

# Surf Coast Century

## COVID SAFE PLAN - PROPOSED



In order for the 2020 Surf Coast Century to proceed safely in the current COVID climate we are making a number of changes to the event compared to previous years. This plan covers the proposed delivery of the 2020 event such that it fulfills the Victorian Government's 'Last Step' restrictions on the [roadmap to recovery](#) which permits outdoor public gatherings with up to 50 people.

Despite the changes, the key objective of the event remains unchanged - to provide runners with an incredible ultramarathon experience on a spectacular course. We encourage you to still join us at Anglesea on 5<sup>th</sup> – 6<sup>th</sup> December for the 2020 Surf Coast Century.

### KEY POINTS:

- Minimising group gatherings at the event to less than 50 people at all times.
- Maintaining social distancing between all event attendees.
- All solo race participants to be self-sufficient with no support crew or spectator access during the event.
- Only members of a relay team to be in attendance during the event, no additional support crew or spectators.

### FIELD LIMITS

- 100km solo runners: 200
- 50km solo runners: 200
- 100km relay team entries: 120 = up to 400 runners

The following people are not to attend the event at all:

- Anyone who is displaying any COVID symptoms or is awaiting the results of a COVID test
- Anyone who has been in contact with a COVID case or suspected COVID case within the last 14 days
- Anyone who has returned from overseas or a designated COVID hotspot within the last 14 days

### SCHEDULE

#### Friday 4<sup>th</sup> December

10:00am – 8:00pm 100km and 50km solo registration – segmented accord to event

#### Saturday 5<sup>th</sup> December (100km solo race and 50km solo race day)

7:30am – 8:50am 100km solo wave starts – Anglesea Beach  
7:30am – 8:50am 50km solo wave starts – Coogorah Park  
9:00am – 12:30pm 100km relay team registration  
1:00pm onwards 50km solos start finishing  
5:00pm onwards 100km solos start finishing

#### Sunday 6<sup>th</sup> December (100km relay teams race day)

8:00am – 8:40am 100km relay teams wave starts – Anglesea Beach  
5:00pm 100km relay teams start finishing

### THE EVENTS

#### 100km solo on Saturday

- Start to be on the Anglesea main beach adjacent river mouth (usual start location)
- Five wave starts with **40 runners starting every 20 mins**. Runners with slowest expected finish time to start first.
- No support crews or spectators at the start

#### 50km solo on Saturday

- Start to be in Coogorah Park – away from the beach and finish line, avoiding the GOR road crossing
- Five wave starts with **40 runners starting every 20 mins**. Runners with slowest expected finish time to start first.
- No support crews or spectators at the start

#### 100km relay teams on Sunday

- Start to be on the Anglesea main beach adjacent river mouth (usual start location)
- Three wave starts with 40 runners starting every 20 mins. Runners with slowest expected finish time to start first.
- No support crews, spectators or teammates at the start

The 100km and 50km courses are unchanged from previous years and still provide the rewarding journey through the Surf Coast hinterland.

## THE CHECKPOINTS

Checkpoints will adhere to the following requirements:

- No support crew, spectators or visitors permitted to attend checkpoints
- Only the next team mate in a relay team to attend necessary checkpoints

Rapid Ascent personnel and volunteers will provide all the support and trail love'n you need at the checkpoints to keep you powering along the course!

A drop-bag service to all leg-end checkpoints as outlined below.

CP1 at Pt Addis + CP3 at Ironbark basin + CP5 at Distillery Creek + CP7 at Aireys Inlet Skate Park

- Rapid Ascent race food provided.

CP2 at Torquay + CP4 at Anglesea + CP6 at Moggs Creek

- Only the next team member in a relay team to attend the CP, arriving only a short time before your active team runner
- Rapid Ascent race food provided
- Competitor's own drop bags transported to / from

### Rapid Ascent race food

- Rapid Ascent will provide a broad range of race food so that competitors can rely on this exclusively / or in conjunction with their own drop bag food. Food provided will include items like: CLIF Bars, Tailwind drink powder, pre-packaged sandwiches, slice, rolls, cold potatoes, chips, biscuits and lolly bags. No hot food will be provided (as it is summer and temperatures warmer than normal)
- A designated volunteer will dispense food items and water so that competitors do not handle multiple items and we minimise contact points.
- No cups or shared usage items provided

## FINISH AREA AND RACE HQ

A smaller set up at race HQ and the finish line will be in place for 2020, This includes: registration marquee, medical station, MINI sponsor display, drop bag stations, water station and a small number of chairs, heaters and umbrellas.

Solo runner finish line (Saturday)

- A maximum of one support person (plus dependent children) can attend the finish line (to give you the biggest cheer ever!)
- Support crew best to arrive only a short time before your runner – use Race Map tracker app.

Team runners finish line (Sunday)

- Only the team mates of that specific team to (plus any dependant children) permitted to attend the finish line.
- Sorry – but no support crew or additional personnel to attend alongside the specified team mates
- Team mates best to arrive only a short time before your runner – use Race Map tracker app.

## CEREMONIES

- The competitor briefing and race presentations will be conducted exclusively online via Facebook live, providing the opportunity to ask questions and watch at a later time.
- Finisher medals and steins will still be provided at the finish line (oh yeah – we're not changing that!!)

## RACE ENTRIES AND REGISTRATION

Entries before the event:

- All entrants (teams and solos) must advise us of an expected finish time (elapsed time, not time of day) before the event so we can divide the field into the wave starts

Registration

- Solo runners
  - o Only competitors to attend registration – sorry but no support crew or family as well
- Team runners
  - o Only one team member to attend registration – sorry but no support crew or family as well
- All entrants will receive a pair of Surf Coast Century custom Steigen socks (these are seriously cool) and t-shirt from a previous Surf Coast Century event (as you could understand, due to the very limited timeframes for the confirmation of this event we are not able to provide 2020 specific shirts).

## GENERALLY ACROSS THE EVENT

- All event attendees asked to follow social distancing and remain 1.5m apart at all possible group gathering locations
- Request no handshaking / hugging / high fives at the event.
- Hand washing / sanitation stations established at race checkpoints, finish line, registration area, porta loos etc.
- Disinfectant, wipes, disposable gloves provided for regular cleaning of shared surfaces and common touch points
- Rapid Ascent staff / volunteers will regularly clean high touch areas/surfaces, such as registration tables, doors and handles, toilet areas, water points, handrails...
- Encourage runners not to blow their nose into the air (snot rockets)

### **Rapid Ascent management**

- COVID safety plan circulated and discussed with all staff, volunteers and competitors prior to event
- Teams / runners / supporters seen breaking these rules will receive a warning and 30min penalty for first offence and will be disqualified and asked to leave the event immediately for second offence.
- Medical provider made aware of COVID plan and knowledgeable in the treatment of COVID patients

These proposed changes are made so we can conduct the event in accordance with the Victorian Governments 'Last Step'; to protect the safety and wellbeing of all event participants, volunteers and the broader Surf Coast Community.

We have shared these changes with you now so you know what to expect on the day and can prepare your mind, equipment and enthusiasm to match the reality. There is no doubt that it will be an incredible event and serve as an incredibly memorable finale to an incredible memorable year!

***The Rapid Ascent Team***

