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Outdoor Racing Events

Phase Two Reopening Strategy in Response to COVID-19

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Working together, Montanans have succeeded in limiting the person-to-person spread and impacts of COVID-19. This has presented an opportunity to begin a phased reopening of activities that were previously restricted. OUTDOOR RECREATION can become operational if sites adhere to strict physical distancing between groups and exercise frequent sanitation protocols. Please see reference links at the end of this document.

Good Hygiene and Sanitation

- Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
- Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.

Safe Distancing

- Race organizers must take must take proactive measures to ensure compliance with social distancing requirements:
 - Designate six-foot distances between participants prior to and after the race.
 - Unless starting lines are sufficiently wide, racers should be started in groups of 50 with appropriate spacing between them.
 - Participants can race side by side if they remain six feet apart. However, preliminary aerodynamic studies suggest that potentially contaminated droplets accumulate in greatest concentration in a narrow slipstream directly behind the racer. Therefore, participants should avoid racing directly behind competitors, and give wide berth while passing a competitor.
 - 65 feet is needed when riding a bike at 18 miles per hour
 - 33 feet while running at a 6:44 minutes-per-mile pace
 - 16 feet while walking at a normal pace.
 - Hand sanitizer and sanitizing products. Having hand sanitizer and sanitizing products readily available for employees and customers.

Masks

- Masks are not recommended while racing. In addition to impeding the racer's breath, once they become damp they are no longer effective.
- However, participants and organizers should be encouraged to wear a scarf or bandana around their necks that can be pulled up over the mouth and nose when interacting with others while not racing.

Food and Drinks

- Any water or snacks provided to racers at points along the route must be pre-packaged and individually wrapped. Offer bottled water rather than water stations for refillable containers. Alternatively, one person could set out individual cups of water on tables provided at each water station along the race route.
- Hand sanitizer must be made available at front desk and at stations throughout the workout area.
- If food will be served at a post-race gathering or awards ceremony, please follow the guidance for Events in Community Spaces (Outdoor or Indoor, as applicable.)

REFERENCES:

- ❖ 4-22-2020 Directive and Appendix – Reopening Phase One
<https://covid19.mt.gov/Portals/223/Documents/04-22-20%20Directive%20and%20Appx%20-%20Reopening%20Phase%20One.pdf?ver=2020-04-22-124954-977>
- ❖ Governor's Phased Approach to Reopening the Big Sky
<https://covid19.mt.gov/Portals/223/Documents/Reopening%20Montana%20Phased%20Approach%205.6.20.pdf?ver=2020-05-06-141915-700>
- ❖ Directive on Implementing and Establishing Phase 2 of Reopening 5.19.20
<https://covid19.mt.gov/Portals/223/Documents/Phase%20Two%20Directive%20with%20Appendices.pdf?ver=2020-05-19-145442-350>