







COVID-19 MITIGATION STRATEGIES: BLUE CROSS: In event of SUDDEN COVID OUTBREAK

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 2 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 & biking.	<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"> ○ Relay walkers start 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 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 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 mandatory and use of face masks where such distancing compromised • Sharing of water bottles and other personal items strictly prohibited 	<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> 

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</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	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	To include sanitizing of zip fasteners and bucket handles
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 Summit Day minus 1 • Dwell time at finish to be strictly limited to 15 minutes – sufficient to collect a medal and a takeaway beverage/snack • Mandatory wearing of face masks by all persons not engaged in strenuous physical activity. 	Mt Nyangani Car Park – outdoor area.
8	Climbing Mt Nyangani and Awards Lunch	<ul style="list-style-type: none"> • Staggered start of 1 minute between teams • Facemasks to be carried but not worn unless overtaking, being overtaken or passing by another team or group • All those reaching the Summit to don face masks 	Teams climb together at the pace of the slowest member

		<ul style="list-style-type: none"> • Event Officials to enter Finishers' names in the relevant book. No signing. • Dwell time at Summit supervised by Event Official and to be sufficient only for Team photo before descending 	
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 the serving area by one representative of one team at a time under the supervision of a designated Event Official • Each team to be allocated a discreet picnic area with no intermingling permitted between teams • Each team to provide its own refreshments • Unless eating or drinking all present to wear face masks and observe sanitizing and physical distancing protocols • Before and after use, users to sanitize toilet seats, door and flush handles, and taps in public toilets and washrooms with disinfectants provided by the Event Organisers 	