distancing in any cue lines.
- 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.
- 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.
- 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 28 days after the activity in order to aid possible contact tracing.
- Ensure portable restrooms are frequently cleaned and appropriately disinfected throughout the day. Handwashing or hand sanitizing stations
- Participants should to bring their own water bottles. Congregating at water bottle filling stations shall be limited.
- 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.
- 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).

Phase 1:

- 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.
- 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.

Phase 2:

- Starting waves of 30 participants or less must be used with no more than one wave started every minute and no more than 500 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 limited to groups of 15 from no more than 2 households and total spectators limited to a maximum of 200 at either start or finish areas. Spectators must remain at least six feet distanced from other spectators outside their household. Each participant may have one designated person to 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.

Go-kart Tracks, ORV/Motocross Facilities, Participant-only Motorsports and racetracks

RESTART COVID-19 REQUIREMENTS AND RECOMMENDATIONS

Track Operations

Businesses planning to reopen must comply with the following:

1. Utilize on-line or phone time reservation systems to pre-pay and limit interactions where possible. Utilizing non-cash payments and credit cards to limit interactions is recommended.
2. Regularly sanitize counter tops, door knobs, other common surfaces, cash registers, kiosks, and other frequently touched surfaces including employee used equipment.
3. One-on-one instruction with physical distancing is permitted.
4. Install signage to discourage group congregation, or to limit numbers of people in a certain areas around the track.
5. Ask users to leave the facility after they are done to eliminate congestion/gathering on the property or in the parking lot.

Other Facility Operations

6. Increase the number of hand sanitizing stations throughout the facility.
7. Ensure restrooms are frequently cleaned and appropriately sanitized throughout the day.
8. Food and beverage service subject to current regional guidance restrictions. Pro shops and retail subject to current regional retail guidance restrictions.

Phase1:

- For races, as long as an event organizer can have protocols in place to ensure no large gatherings (ex. scoreboard area, clubhouse, registration, etc.), organizations can conduct a race event. Any event must comply with all other provisions of this document.
- No additional spectators are allowed beyond participants and their household members who have travelled together. Spectator camping, spectator events and spectator races are not

allowed. Participants must practice physical distancing when awaiting a race or use of the facility and must leave when it is completed. No overnight camping is allowed, except for participants and their household members who have travelled together.

Phase 2:

- For races a maximum 200 people allowed at competitions, including spectators.

Safety and Health Requirements for all related activities in all phases

Non-essential travel such as out-of-state team or individual travel for sporting activities are subject to quarantines as detailed in the [Governor's Travel Advisory](#).

Stay home when sick or if a close contact of someone with COVID-19

Athletes, coaches, spectators and any other paid or volunteer staff should be required to stay home if they feel unwell, show any signs of COVID-19, or are a close contact of a confirmed case. All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening should consider [symptoms listed by the CDC](#). Any person with symptoms of COVID-19 or who is a close contact of someone with confirmed COVID-19 should not be allowed to participate and should contact his or her primary care provider or other appropriate health-care professional.

Those who are excluded from training or contests due to [COVID-19 symptoms](#) or because they are [close contacts](#) must follow DOH and local public health isolation and quarantine guidance before returning to training or contests.

People with underlying health conditions should consult with their medical provider regarding participation in athletic activities.

Masks

Masks required for all athletes/participants. Coaches, trainers, managers, spotters, and any other paid or volunteer staff must wear face coverings at all times.

Physical Distance

Physical distance of 6 feet must be maintained between staff, volunteers, and any spectators at all times with exceptions for training and medical personnel and volunteers performing their medical duties. Six feet of distance must be maintained among athletes when not engaged in sporting activities, huddles and team meetings must be physically distanced.

Hygiene

Require athletes, coaches, umpires/referees and any other paid or volunteer staff to practice good hygiene including washing their hands frequently and covering their sneezes and coughs. Wash hands often with soap and water for at least 20 seconds before and after practice, especially after touching shared objects or blowing your nose, coughing, or sneezing. Avoid touching your eyes, nose, and mouth. If soap and water are not readily available, use a hand sanitizer that contains 60-95% alcohol content. Cover all surfaces of your hands and rub them together until they are dry. Athletes should not share water bottles, uniforms, towels, or snacks and should not spit (saliva, sunflower seeds, etc.).

Provide handwashing or hand sanitizing stations at training and contest locations.

Limit the use of locker rooms to handwashing and restroom use only. Showers should not be used due to potential spread of aerosolized droplets. If use of locker rooms for changing is necessary, maximize

ventilation and use tape, spots, or cones to signal 6 feet of distance for athletes who need to change. If locker rooms are used cleaning protocols must be included in the sporting activity safety plan. Stagger entry to the changing area and use of these facilities as appropriate with members of the same team or training cohort only. Limit occupancy of the locker rooms to avoid crowding.

Cleaning

Clean high touch surfaces and disinfect shared equipment before and after each use. Ensure restrooms are cleaned and disinfected regularly. Current CDC guidance for cleaning and disinfection for COVID-19 states that disinfectants should be registered by the EPA for use against the COVID-19. Find the current list here: [List N: Disinfectants for Use Against SARS-CoV-2 \(COVID-19\)](#). Disinfectants based on hydrogen peroxide or alcohol are safer than harsher chemicals. The University of Washington has a [handout with options for safer cleaning and disinfecting products that work well against COVID-19](#).

Ventilation

Ventilation is important to have good indoor air quality. Ensure that ventilation systems operate properly. Increase air circulation and ventilation as much as possible by opening windows and doors. Offer more outside time, open windows often and adjust mechanical ventilation systems to bring in as much outside air as possible. Increase filters to MERV 13 if the HVAC can accommodate. Use of fans for cooling is acceptable. In indoor spaces, fans should only be used when windows or doors are open to the outdoors in order to circulate indoor and outdoor air. They should blow away from people.

Outdoors locations are preferred to indoors locations, and should be utilized to the greatest extent possible to allow for maximum fresh air circulation and social distancing. Outdoor temporary structures may be used. An outdoor temporary structure is defined as having no more than two walls to provide appropriate ventilation.

Transportation

Limit exposure to those outside the household unit during travel. Encourage only those in the same household to travel together, and if not in the same household, travel in separate vehicles if possible.

For travel groups, (groups that include more than one household in the same vehicle whether in a carpool or on a bus) all members of the travel group, including the driver, must wear a face covering and spread out as much as possible within the vehicle. Limit travel groups to those who have been in regular contact (e.g. team members). Encourage family members to sit together. Maximize ventilation in the vehicle by opening windows.

Buses should install safety barriers (such as plexiglass shields) between the driver and passengers or close (block off/leave empty) the seats nearest the driver to ensure 6 feet of distance between the driver and passengers. Passengers should board from the rear door when possible. Buses should improve air filtration where possible. Buses should be cleaned and disinfected daily after use with attention to frequently touched services (doors, rails, seat backs).

Records and Contact Tracing

Keep a roster of every athlete, staff and volunteer present at each practice, training session, and contest to assist with contact tracing in the event of a possible exposure. Similarly keep a roster and seating chart for each travel group. Attendance rosters and seating charts must be kept on file for 28 days after the practice, contest, or trip.

Employees

Employers must specifically ensure operations follow the main Labor & Industries COVID-19 requirements to protect workers. COVID-19 workplace and safety requirements can be found [here](#).