

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

[who.int/epi-win](https://www.who.int/epi-win)

Do's →



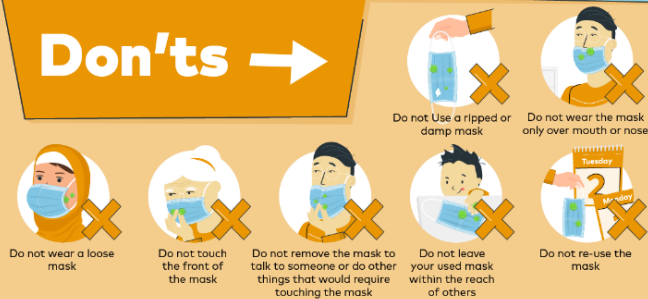
HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

[who.int/epi-win](https://www.who.int/epi-win)

Do's →



Don'ts →



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.

EPI-WIN

Don'ts →



A fabric mask can protect others around you. To protect yourself and prevent 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.

World Health Organization

