



## Iowa Games Triathlon/Duathlon Protocols & Guidelines

Due to COVID-19, below are protocols and guidelines to be followed for the Triathlon and Duathlon at Big Creek State Park. It is expected that all athletes and spectators follow these guidelines in order to have a safe, successful event. Please keep in mind that the park is still open to the public so not everyone there will be following these guidelines. We appreciate your cooperation!

- If possible, limit spectators to 1-2 per participant.
- Please continue to social distance by staying at least 6 feet away when possible.
- Participants and spectators are asked to wear a mask before and after the race. Participants may remove their mask during competition.
- Temperatures will be taken at check-in. If you have a temperature higher than 100.4 degrees Fahrenheit, you will be asked to leave.
- Transition opens at 6:00 am and closes at 7:30 am. Participants must allow adequate time for the check-in process and transition set up.
- Participants and spectators are asked to not linger around before and after competing. Once a participant is done competing and has their stuff out of transition, they are asked to leave the park.
- Results and awards:
  - o There will be no awards ceremony.
  - o Results will be posted on the Iowa Games website. For live results [CLICK HERE](#).
- Prior to coming to the event, please review the following pre-screening questions. If the answer is "yes" to any of these questions, athletes and spectators are asked to stay home.
  - o Have you or anyone in your household had any of the following symptoms in the last 14 days: sore throat, chills, body aches for unknown reasons, shortness of breath for unknown reasons, loss of smell, loss of taste, fever at or greater than 100 degrees Fahrenheit?
  - o Have you or anyone in your household traveled out of the state in the past 14 days?
  - o Do you have any reason to believe you or anyone in your household has been exposed to anyone with COVID-19 or anyone exhibiting the symptoms?
  - o Have you been in contact with anyone that has tested positive for COVID-19?