Safe Return to Racing:
Operational and Safety Guidelines for
IRONMAN® and IRONMAN 70.3® Events

SUMMARY

Version 1: May 28, 2020
These summary guidelines were prepared in accordance with industry best practices for open air mass participation sporting events including standards from the World Health Organization and guidance from the IRONMAN Global Medical Advisory Board.

Racing must return in a manner consistent with sound public health guidelines. The IRONMAN Group, global leaders in the mass participation industry, have crafted interim guidelines to outline best practices for operating IRONMAN’s global mass participation triathlon events in the context of the COVID-19 outbreak\(^1\). These guidelines were prepared in accordance with industry standards for open air mass participation sporting events including standards from the World Health Organization (WHO), and guidance from the IRONMAN Global Medical Advisory Board (IGMAB – See Appendix A). These guidelines are designed to allow for IRONMAN\(^9\) and IRONMAN 70.3\(^9\) triathlons to be organized in a manner consistent both with a community’s objectives and with the expectations of public health entities around the world.

During the development of these guidelines, The IRONMAN Group conducted detailed benchmarking of many of our races around the world to measure concentrations of physical touchpoints and proximal interactions. Our approach started from when athletes arrive at an event for packet pick-up, and continued until they left the venue post-race – and focused on all aspects of the race experience including (but not limited to) registration, expo, merchandise, welcome functions, transition, swim start, aid stations, finish line and day after functions.

Our analysis resulted in a series of operating principles organized around five broad areas of contagion risk mitigation:

1. **Enhanced Hygiene**
   - Hand sanitizer, hand washing stations and disinfectant wipes will be readily available around our race venues. Cleaning of common venue areas will be enhanced.
   - Staff and volunteers will be provided with face coverings and gloves to be used while working in all athlete-facing areas. Athletes will be provided with face coverings at packet pick-up, and we expect that athletes wear a face covering around our event venues.

\(^1\) For the avoidance of doubt and notwithstanding the global best practices identified within these interim guidelines, all mandatory regulations and guidelines applicable to the local venues (e.g., from sources such as CDC, state health departments, and county/local authorities) will be followed to the full extent such regulations and guidelines are applicable for each local event.
2. **Screening and Education**
   - We are rolling out training for staff and volunteers in appropriate personal health, personal hygiene, and safe support in necessary functional areas.
   - We will be expanding our [IRONMAN Smart Program](https://www.ironman.com) to provide Volunteer Smart™ guidelines for volunteers.
   - Athletes, staff, and volunteers will be required to fill out a pre-race health questionnaire.
   - We will in many venues institute no-touch body temperature screening. Per World Health Organization guidelines, individuals with a body temperature greater than 100.4° Fahrenheit, or 38° Celsius will not be allowed to race, volunteer or work.

3. **Density Reduction**
   - We will institute measures to increase space for athletes and supporting personnel in areas such as swim start, transition, and finish line.
   - Modification or elimination of non-essential race services and functions, such as banquets may also occur.

4. **Touchpoint Minimization**
   - We will be reducing or removing touchpoints and points of interaction between staff, participants, and volunteers without compromising event safety and security. We have redesigned and reimagined areas such as athlete check-in, expo, merchandise, transition area and finish line to minimize person-to-person contact.
   - Aid stations will be reconfigured to minimize both athlete-to volunteer and athlete-to-athlete contact.

5. **Athlete Self-Reliance**
   - Through the [Athlete Smart™ Program](https://www.ironman.com), athletes will be empowered to determine their individual level of self-reliance to further minimize interaction and touchpoints with race officials and volunteers.
   - Athletes will be encouraged to Race Smart™ by carrying nutrition and hydration while utilizing items such as hydration vests and event offered special needs stations.
   - Athletes should review and embrace [Athlete Smart Self-Reliance Tips](https://www.ironman.com).

The implementation of the guidelines can reduce total touchpoints and interactions by as much as 90%, as compared to 2019 racing standards.

The manner and scale to which these guidelines are adopted will vary due to local regulations in each of our host communities. In addition to applying our own best practices, IRONMAN will follow all regulations and guidelines applicable to the local venues.
IRONMAN® and IRONMAN 70.3® Event Modifications for Enhanced Health and Safety:

The changes that IRONMAN and IRONMAN 70.3 athletes may expect to see at upcoming events can be summarized as follows:

**Looking After Our Community:**

**Our Athletes**
- We recommend athletes wear face covers at all venues outside of competition.
- Athletes are encouraged to review our IRONMAN Smart Program to educate and prepare for racing, including our Athlete Smart™ Program.
- Athletes are encouraged to review and acknowledge the Return to Racing Pledge, committing to safe and conscientious conduct.

**Our Volunteers and Our Staff**
- Via the IRONMAN Smart Program, our volunteers and staff will complete education in proper health and hygiene protocols.
- Our volunteers and staff will be required to undergo a screening process, including completing a health questionnaire, and in many venues no-touch temperature screening will also be instituted.
- Where local regulations dictate, our staff and volunteers will be required to wear gloves and face covers.
- Volunteer check-in space will be expanded to allow for appropriate physical distancing.
- Volunteer numbers will be optimized to reduce potential points of interaction with athletes.
- Enhanced protocols will be implemented for cleaning and disinfecting surfaces, safe handling/serving fluids and food, proper use of disposable Personal Protection Equipment (PPE) and proper disposal of waste products.

**At Race Venues and Race Village**

What you will see in most areas:
- Frequent cleaning and disinfecting of surfaces with scheduled breaks.
- Signage and markers to enforce physical distancing.
- Increased hand sanitizing or hand washing stations.
- Additional garbage receptacles.
- Enforced one-directional foot traffic flows.
- Greater spacing between portable toilet units and increased portable toilet units where possible.
In addition, IRONMAN will make the following modifications:

**At Athlete Check-in**

- All athletes will be screened onsite via a health questionnaire and in accordance with any other local screening regulations. Additionally, in many venues no-touch body temperature screening will be instituted.
- Where possible, scheduled athlete packet pick-up times will be offered to accommodate athletes.
- Athlete check-in time will be expanded to allow for scheduled cleaning breaks.
- Athlete items will be consolidated during athlete check-in to optimize the flow within the athlete check-in area.

**At Expo**

- We will be instituting modifications that include increasing expo floor plan size or reducing the number of vendors to enable greater physical distancing. Some events will be creating a digital expo experience.
- We will be requiring expo vendors to conduct regular disinfection of surfaces.
- Expo vendors will be monitoring customer density at expo booths and product trial areas.
- Expo product testing that does not enable cleaning between users will not be allowed.
- Expo vendor sampling activity will be limited to sealed, single servings/samples.
- Pre-race massage services will not be offered.
- Customers will be encouraged to use contactless payment.
- Vendors will be encouraged to use digital promotional material.

**At the Merchandise Store**

- Our Merchandise store will feature new layout options, including click and collect, and in-person ordering.
- There will be a limited number of customers in the store at once to allow for appropriate physical distancing.
- Customers will be encouraged to use contactless payment.
Bike and Gear Bag Check-in and Check-out

- Extended bike and gear check-in and check-out periods will be offered to accommodate athletes.
- Where possible, scheduled bike and gear check-in times for athletes will be implemented.
- There will be a limit of one representative per athlete for bike and gear bag check-out. (i.e. either the athlete or an athlete’s family member with proper bike and gear bag check-out ticket).

During the Race, IRONMAN will make the following modifications:

At Swim Start

- We will maximize the available space for the swim start staging area.
- Alternative start configurations will be implemented to reduce the number of athletes waiting in an enclosed area. Variations include multiple small waves, pulsed rolling starts, or wider entry points. Information on swim start format will be provided in the event Athlete Information Guide.
- For rolling start swims, athletes should apply appropriate self-seeding. We will also implement pauses in rolling starts to spread out athletes as much as possible.
- For wave start swims, the number of athletes in each swim wave will be decreased. Additionally, there will be increased timing gaps between swim waves.
- Spectators will be separated from the athlete swim chute.

At Swim Finish

- Wetsuit peeling services will no longer be provided by staff or volunteers.
- The swim finish hydration station will be a self-serve hydration station.
- Where possible, we will be providing showers in swim exit area prior to the athletes entering the transition area.
At Transition and Gear Bag Area

- Where space allows, the transition area will be expanded to increase space between racked bikes.
- The gear bag area will be expanded to allow for additional spacing of athlete gear bags.
- Additional security entry and exit points will be added to help optimize athlete flow on race morning.
- Enclosed athlete changing tents will no longer be available in transition. Alternatively, open-sided or shade tents with appropriately spaced seating will be available for athletes.
- Pending event-specific operational constraints, athletes will rack their bikes after they have completed the bike segment. Designated bike catcher/bike handler volunteers will not be available.
- Sunscreen and designated sunscreen volunteers will no longer be available. Athletes are encouraged to place personal sunscreen in their gear bags.

On Bike Course

- The Bike Special Needs area will be expanded to allow for maximal spacing of athlete bags.
- Athletes will be able to access their own special needs bags during competition.
- We will extend or expand turnaround points on out-and-back courses to avoid clusters of athletes.
- When possible, courses will be adjusted to a looped course instead of an out-and-back course.

Aid Stations

- The number of aid stations on the bike and run course will be reduced depending on course and environmental conditions. Athletes are encouraged to utilize our Athlete Smart self-reliance tips for race day.
- We strongly encourage athletes to utilize the bike and run special needs bags. Specific location of the bike and run special needs area for IRONMAN events will be available in each event Athlete Information Guide.
- Our run course aid stations will now be set-up in a ‘self-serve’ format. The type of nutrition/hydration offered will remain the same, but athletes will now be able to grab their own fluid/nutrition from the aid station. Volunteers will be on hand to ensure hydration/nutrition is restocked on the tables and readily available for athletes.
- Where possible, we will use single-serving, sealed products at our aid stations.
On Run Course

- We will be increasing the space at our Run Special Needs location to allow for maximal spacing of athlete bags.
- Athletes will be able to access their own special needs bags during competition.
- Turnaround points on out-and-back courses will be expanded or extended to provide athletes more space.
- When possible, courses will be adjusted to a looped course instead of an out-and-back course.
- We will eliminate lap wristband distribution where possible.

At the Finish Line

- We will increase space and flow through post-finish line area, exiting participants as efficiently as possible through the process and exiting into public space.
- Athletes will be encouraged to remove their own timing chip. We will be providing seats or step stools for athletes, in an open-air setting.
- We will encourage athletes to engage in no-touch finish line celebrations.
- Our finish line area will continue to be monitored by medical personnel to assist athletes if needed.
- Self-served ice baths will no longer be available in the post-race athlete area.
- Post-race food and beverages will be provided to athletes in a single-packaged self-serving style.
- Post-race massage services will not be available for athletes.

Ancillary Event Functions

- We will be providing athletes with a digital Athlete Welcome experience.
- Age-group award winners will be offered onsite individual collection of athlete awards.
- Our Slot Allocation and Roll Down Ceremony will be modified. More details will be provided in each event Athlete Information Guide.
APPENDIX A

IRONMAN Global Medical Advisory Board

Established in January 2017, the IRONMAN Global Medical Advisory Board (IGMAB) was assembled to provide the highest level of preventative, emergent and post care recommendations for medical standards on a global basis. As an independent medical advisory group focused on health and safety, the board supports The IRONMAN Group by providing guidance, reviewal and medical recommendations for general athlete health questions, event medical plans, and significant medical developments globally. Additionally, the IGMAB has developed a comprehensive Event Medical Guide, which serves as a general reference and resource for organizing medical services or providing care to the participants of IRONMAN® and IRONMAN 70.3® triathlons and other IRONMAN Group endurance events.

Since the onset of the pandemic, the board has been recognized as one of the preeminent global resources in advising and collaborating with international health and sporting organizations with expertise in outdoor mass participatory endurance events. The board is currently engaged with:

- World Health Organization (WHO) – Mass Participatory Events steering committee
- World Athletics (formerly IAAF) Pandemic Advisory Committee
- International Institute of Race Medicine
- International Olympic Committee (IOC)
- International Triathlon Union (ITU)
- USA Triathlon (USAT)