Here at the IRONMAN TriClub Program, our top priority is the health and safety of our athletes. **Due to the COVID-19 global pandemic, IRONMAN will NOT host a TriClub Village at events in 2020.** Clubs are highly encouraged to not gather in large groups. While this year is very different, we are excited to return to racing and to see our TriClub Program members cross the finish line! Please let me know if you have any questions and thank you for your dedication to the IRONMAN TriClub Program!

RACHEL SPELLMAN
IRONMAN TriClub Program
TriClub@IRONMAN.com

**REMINDERS:**
- NO pop-tents
- NO trailers
- NO large gatherings over 10 people
- Spectators are **REQUIRED** to wear face coverings
- Outside of competition, athletes are **REQUIRED** to wear face coverings
- IRONMAN is not responsible for items left overnight
- IRONMAN is not responsible for any clubs that do not adhere to the rules

**RETURN TO RACING:**

**Our Athletes**
- Athletes are recommended to wear face covers at our venues outside of competition.
- We have expanded our IRONMAN Smart Program, including our Athlete Smart Program, better preparing athletes for race day.
- Athletes are encouraged to review and acknowledge the Return to Racing Pledge, committing to safe and conscientious conduct.

**Our Staff**
- Via the IRONMAN Smart Program, our staff will complete education in proper health and hygiene protocols.
- Our staff will be required to undergo a screening process, including responding a health questionnaire. In many venues, no-touch temperature screening will also be instituted.
- Our staff will be required to wear face covers in all athlete-facing areas.
- Enhanced protocols will be implemented for cleaning and disinfecting surfaces, safe handling/serving fluids and food, proper use of disposable Personal Protective Equipment (PPE) and proper disposal of waste products.

**QUESTIONS:**
- For any TriClub related questions, please email triclub@ironman.com.
- For any race specific questions, please email arizona70.3@ironman.com.
WORLD HEALTH ORGANIZATION BEST PRACTICES:

Protect others from getting sick

When coughing and sneezing, cover mouth and nose with flexed elbow or tissue

Throw tissue into closed bin immediately after use

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick

Wash your hands

Wash your hands with soap and running water when hands are visibly dirty

If your hands are not visibly dirty, frequently clean them by using alcohol-based hand rub or soap and water

Be SAFE from #coronavirus

if you are 60+ or if you have an underlying condition like:

- Cardiovascular disease
- Respiratory condition
- Diabetes

by avoiding crowded areas or places where you might interact with people who are sick.

Learn more to Be READY for #COVID19: www.who.int/COVID-19
**WORLD HEALTH ORGANIZATION BEST PRACTICES:**

**HOW TO WEAR A MEDICAL MASK SAFELY**

**Do's**
- Wash your hands before touching the mask.
- Inspect the mask for tears or holes.
- Find the top side, where the nose piece or stiff edge is.
- Ensure the colored side facing outwards.
- Place the metal piece or stiff edge over your nose.
- Cover your mouth, nose, and chin.
- Adjust the mask to your face without leaving gaps on the sides.

**Don'ts**
- Avoid touching the mask.
- Do not wear a loose mask.
- Do not touch the front of the mask.
- Do not remove the mask to talk to someone or do other things that would require touching the mask.
- Do not leave your used mask within the reach of others.
- Do not re-use the mask.

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

**HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY**

**Do's**
- Clean your hands before touching the mask.
- Inspect the mask for damage or dirt.
- Adjust the mask to your face without leaving gaps on the sides.
- Cover your mouth, nose, and chin.
- Avoid touching the mask.
- Clean your hands before removing the mask.
- Remove the mask by the straps behind the ears or head.
- Pull the mask away from your face.
- Store the mask in a clean, plastic, resealable bag if it is not dirty or wet and you plan to re-use it.
- Remove the mask by the straps when taking it out of the bag.
- Wash the mask in soap or detergent, preferably with hot water, at least once a day.
- Clean your hands after removing the mask.

**Don'ts**
- Do not use a mask that looks damaged.
- Do not use a mask that is difficult to breathe through.
- Do not use a mask that is dirty or wet mask.
- Do not wear a loose mask.
- Do not wear a mask with others.

A fabric mask can protect yourself from the spread of COVID-19. Remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.