

Ironman Lake Placid July 25, 2021

Mitigation Efforts

- Eliminating: Welcome ceremony, IronKids Race, post-race awards, Championship rolldown ceremony, on-site registration for 2022.
- Bike rack density reduced. Athletes spread out in the transition area to avoid contact. Field capacity reduced to 2400.
- Change tents eliminated, athlete bags/changing will happen at the bike rack area. This space size increased from 8 bikes/rack to 4 bikes/rack to provide more room and distancing between athletes.
- One-way, spacing-awareness lines will be established at check-in, merchandise tents, athlete village, finish line, post-race areas.
- Hand wash/hand sanitizer product will be available at start/finish lines, all aid stations, merchandise POS, portable toilets and transition. Portajon stations will have increased spacing as well as distance-markings to keep those waiting in line appropriately spaced from each other.
- Elimination of many volunteer groups to reduce contact points. Numbers indicate the force-reduction from standard event operations (approx. 15% overall from normal 2000 volunteers). The following groups will not be in place or be significantly reduced for this event. Numbers indicated a reduction of volunteer positions/total original #s at each station :
 - Body Marking (30/30)
 - Wetsuit peelers (50/50)
 - Change tents (90/90)
 - Bike Handlers (80/80)
 - Sunscreen team (30/30)
 - Finish line assist (50/75)
- Swim start format changed to a lineup on Mirror Lake Dr. In past events, athletes would congregate in a large crowd on the beach. We will reduce the standard crowding on the beach. Swimmers entering the water will be spaced 6' apart beginning at approximately 1/3 mile along the road. Ironman staff and volunteers will monitor and maintain athlete social distancing by a 4-across lineup with 6' separation between rows of athletes. Mirror Lake Dr. will serve as a start chute. Masks will be required while staging for the start. Waste receptacles will be placed prior to the water's edge for athletes to discard masks prior to entering Mirror Lake.
- Athletes will be encouraged to self-service at run aid stations. Volunteers will not hand-off liquid/nutrition, just re-stock on tables spaced out further than normal to reduce athlete-athlete contact. Bike aid stations will provide traditional hand-off due to the higher speed of travel for athletes and less contact opportunity. Enhanced PPE will be provided to volunteers.
- Staff and Volunteers will be provided with PPE. Gloves, masks, shields/gowns at hi-frequency contact stations (finish, medical tent). All related personnel will be masked at our venues.
- Vaccination screening of athletes/volunteers/staff prior to check-in, upon entrance to merchandise/athlete village, volunteer tent and staff meeting area. A specialized wristband will be applied to all those who present verification of Covid-19 vaccine per the Excelsior Pass or a vaccine card. ID will be required along with the proof of vaccination.
- Controlled access points for all Ironman venue will be established. Spectator areas at the swim start and finish will require anyone 16 years of age + entering to have a COVID wristband.

- Start area will be barricaded from the Mirror Lake Dr tennis courts to the beach house and from the beach house to the toboggan slide entry point to establish checkpoints for access.
- Finish line barricade area from Main St/Mirror Lake Dr and Olympic Dr./Main St will have access points established. All spectators entering those areas will be checked.

The finish venue will consist of dual lanes for athletes. Once they cross the finish line, they will be directed to tables which will be self-serve stations for athlete pickup of medal/finisher gear (hat/shirt). Volunteers will re-stock tables and not provide individual handoff of gear.

After finish area, athletes will proceed to finisher food station for self-pickup of pre-packaged food/drink. There will be no tables for congregation and athletes will be directed to keep moving through the area. Masks will be provided at the finish line.

Athletes in need of medical attention will be treated by medical volunteers at the finish for diagnosis and potential admittance to the medical tent. A separate/distinct medical chute will be created for access to the med tent.

Shuttles will operated at state-mandated capacity limits. Capacity restrictions will be conveyed to all members of the Ironman Lake Placid community. Signage, announcements and other necessary information will be provided throughout the venues during the week.

Excelsior Pass plan (should it be implemented):

To summarize:

All athletes, vendors, staff and volunteers will be required to show proof of vaccination to enter the venues controlled by Ironman. Any spectators/family/friends will also be required to show proof of vaccination.

Ironman will establish checkpoints and secure the venues via barricades or other physical structures to prevent un-verified access. Any time the venue is open, only those individuals meeting the COVID standard will be permitted.

In advance of the event, Ironman will notify all staff/volunteers/athletes of the vaccine requirement. The hope is to prevent unvaccinated individuals from travelling to the Lake Placid and prevent issues upon arrival.