



Date: 8/24/2021
To: FANS Participants & Volunteers
From: FANS Race Committee
Regarding: Covid Policy updates during race weekend

Our longstanding health and safety guidelines outlined below and in the Safety Precautions and Risk Factors sections are true this year as in years past.

This year, the FANS Ultra Race committee will also follow all CDC, State of Minnesota, and Department of Natural Resources COVID-19 protocols for a large group outdoor gathering.

All racers, volunteers, vendors, and race attendees affirm by your attendance that:

- You are not currently ill or feel ill in any way
- You have not tested positive for COVID-19 in the last 14 days
- You have not knowingly been exposed to anyone in the last 10 days who has tested positive for COVID-19

Keeping you and others safe at the FANS Ultra Races is very important to all of us. Out of an abundance of caution, the FANS Race Committee has decided to take additional safety measures during race weekend for everyone (vaccinated or non-vaccinated). Please review below for expectations of racers and their supporters/crew, volunteers and vendors.

The following additional precautions are strongly recommended:

- Racers and supporters/crew, volunteers, and vendors are strongly encouraged to bring and wear a well-fitting face mask that covers mouth and nose completely, ideally a medical grade mask or N95. Wear masks during all times when social distancing is not possible (6-foot distance between you and others outside of your personal bubble).
- Racers who are on the course away from others may choose not to wear a mask.
- As racers approach the lap counting tent/Aid Station 1, they are asked to put on a mask that may be removed once they have passed Tent City. Masks will be supplied at this location. Racers may keep the mask or discard in the trash receptacle.
- Masks are strongly encouraged at all touchpoint locations: Registration, volunteer check-in, packet pickup, and meals when not actively eating or drinking.
- Masks will be always required in the Medical Tent, in keeping with current practice in Minnesota healthcare facilities.
- Everyone is strongly encouraged to wear masks when in close groups <6 ft. distance from others. This will include volunteering in the lap counter tent or the Aid Station 1 or 2 Tent.
- For those attending Friday night packet pick-up and pasta dinner or Sunday Breakfast, please plan to wear your mask to pick up race packets or food. There will be plenty of locations nearby for you to sit for eating and hearing post-race awards that will allow social distancing.



FANS Ultra Races

- Please read: <https://files.constantcontact.com/69d5bc6b001/87be3570-745d-4c15-99a0-85a04dcc3678.pdf>

Stay home if you feel ill in any way.

How can I tell if I am ill?

1. If a person has a temperature over 100.4 degrees, feels sick in any way or has any COVID-19 symptoms they should not attend the event. – Or
2. Do you have any of these other symptoms?
 - a) Shortness of breath or difficult breathing?
 - b) Fatigue
 - c) Muscle or body aches
 - d) Headache
 - e) New loss of taste or smell
 - f) Sore throat
 - g) Congestion or runny nose
 - h) Nausea or vomiting
 - i) Diarrhea

In summary, out of caution and care for everyone, we cannot be (overly) reliant on vaccination. These additional precautions are meant to help us all stay safe and healthy.

Happy race weekend!