




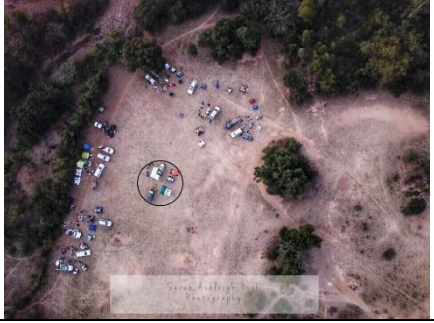



COVID-19 MITIGATION STRATEGIES: BLUE CROSS 2020

No	Activity	Covid-19 Mitigation	Comment
1	Traveling by vehicle to/from start/finish or while using the vehicle during the Event	<ul style="list-style-type: none"> • Participants will be briefed to limit vehicle occupants to no more than 3 per vehicle & all to wear face masks. • Surfaces such as steering wheels, gear shifts, indicator levers and handles to be sanitized during each driver change over. • Windows to be open, fans switched on and aircons switched off • Sanitizer and face masks supplied by BX 	<p>Start point in riverbed opposite Mahenye in southeastern lowveld</p> 
2	At the start of each day	<ul style="list-style-type: none"> • Event Officials to ensure all Event Officials, Staff and Participants observe all Covid-19 protocols • Event Convenor to take temperature of each participant and call for declaration if any person is feeling unwell 	<p>Anyone with fever or symptoms, as well as those who have been in close contact with him/her, to be removed from the event immediately and quarantined as circumstances allow</p>
3	Running, walking, cycling & horse-riding.	<ul style="list-style-type: none"> • All participants to be issued with face masks and hand sanitizer – face masks to be on hand and worn if warranted by physical distancing constraints • Physical distancing of 2m between participants & staggered starts over several days between and within disciplines: <ul style="list-style-type: none"> ○ Equestrian riders start on 28 July. Daily distance approx 40 kms. ○ Relay walkers start on 3 August according to own timings, but no less than 15 minutes apart. <ul style="list-style-type: none"> ▪ Daily distance approx 80 kms so participants widely spread out by day's end. ▪ Of the 3 relay walkers in each team, 2 will be walking and 1 driving the back-up vehicle at any one time. ○ Relay runners (3 per team) start on 3 August according to own timings, but no less than 15 minutes apart. Daily distance, participant separation and running/driving pattern as for relay walkers. ○ Cyclists (individual riders) start on 5 August according to own timings, but no less than 10 minutes apart. Daily distance approx 80 kms so, again, participants widely spread out. • Dusty conditions on dirt roads discourage close proximity & slip-streaming, but 2m physical distancing 	<p>All are outdoor, low-risk sporting activities in remote back-country.</p>   <p>No crowding or slip-streaming of participants permitted in ANY discipline</p> 

		<p>mandatory and use of face masks where such distancing compromised</p> <ul style="list-style-type: none"> • Sharing of water bottles and other personal items strictly prohibited 	
4	Overnight camping	<ul style="list-style-type: none"> • Maximum 2 persons per tent <i>in own tents, with own sleeping gear</i> • Each team to camp in widely separated areas allocated by Event officials – see image with <i>circled team camp as example of what will be required in 2020</i> • All routine camping activities (cooking, eating, washing up etc) strictly within teams. No interaction or sharing with other teams permitted • Use of cloth face masks and 2m physical distancing to be observed during briefings 	<p>Teams to ensure that they <i>also</i> have on hand all necessary equipment and consumables – tentage, water, washing facilities, crockery, cutlery, sanitisers, disinfectants etc</p> 
5	Use of communal pit latrines in camping areas	<ul style="list-style-type: none"> • <i>Camp attendants</i> to sanitize each toilet shelter every 30 minutes • <i>As a further precaution, users</i> to sanitize all contact surfaces of latrine shelters, and handles of covering scoops with sanitizer supplied at each latrine by the Event organisers before AND after use of the latrine. • Users to wash hands thoroughly for 20 seconds thereafter or sanitize with 70% alcohol hand sanitizer supplied at each latrine by Event organisers • Users to supply own toilet paper 	<p>To include sanitizing of all contact surfaces on latrine shelters</p> 
6	Use of public showers in camping areas	<p>Camp attendants to use the consumables and disinfectants supplied by the event organisers to sanitize all contact surfaces when changing water supply or before each new user</p>	<p>To include sanitizing of zip fasteners and bucket handles</p>
7	Finishing Line	<ul style="list-style-type: none"> • <i>Participants expected to reach the finish line singly or in pairs over several hours</i> between 1100 and 1700 on 10 August • Dwell time at finish to be strictly limited to 15 minutes – sufficient to collect a beverage and a takeaway • Participants to observe physical distancing and mandatory wearing of face masks by all persons not engaged in strenuous physical activity. 	<p>Mt Nyangani Car Park – outdoor area.</p>
8	Summiting Mt Nyangani	<ul style="list-style-type: none"> • Staggered start of 1 minute between teams. 	<p>Teams climb together at pace of slowest member</p>

		<ul style="list-style-type: none"> • Face masks to be carried but not worn unless overtaking, being overtaken or passing by another team/group. • All those reaching the summit to don face masks. • Event Official to enter finishers name in Blue or Brown Book. No signing. <p>Team dwell time on summit to be supervised by Event Official and must be sufficient only for team photo before dispersing</p>	
9	Spirit Awards Picnic	<ul style="list-style-type: none"> • Catering team to operate from outdoor braai area and observe standard food hygiene, face mask and physical distancing protocols. • All takeaways to be collected from serving area by one representative from one team at a time under the supervision of a designated Event Official. • All teams allocated a discreet area with no intermingling of teams. • All teams to provide their own refreshments. • Unless eating or drinking, all present to wear face masks, and observe sanitizing and physical distancing protocols. • Users to sanitize toilet seats, door handles, flush handles and taps in public toilets and washrooms before and after use with disinfectants provided by the event organisers. 	<p>Susurumba Bhuddist Retreat</p> <p>Teams and informal groupings to remain in discreet areas</p>