

Covid Cross Country Race Series Information to accompany Map – Adam Penner

ODD RACES park on NORTH side of the parking lot

EVEN RACES park on the SOUTH side of the parking lot

Athletes scenario:

'Racer X' is in her car and driving to La Barriere (LB) Park. She parks in South lot as it was determined that she will be in the 4th race event of the day.

She exits her car and walks out of parking lot to the WEST, going to ORANGE area, washrooms as well. She stays in ORANGE doing warmups (socially distant) until called to Start line, or if she needs AT she goes there as well.

She proceeds to Start Line. She takes off excess layers and deposits them along the Finish chute- her and her clothes being socially distant from other competitors.

She gets her spot on the Start Line.

She races, socially distancing, following the course as outlined in BLACK.

She finishes the race, going along Finish Chute and into PINK area, collecting her warmup clothes along the way. Once in PINK area she may see AT, or go jog a cool down along the fence edge of the park, or along the dirt road as outlined in maps 1 and 2. There is also room to stretch in the PINK area. Once cool down is complete, she goes to EAST side of South parking lot and enters her car, driving out of LB Park.

EMERGENCY ROUTE: RED LINE AND YELLOW HIGHLIGHTER

Coaches scenario:

Coaches must go directly to and stay in the GREEN zone. If a coach needs to use the washroom, they may, but must give way and social distance to athletes warming up in ORANGE zone. They may access ORANGE zone for WASHROOM purposes ONLY.

Volunteers scenario:

Volunteers must remain socially distant from all other volunteers and athletes at whatever part of the course you are on or what part of the park you are in. (various roles require various amounts of movement around the park)

Spectator scenario:

IF spectators will be allowed, they will be in the YELLOW area. They MUST WEAR A MASK, MUST socially distance from everyone, and MUST give way to athletes when crossing through the ORANGE area to get to YELLOW area.