

Eden Epic Covid-19 Plan

Thank you for participating in the 2020 Eden Epic. We are grateful to provide an adventure during this crazy time. Hopefully you understand by now, that this will not be a regular year for the Eden Epic.

By participating this year, you have accepted the risk of a potential exposure to COVID-19. That being said, we have taken many steps to prevent exposure or transmission of the virus. If you personally fall within the “high risk” demographic for COVID-19, or are uncomfortable participating due to COVID-19, we urge you to forgo participation this year, and join us in 2021 when this risk is behind us (hopefully).

Prior to event day if you answer any of the following affirmatively please do not participate:

- Are you ill, or caring for someone who is ill?
- In the two weeks before you felt sick, did you: 1)Have contact with someone diagnosed with COVID-19? 2) Live in or visit a place where COVID-19 is spreading?
- Do you have any of the following?
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

Again, if you answered any of the above questions affirmatively, please do not even show up on event day.

Endurance Utah LLC and the Eden Epic are taking the following measures to discourage any further spread of the virus:

- Our staff will all be wearing masks throughout the day whenever possible. Our volunteers will all be wearing masks and gloves when handling Aid Station and Finish Line items.
- Upon arrival, we ask that you maintain 6 ft distance from others whenever possible
- We recommend/ask that all participants wear a mask prior to their starting time
- When checking in, your temperature will be taken via your forehead and you will be asked the following questions to confirm your health and ability to participate:
 - Do you have any of the following?

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Again, if you answered any of the above questions affirmatively, please do not arrive on race day or participate in race day activities.

You are also welcome to decline if you desire, however if you decline the health screening, you will not be able to participate.

- If possible we encourage you to use the restroom prior to your arrival at the starting area. Portable toilets will be available, but they will need to be wiped down after each use, which will increase the wait time.
- Participants will start in waves every 5 minutes. You will be assigned a start time based on your estimated finish time (total ride time). If you desire to ride with a friend or family member, please request this prior to event day.
- Once the race starts, we encourage you to follow the 6 ft rule as much as possible.
- Aid Station supplies will be limited and will all be pre-packaged. If possible plan to carry the majority of your own supplies.
- Water will be available at Aid Stations, however, there will be no cups. Water will be provided via pre packaged single serving water bottles. If you need an “electrolyte drink” of some kind, we recommend carrying a powder to put in your own bottle. There will be none at the aid stations, only water.
- Upon arrival at the Finish Line: gloved volunteers will hand you your finisher medal. Cold drinks will be available, however we ask that when at the finish area you maintain 6 ft distance and as soon as you are able, you head back to your vehicle and head home.

In the event that our staff is made aware of a participant’s confirmed COVID-19 diagnosis, Event Staff will inform participants of their possible exposure to COVID-19, but we will maintain confidentiality as required by the Health Insurance Portability and Accountability Act (HIPPA) safeguarding personal information in the event of a positive individual is a HIPPA violation.

Thank you for understanding and cooperation during this very unique year.