



Harford Multisport Club Indoor Triathlon

Saturday, March 20, 2021

The purpose of this document is to outline the steps and procedures Charm City Run Events (CCR) will take to execute a safe and successful indoor triathlon on March 20, 2021 at the Bel Air Athletic Club in Bel Air, MD.

Event Information & Links

1. Race website with registration details: Link to be updated when registration is built
2. Race is managed by [Charm City Run Events](#)

General Guidelines

1. All CCR employees and event volunteers will wear face coverings for the duration of the event.
2. Race registration will be limited to 90 individuals
3. All registrants will receive an email **5 days** prior to the race reminding runners who feel ill or believe they may have come in contact with someone exposed to COVID-19 to stay home. Runners will be given the option to defer their race registration to 2021.
4. Hand sanitizer stations will be positioned at each "race area" (pool, cycling area, treadmill area) and participants will be encouraged to utilize them.
5. Temperature checks will be performed at the entrance to BAAC for all indoor triathlon participants.
6. Participants will not be required to wear masks while actively participating in one of the race disciplines (swimming, cycling, running) but will be required to wear a mask before, during the transition from one discipline to another, and after the race while in the area.

Race Registration & Packet Pickup

1. Race registration will online-only. Race day registrations will be accepted, but participants must sign up online prior to entering the Bel Air Athletic Club.
2. Each registrant will pick from a list of starting "waves" capped at 6 participants/wave
3. CCR will limit packet pickup to two opportunities:
 1. At Charm City Run in Bel Air on Friday, March 19th from 3:00 PM – 5:00 PM
 2. At Bel Air Athletic Club on Saturday, March 20th from 5:15 PM - 8:00 PM
4. On race day, the lobby of the Bel Air Athletic Club will be organized with tables and stanchion designating the packet pickup area. A CCR employee will perform a forehead temperature check with an infrared thermometer to ensure anyone entering the club for the indoor triathlon is within the acceptable range. Participants will be permitted to walk up to the packet pickup tables, show their race registration email (on mobile device) and receive their packet. Should a line form, CCR employees will remind waiting participants to remain 6ft from the person in front of them.
5. No participants or employees (with the exception of BAAC members and critical race personnel) will be permitted inside BAAC prior to 5:05 PM.

Race Procedures - SWIM

1. Participants will report to the swim deck at least 10 minutes prior to their schedule swim wave time, and check in with the starter
2. Participants will remain masked and socially distanced while waiting to be called to the starting area
3. When called by the starter, participants will line up one person/lane and place their face covering on a chair behind their lane before jumping in (feet first only) and remaining at the wall
4. After brief instructions, the starter will start the clock and the 10-minute swim time begins
5. Volunteers stationed on the deck (one volunteer per two lanes) will use plastic chips to count the number of lengths each swimmer begins before time expires
6. At the end of the 10-minute swim, all swimmers will exit the water at the end where they began, put on their face covering, and head over to their towel/gear on the pool deck to begin the walk to the locker room/transition area
7. Race staff will count the number of lengths each person began and record in a spreadsheet for scoring
8. A volunteer with a stopwatch will ensure that participants complete the transition from the pool to the bike in the allowed time

Race Procedures - BIKE

1. After changing into dry clothes, participants will report to the upstairs indoor track area where spin bikes have been placed around the track to ensure social distance. Participants wearing cycling shoes must put them on and take them off at the bike – walking on the track in cycling shoes will not be permitted.
2. When the transition time is complete, participants will begin the 30-minute cycling portion and the spin bikes will track the “distance covered”
3. When the 30-minute cycling period expires, masked volunteers will visit each bike, record the distance covered, and instruct the participant to place their face covering back on before heading to the locker room if needed, or to the treadmill area for the run portion
4. Designated volunteers wearing masks and gloves will clean each bike in between uses with cleaning solution provided by BAAC
5. A volunteer with a stopwatch will ensure that participants complete the transition from the bike to the run in the allowed time

Race Procedures - RUN

1. After completing the bike, participants will report to the downstairs treadmill area
2. Treadmills available for use will be designated with signage in order to maintain spacing between participants.
3. When the transition time is complete, participants will begin the 20-minute run portion and the treadmills will track the “distance covered”
4. When the 20-minute run period expires, masked volunteers will visit each treadmill and record the distance covered. Volunteers will also remind participants to wear their mask.
5. Designated volunteers wearing masks and gloves will clean each treadmill in between uses with cleaning solution provided by BAAC

Post-Race Activities/Results

In years past, pizza and refreshments were offered to participants after completing the run. Unfortunately, gathering in groups indoors is not recommended and as such, there will be no post race activities this year.

Upon completing the event, participants will “mask up,” gather their belongings, and exit the club. Results will be posted online at the conclusion of the event, and awards can be picked up at the Bel Air Charm City Run store the beginning the following Monday.

Spectators

In accordance with our Covid-19 race procedures, spectators will not be permitted inside Bel Air Athletic Club during the indoor triathlon. The only exception to this policy is parents/guardians of those under the age of 18, or those participants with special needs. Spectators who are permitted to enter the club must maintain proper social distancing and wear a face covering at all times. Anyone in violation of this policy will be warned, and then asked to leave if the situation is not rectified.