

NEW

Moving Forward



TRIUMPH SAFE

MYTEAM TRIUMPH WISCONSIN

Best Practices in Response to COVID-19

1. **PERSONAL PREVENTION:** Participants, crew members and volunteers will be advised of the following protocols. They will also be encouraged to refrain from participating if they have experienced any COVID-19 symptoms leading up to the Training Day. Temperature checks will be completed on all staff, volunteers, crew, angels and captains. Anyone with a temperature of 100.4 degrees Fahrenheit or greater will not be allowed to participate.
 - a. Symptoms may include
 - i. Cough (new onset or worsening of chronic cough)
 - ii. Shortness of breath
 - iii. Fever
 - iv. Chills
 - v. Sore Throat
 - vi. Runny Nose
 - vii. Muscle Pain
 - viii. Headache
 - ix. New loss of taste and smell

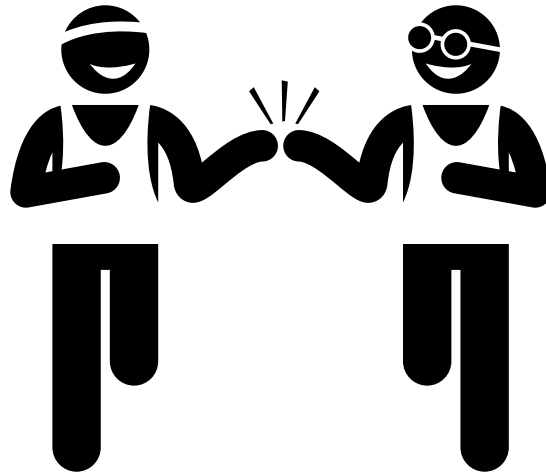
TRIUMPH SAFE

Best Practices in Response to COVID-19, continued

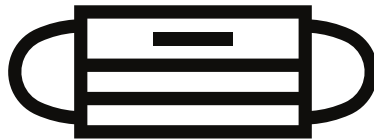
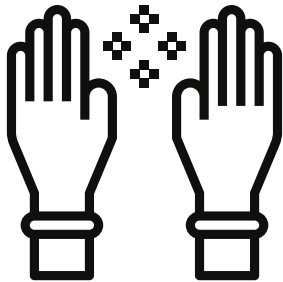
2. **CAPTAIN TRANSFERRING:** All captains requiring a hands on transfer should provide their own person (family, caretaker, etc) to assist whenever possible. Please make arrangements whenever possible.
 - a. If a family member or caretaker needs additional assistance a crew member, volunteer or staff member may be able to assist.
 - i Any staff , crew or volunteer assisting will have a face covering on and gloves (one time use after contact has been made)
3. **SANITATION NEEDS:** Each chair will have the following items should there be any need of contact.
 - a. Non-Latex Gloves
 - b. Hand Sanitizer >60% alcohol
 - c. Face coverings (mask or scarf)
4. **CHAIR SANITIZATION:** Each chair will be sanitized by staff, crew or volunteers before a captain or angel is in contact with the chair. All chairs will also be sanitized after each use. Face coverings and gloves will be available for staff, crew or volunteers when having to handle or clean equipment before and after use.
 - a. Chair Sanitization includes
 - i. Staff, crew or volunteer will wear non-latex gloves and face covering while sanitizing equipment
 - ii. All hard surfaces will be sanitized with products such as Cavicide Germicidal Cleaner Wipes
 - iii. All soft surfaces will be sanitized with products such as Clorox
 - iv. Equipment will be tagged after it has been sanitized, tag to be removed when equipment is handed off.
5. **SOCIAL DISTANCING:** In order to keep contact limited between angels, volunteers, crew and captains, please refrain from allowing others to help you push or pull the race chairs if they are not assigned to your group. Avoid running in large groups, try to keep your distance whenever possible. If a Captain or Angel chooses to provide and wear a face covering while running or biking, the face covering must not be a N95 or P95 mask as they will restrict breathing.
 - a. If there are captain or angels waiting for equipment please allow at least 6 ft between yourself and others
 - b. When a Captain and Angel(s) team is ready to run/bike they will be allowed to start the training
 - c. When multiple Captain and Angel teams are ready to run/bike the faster paced teams will be released first with 1 minute spacing to follow as needed
 - d. Keeping 6 ft apart before and after the training runs is recommended for everyone. Do not form large close groups.
6. **HAVE A PLAN:** We are encouraging all members to connect before their training run or race to discuss and develop a personal plan regarding how they will handle the event. These conversations could also happen event day. Topics to cover could include:
 - a. Transferring
 - b. Adjustments to position of Captain in the chair during the run
 - c. Fueling support needed
 - d. Communication with family or caregivers should a need arise (exchange phone numbers)

TRIUMPH SAFE

CREATE A PLAN THAT WORKS FOR YOUR TEAM!



GLOVES, MASKS & HAND SANITIZER ARE AVAILABLE.



PLEASE REMAIN PHYSICALLY DISTANCED WHEN APPROPRIATE.

