

KEEPING ATHLETES SAFE

The journey continues as we, and other events in Florida, begin to take place. As we move forward during these unprecedented times, the same creativity, ingenuity, and passion that has shaped Sommer Sports events in the past, will help shape our events in the future. Because the health, safety and well-being of the community, athletes, staff, and volunteers, is central to everything we



stand for, we take racing during COVID-19 very seriously. We are taking every precaution we can to provide a safe environment for athletes to race in. We would not do it if we did not think we could pull it off effectively.

SPACING ATHLETES OUT FROM THE START

Typically, the 5k event would attract 500-600 runners with a mass start that takes approximately 2-3 minutes for all runners to pass the start line. On June 27 we are expecting 200 runners and they will start in start groups of 25 or less every 2 minutes. This will stretch the run start out to 20 minutes, 10 times longer than our typical start.



For the triathlon event we expect the June 27 participation to be less than half of what we had in the past, approximately 200-250 athletes instead of the 500+ the race normally attracts. Rather than start in waves with groups of swimmers starting at one time, we will be utilizing a time trial start format. Each athlete will now start individually, one at a time.

We plan to stretch the triathlon starts out over a 45-minute period.

By the time athletes arrive at the race venue on race day, they will have received multiple communications from us outlining new guidelines for racing in a COVID-19 environment, and the importance of social distancing. Signs will be placed at the entrance to packet pick-up and at strategic locations within the venue.

PLEASE GO HOME IF, IN THE PAST 14 DAYS, YOU HAVE:

1. HAD THE FOLLOWING SYMPTOMS:
 - FEVER OR CHILLS
 - COUGH
 - SHORTNESS OF BREATH
 - FATIGUE
 - LOSS OF TASTE OR SMELL
2. TESTED POSITIVE FOR COVID-19
3. BEEN EXPOSED TO SOMEONE WHO HAS TESTED POSITIVE FOR COVID-19
4. LIVED OR WORKED IN A HIGH-RISK ENVIRONMENT FOR COVID-19 TRANSMISSION.





All start corrals and entrances have a social distancing plan in place. For the triathlon we would normally place 6-8 bikes on a single bike rack. On June 27 we will be only allowing 3 bikes per rack to social distance athletes within the transition area. To remind athletes and visitors of the importance of social distancing, more than 25 social distancing signs will be placed around the venue.

Sommer Sports has constructed ten standalone hand sanitization stations, each with a one-gallon jug of sanitizing solution, that will be placed throughout the event venue. In addition, our two groups of port-o-lets will have a hand wash station available.



As soon as athletes finish, they will encounter the Sommer Sports Be Safe Station. This station is stocked with gloves, wipes, individual bottles of sanitizing lotion, and disposable face masks. We have a large enough inventory of face masks on hand to provide every single finisher a face mask. Face mask use will be encouraged following the event.

Most touch points and amenities that encourage grouping of athletes have been eliminated. This means there will be no displaying of results onsite, no awards ceremony, no beer garden, no food tent, and no recovery zone. This will have an impact on the athlete experience, which we pride ourselves for providing. We expect that most participants will be understanding and realize that this is only temporary and is required to bring back racing during the current COVID-19 environment.

Most touch points and amenities that



The health, safety and well-being of the community, athletes, staff, and volunteers, always comes first for us, and that will never change. As the COVID-19 pandemic evolves, we are staying on top of health protocols and following all established guidelines for gatherings. We are continuously reviewing our plans and revising them when necessary. We will spare no precaution to make racing a Sommer Sports event safe and fun!

As with any challenging time, this situation will eventually end! We are all in this together, and together we are strong!

Fred Sommer,
Race Director

...Along with the entire Sommer Sports Team

