

Dear Volunteers

As we near race day, we wanted to reiterate that the health and well-being of our athletes, volunteers, partners, host communities and staff is our primary concern. As with every edition of the IRONMAN African Championship, the team has been hard at work developing and refining its operational plans with local authorities and agencies over the past year, including relevant safety measures and protocols which has been heightened over the last few weeks.

While the IRONMAN African Championship implements a comprehensive safety plan for the event each year, we have further built on these measures based on the recommendations and guidelines of the World Health Organization (WHO). We have been in constant communication with local authorities, as well as our event medical, safety and security service providers to have measures in place to mitigate risk. This includes implementation of additional onsite event safety and precautionary measures, as well as education and guidelines for event staff and volunteers at race venue locations to follow. These safety measures promote the daily practice of [hygiene protective measures recommended by the World Health Organization \(WHO\)](#) to prevent the spread of germs.

These actions include but are not limited to the following:

- Active communication to participants, volunteers, and event staff creating awareness and education about COVID-19, inclusive of signage on site.
- Education of all staff and volunteers on distribution methods for aid stations and race village catering, such as the use of utensils and leaving food in packaging where appropriate (e.g. energy bars).
- All volunteers will be given disposable gloves, upon collection of their volunteer shirts. Extra gloves will be available at areas required.
- Additional supply and usage of hygiene products at each official function and in the race village such as hand sanitizer and increased cleaning and trash disposal procedures.
 - Hand sanitizers will be available at the following areas: entrance to expo, pasta evening and awards; transition on race day; VIP areas; Finish Line; Race Day Merchandise; T-shirt swop and lost & found Post Race; Slot Allocation and Registration. Only athletes who have not done any IRONMAN South Africa races will be required to complete fingerprint biometrics. Alcohol swabs will be used to clean the Biometric fingerprint scanner after each athlete.
- Routinely disinfecting and cleaning frequently touched surfaces at race venue locations, such as workstations, product distribution areas, tables and electronic devices.
- The athlete massage tent will not be available post-race.

At this stage, the National Institute for Communicable Diseases (NICD) does not propose altering arrangements for public events, and therefore we will be proceeding with the IRONMAN African Championship as planned.

For up-to-date information on COVID-19 refer to www.who.int, the South Africa Department of Health (DOH) at www.health.gov.za, and National Institute for Communicable Diseases (NICD) at <http://www.nicd.ac.za/>

Thank you and we look forward to a great 2020 edition of the IRONMAN African Championship.

The IRONMAN South Africa Team