




Pikes Peak APEX

September 24-27, 2020

COVID-19 MITIGATION PLAN



The COVID-19 Mitigation Plan for the 2020 Pikes Peak APEX has been developed in conjunction with current State of Colorado and El Paso County Health Department guidelines and is in keeping with all current State, County and City regulations. Safety protocols include those established in guidelines published by the national governing body of cycling, USA Cycling, Inc., which are based on WHO and CDC guidance. The Pikes Peak APEX is sanctioned by USA Cycling, and the event is subject to USAC rules and governance.

We are proud to have Dr. Michael Roshon as our Medical Director. Dr. Roshon is also the Chief Medical Officer for USA Cycling. He has worked in conjunction with the El Paso County Health Department to create resources that will allow us to operate as safely as possible to mitigate the risks of COVID-19 for our staff, volunteers and participants.

The Pikes Peak APEX is a four-day mountain bike event that will take place September 24-27, 2020. To mitigate the risk of COVID-19, The Pikes Peak APEX has eliminated all spectator activities, as well as activities that would encourage participants, staff, volunteers and/or vendors to congregate in areas that do not allow them to maintain the advised 6-feet of physical distance.

This mitigation plan covers the participants, staff, volunteers and vendors required to safely execute the event.

RISK ASSESSMENT

PROCESS

To assess the risk of The Pikes Peak APEX and determine whether the event could move forward, we worked with Medical Director, Dr. Michael Roshon, as well as State, County and City organizations, health authorities and our sport's governing body. This process led to the development of the protocols we will use to mitigate the spread of COVID-19 and maintain the safety of everyone involved with this event.

CURRENT SITUATION

We are monitoring the current reports on COVID-19 and are aware of the latest guidance provided by WHO, CDC and the local case data in Colorado and El Paso County. We will continue to monitor this data and review the latest guidance through the final date of the event.

CONCLUSION

After completing the USA Cycling Risk Assessment Tool, the following modifications were made to the event.

1. Gatherings

All non-racing social gatherings have been eliminated. This includes all pre- and post-gatherings, the expo and beer garden and spectators, making this a participant-only event and allowing only those necessary to successfully and safely execute the event.

2. Preventative Safety Measures

Safety measures to prevent the spread of the virus have been added prior to and during the event.

3. Race Format

The race format has been altered to prevent crowding at the start and maintain distance on the trails.

EVENT MODIFICATIONS

GATHERINGS

Organizers of The Pikes Peak APEX have eliminated all official pre- and post-race gatherings tied to the event, as well as the expo and beer garden.

1. The Pre-race Meeting will be replaced with a virtual event that can be viewed live or in a recorded version to be viewed prior to The APEX.
2. Pre-registration online only. Registrations will not be accepted onsite at the event.
3. Packet Pick-up will be altered as follows.
 - A. Packets will include numbers, welcome bag and custom race jersey, if ordered.
 - B. Packet pick-up options will be:

Option 1: Day Prior - Drive-up

Location: Parking Lot of USA Cycling, 210 USA Cycling Point, Colorado Springs, CO 80919

Time: 1-5 PM MDT

Protocol:

1. Participants will remain in their vehicles and follow signage instructions leading to staff and volunteers, who will maintain 6 feet of distance while asking the name of the participant.
2. Staff and volunteers, wearing masks and gloves will then hand off the packet to the participant.
3. Signage will be used to direct flow of traffic.
4. Hand sanitizer, gloves and masks will be available to staff and volunteers.

Option 2: Day 1 – Walk-up

Location: Palmer Park, at the corner of Academy and Maizeland

Time: 10:00 AM – 1:00 PM

Protocol:

1. Registration will be at the pavilion, which will be set up with a dedicated entrance and exit for one-way foot traffic and marked by signage and markings as needed.
 2. Marks will be used to maintain 6 feet between riders while in queue.
 3. 1 safety ambassador will be stationed to direct foot traffic.
 4. Masks are mandatory within the packet pickup area.
 5. Staff and volunteers, wearing masks and gloves, will hand off packets to participants.
 6. Hand Sanitizer, gloves and masks will be available to staff and volunteers as needed.
4. The After Party and post-race dinner will be eliminated and riders will be given gift certificates that can be used at local restaurants, where dine-in or take-out options will be available.
 5. The race will not encourage spectators, bringing in only those necessary to successfully and safely execute the event. This will include participants, staff, volunteers and vendors.

PREVENTATIVE SAFETY MEASURES

Preventative safety measures have been implemented under the direction of Medical Director, Dr. Michael Roshon and are based on guidance from the CDC, State, County and City organizations, El Paso County Health Department and USA Cycling.

Dr. Craig Elder will oversee the response to the typical medical needs onsite at the event, as well as the response to COVID-19 medical considerations.

Pre-event Safety Measures

Pre-event safety measures have been added prior to inform, educate and screen all parties involved with the event.

Communications

Prior to the event, everyone involved will be sent this COVID-19 Mitigation Plan and information about COVID-19, including the following CDC guidance.

- [People and Groups at Increased Risk](#)
- [Symptoms of COVID-19](#)
- [Instructions for Self-screening](#)
- [How COVID-19 Spreads](#)
- [How to Protect Yourself and Others](#)
- [Social Distancing](#)

Anyone [at increased risk](#) or [exhibiting symptoms of COVID-19](#) will be asked to stay home and not come to the event.

Accommodations

Event organizers have provided a list of lodging partners for participants traveling from out of town. Participants are responsible for their own accommodations throughout the event. All participants will be required to report their accommodations to The Pikes Peak APEX. Detailed information on participants will be recorded in case contact tracing becomes necessary.

Participants will be advised to wear masks in all public spaces and common areas in their accommodations and follow all state and local health department guidelines.

COVID-19 Screening

All participants, staff, volunteers and vendors will be asked to complete a [COVID-19 Questionnaire](#) prior to the event and again daily at the event.

Management of a Suspected or Confirmed COVID-19 Case

If a COVID-19 case is suspected prior to the event, the person will be asked to stay home.

During the Event Safety Measures

During the event safety measures have been added for participants, as well as volunteers, staff and vendors.

Communications

In addition to pre-event communications, signage and marks will be placed as a reminder of proper safety measures for social distancing and hygiene, including:

- Hand sanitization
- Maintain a 6-foot perimeter from others
- No spitting or blowing nose
- Limit touching to own property
- Follow arrows to avoid cross-traffic

Staff will be placed in areas where congestion is likely to occur such as:

- Parking areas
- Restroom stations
- Hand sanitizing stations
- Aid stations
- Start/finish

Screening

Daily screening of all staff, volunteers, vendors and participants will occur throughout the event.

- [COVID-19 Questionnaire](#)
- Temperature

Management of a Suspected or Confirmed COVID-19 Case

Anyone exhibiting symptoms of COVID-19 at the event will be asked to leave the event.

Hygiene & Health Precautions

PPE

Masks & Face Coverings

Masks or face coverings will be required to be worn by all staff, volunteers or family/friends/staff of riders and will be worn over the nose and mouth at all times, regardless of the ability to physically distance from others.

Participants will be required to wear masks any time they are not out on the course, this includes when they are at the start, finish, aid stations, rest rooms and other commons spaces.

Gloves

Volunteers, staff and vendors will be provided gloves if their duties involve interacting with participants equipment, food and water at aid stations, trash/recycling, or contact with other individuals.

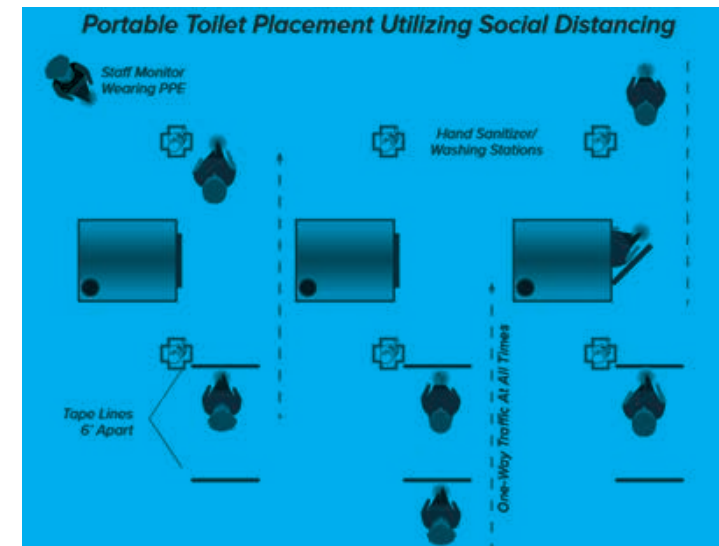
Medical PPE

- Medical staff will have the appropriate PPE for responding to a racer who is injured or has symptoms of COVID-19
- General protocols will be followed for universal precautions for emer-

gency response with attention given to the avoidance of COVID-19 spread

Restrooms

- Restroom quantity will be increased to reduce use and prevent congestion.
- Portable toilets will be placed 6 feet apart.
- Portable toilets will be replaced or cleaned daily.
- Hand sanitizer will be available for use in and throughout the restroom area.
- Temporary marks will be placed on the ground to indicate 6 feet of social distancing for queues.
- The area will have one-way traffic, with one entrance and one exit.
- Hand sanitizing stations will be provided in a quantity to prevent congestion.
- Hand sanitizing stations will be spaced 6 feet apart.
- Riders will be instructed to sanitize their hands prior to entering and when exiting the area.
- Signage will be posted prompting riders to remove gloves as appropriate.
- Garbage cans with liners will be placed in the area.
- A staff member will be assigned to monitor the refilling of restroom and hand sanitizing stations.
- Staff are required to wear a face covering or mask and gloves and provided instructions for use.
- All high touch points will be cleaned routinely using approved COVID-19 cleaning procedures.
- Trash bags will be tied or knotted prior to disposal.

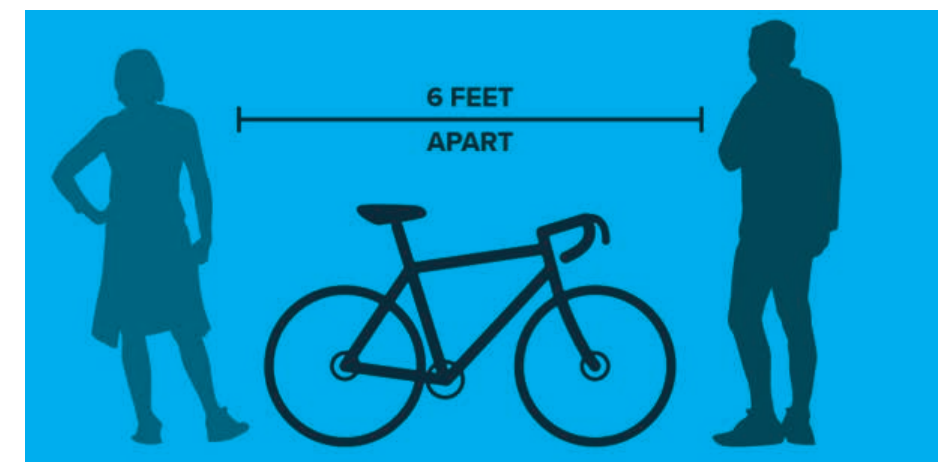


Hand Washing & Sanitizing

- Hand sanitizing stations will be readily accessible and visible to all participants beyond restroom areas.
- Signage encouraging hand hygiene will be visible throughout the venue.
- Signage will be posted prompting riders to remove gloves as appropriate.

Physical Distancing Measures

The [CDC Guideline to Social Distancing](#) will be used throughout all aspects of the event and apply to everyone involved with the event.



Venues

Venues encompass the areas that include parking, bike parking, the Start/Finish line Infrastructure, restrooms, hand washing stations and aid stations.

Distancing

To practice social distancing within the event venues pathways will be marked to keep traffic moving in one direction. In areas where lines might form (e.g. restrooms or aid stations), 6-foot spacing indicators will be placed to maintain physical distancing, signage will be placed as reminders to keep a 6-foot perimeter and staff will present to keep traffic moving.

Cleaning & Disinfection

The event will have restricted start/finish venues, staging, aid stations and bathrooms. Each day of the event will use different venues, and the bathrooms will be replaced daily, with each new venue.

Hard surfaces such as tables, chairs, railings, tents, and other frequently touched items will be disinfected with the appropriate EPA registered disinfectant and staff will follow the CDC Guide to Cleaning and Disinfecting Public Spaces a part of the routine setting up and breaking down of event stations throughout the duration.

Groups & Individuals

Organizers will communicate safety protocols and instructions to everyone involved prior to the event. Upon arrival each day, each group will have a designated parking area with pathways marked to keep traffic moving in one direction. The following addresses instructions specific to each group.

Spectators

Spectators will not be invited and will be discouraged in the established venues of The Pikes Peak APEX. Anyone interested in spectating will be encouraged to find a remote spot on the course and show support for riders from off of the trail.

Participants (Riders)

- Riders must wear a face covering over their nose and mouth at all times when not on the course, including when at the start, finish and aid stations.
- Riders should not hug, high five, touch each other at any point before, during or after their event.
- Riders should not spit or blow their nose in common spaces/public areas.
- Finishing riders should exit the finish area after they are done racing.
- Riders should discard all refuse in trash receptacles placed at the start line and aid stations.
- Modifications made to maximize physical distance during the race are outlined in the Race Format section that follows.

Volunteers

- Daily, upon arrival, volunteers will report to the Volunteer Coordinator for their station assignment.
- If plans have been made prior, they will go directly to their station.
- The Volunteer Coordinator will maintain information about where each volunteer is stationed. If a volunteer changes stations, this should be reported to the Volunteer Coordinator. This information will be needed in case contact tracing becomes necessary.

Staff & Vendors

Employees, independent contractors, vendors, officials, event medical and other third parties necessary to carry out the event will adhere to the same safety protocols as riders and volunteers.

Media

Event organizers will allow pre-screened official event photographers and

videographers onsite only to capture content of the event for later broadcast. Contact with athletes will be minimized and appropriate social distancing measures will be taken.

RACE FORMAT

The race format has been altered to include a time trial single-rider start on the first day for Stage 1.

- Riders will line up, 6 feet apart, to take the start line. A single rider will be sent off every 10 to 15 seconds and will be scored by timing chip.
- Riders will be seeded fastest to slowest based on USA Cycling category and BikeReg ranking (with adjustments made as appropriate) to minimize passing on the trail.

On Stages 2, 3 and 4, riders will start in waves.

- Groups will be no more than 25 riders (groups as small as 9 are possible and depends on current state and local public health guidelines).
- Groups will be built according to overall general classification based on Stage 1.
- These groups will remain consistent throughout Stages 2-4 to allow for ease of contact tracing after the event, should it become necessary. The make-up of each group will not be adjusted each day. The group riders start with on Stage 2 will be their group for the rest of the event.
- Riders who prefer not to ride in a group will have the option to start as a single rider or with a small group behind the existing waves if they choose.

Grid starts (6' x 6' squares) will be applied to any stage that has a wave start situation. This will allow for a 6-foot perimeter for every rider in the start chute.

In addition to modified start procedures for the stage race, the following actions will be implemented for public health purposes.

PRE-RACE

COVID-19 Screening

- As outlined in the Screening section above, Riders will be screened daily, prior to entry.
- Anyone exhibiting symptoms of COVID-19 at the event will be asked to leave the event.

RACE PROCEDURES

Time Trial Format

Stage 1 Time Trial Staging

- Start positions will be pre-assigned and announced online and in the rider packets for Stage 1.
- Rider staging area will be a line from the start box and backward.
- Volunteers and staff will assist to line riders up, 6 feet apart, to the start line.
- Masks must be worn during the duration of staging.
- Hand sanitizer stations will be provided.

Time Trial Start

- An official will count down the start for each rider start.
- No holders for riders. Riders will use a static start with one foot down on the ground.
- Riders will be sent off in 10-15 second intervals, allowing for distance between riders.

Time Trial Course

- While on course, riders will need to shout out to riders in front of them that they want to pass on the singletrack sections.
- Riders will be permitted to draft on the open sections, but there are very

few opportunities to do that. The course is built in a way to allow plenty of opportunities for passing between singletrack sections.

Time Trial Finish Area

Once riders finish the time trial and cross the finish line,

- they will immediately leave the finish area
- exit to the parking area.
- On Stages 2-4, riders will be asked to go to the start area and cross the start line to collect timing information, before exiting to the parking area.

ON COURSE PROCEDURES

Adapting Aid Stations

Aid Stations will adhere by the following guidelines.

- A Safety ambassador will be on site to direct riders to park at a safe distance and put on their masks.
- A Safety ambassador will be available to hand out bottled water, packaged in single use, sealed recyclable bottles to those who stay on their bikes at Aid Station 2 on Friday and Saturday.
- Hand sanitizer stations will be provided.
- Riders are required to sanitize their hands prior to entering and exiting the aid station.
- Riders are required to wear a face covering in the aid station zone.
- Pathways will be marked to indicate one-way travel to and from the aid station.
- Temporary markings will be placed on the ground to indicate 6 feet of distance between riders in queue.
- All beverages will be single serving.

- All food will be pre-packaged and single serving.
- All riders must adhere to social distancing rules, maintaining a perimeter of at least 6 feet.
- Riders will be required to dispose of bottles, wrappers or other trash in designated trash and recycling bags.
- A Safety ambassador will be stationed in the discard zone with the appropriate safety equipment to cleanup.
- Aid stations will ensure staff have the appropriate PPE supplies on hand – masks, hand sanitizer, wipes, gloves, as well as the proper cleaning supplies – disinfectant, trash bags and trash receptacles.
- Trash bags will be tied or knotted prior to disposal.
- A separate area at Aid Station 2 will be designated for Rider Support

Tech Support

Tech Support will adhere to the following guidelines.

- Both riders and tech support are required to sanitize their hands prior to any encounter.
- Both riders and tech support are required to wear a face covering over their nose and mouth at all times when interacting.
- Tech support will have the appropriate PPE supplies on hand – masks, hand sanitizer, wipes, gloves, as well as the proper cleaning supplies – disinfectant, trash bags and trash receptacles.
- Trash bags will be tied or knotted prior to disposal.

POST-RACE

Post-Race Dispersal

Once the riders cross the finish line, they will disperse the finish venue.

- Riders will be asked to exit the venue.
- Riders should discard all refuse as they leave the course in trash receptacles placed at the exits.
- No gathering will take place within the finish chute at the completion of the race.
- Event staff will monitor the flow of finish chute.

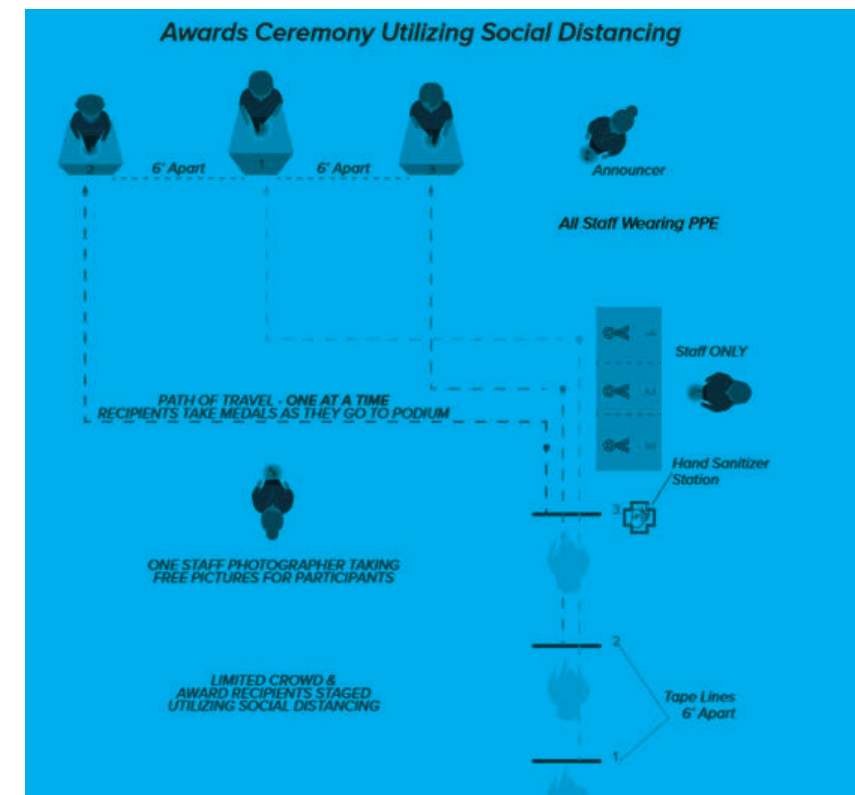
Posting Results

- Start sheets and results will be available on [PikesPeakAPEX.com](https://www.pikespeakapex.com).

Awards Ceremony

The award ceremony will be adjusted to maintain physical distance. A virtual event will follow on Wednesday, September 30.

- Awards will be closed to spectators.
- Traffic will flow one-way into and away from the area.
- Podiums will be positioned to maintain 6 feet of distance.
- The number of athletes to be awarded at one time will be restricted.
- Winners will be required to wear masks during the ceremony.
- A staff photographer will be used, and winners will move to a taped off zone where athletes will stand for photo opportunities.
- Stages 1-3: Top male and female rider will be asked to appear on the podium each of the first three days for leaders' jersey presentation.
- Stage 4: Top three riders in the overall and each age group will be asked to appear on the podium to be photographed by The Pikes Peak APEX photographer at the end of Stage 4.





pikespeakapex.com