



URBAN-ULTRA COAST TO COAST CYCLE CHALLENGE
COVID SAFETY PROTOCOLS

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URBAN - ULTRA
GET OUT THERE!



This non-competitive cycle challenge takes riders east from Sharjah city, through the Hajar mountains to the east coast of Kalba and then north all the way to Fujairah. The route stretches 215km and we expect a maximum of 500 riders to participate.

The following protocols are in place for the maximum safety of all participants, staff and third-party support persons.

■ COVID-SAFETY IN SUMMARY

• **COVID 19 Negative Test Result Required (max 96 hrs prior to event)**

- *To limit the possible spread of the virus we request that all riders are free of the virus so that we can operate the pods as per previous years in groups of max 40 people. All riders will be required to sign a waiver agreeing to the terms and conditions of the event.*
- *ALL riders will be temperature checked upon arrival*
- *No groups larger than 5 at start and finish – socially distanced (min 2m) from any other rider at the start, checkpoints and at the finish*
- *Riders are requested to wash hands thoroughly at the start of the event - water and soap is provided*
- *There will be NO TOUCHING the water dispensers by riders at feed stations, a member of staff will assist to fill bottles*
- *ALL checkpoint staff handling food and water will wear a face mask and gloves at all times*
- *Sanitizer will be mandatory if riders wish to take fruit from feed stations - staff member to assist - sanitizer is provided*
- *Riders will wear masks unless riding – masks are mandatory at all other times*
- *Riders not wearing a face mask when not riding will be kindly ask to wear one or leave*
- *There will be no pre-event briefing, to limit time in one place*
- *Whilst on the ride, riders will allow as much space as possible whilst still drafting*
- *Note that transportation for sweeper and return bus will be according to the covid safety protocol guidelines stipulated by the Covid Crisis Authority*
- *Riders are asked, that once their event is completed, to immediately leave the finish area.*
- *If you are experiencing ANY signs of the covid virus - PLEASE DO NOT attend the event. Please go straight to a testing centre and get yourself checked out.*



■ START/FINISH LOCATION

The start area will be signposted with 2m social distancing sign boards to remind riders not to gather. Riders will be checked for temperature. They will be reminded to wear their masks and also be required to wash hands before they sign in. Signage will be in place for maximum visibility and reminder. At the finish location, riders will immediately be guided to the hotel lawn area and showers where they can be socially distanced in tables of no more than 5 people and according to the hotel covid safety protocols.

All staff members from Urban-Ultra will wear PPE especially where food and water are being distributed.

■ EVENT PACK COLLECTION

Wolfi's Bike Shop is already operating a strict entry/exit and sanitized policy for all visitors to the store. They will be checking all riders collecting their packs will be presenting a Covid 19 Negative Test Result.

■ SAFETY ON THE RIDE

As per the rides currently being held in Europe, we are insisting on negative test result for all participants. This should ensure minimum risk for anyone riding in their small pelotons of no more than 40 riders per group.

■ FEED STATIONS

All staff members at checkpoints will be wearing all necessary PPE and riders will not be serving themselves. Staff will dispense water and food should riders require.

- **CP 1 - Red/White chequered Cafe at Mahafiz interchange (approx. 55km)**
- **CP 2 - Wadi Helo village (approx. 117km)**
- **CP 3 - Opposite ADNOC Station Kalba (approx. 139km) (This is the finish point for the Abridged ride)**
- **CP 4 - Seapoint Street (approx. 176km)**



■ SAFETY SUPPORT VEHICLES, VOLUNTEERS & AMBULANCE SUPPORT

Support cars will be identified with safety info and numbered, and assigned to each pod. They will escort each rider pod in order to provide a safety buffer between fast moving traffic. All will wear necessary PPE for safety.

■ BRIEFING

Due to the covid safety protocol we will not be making a briefing prior to start.

■ BUS TRANSPORTATION

Buses will operate in accordance with maximum passengers for covid safety, usually less than half the maximum capacity on previous rides.

■ For Riders ... Rules & Regs

In entering this event and by signing the race waiver, you agree to abide by the general terms & conditions of participating in an Urban-Ultra event.

COVID 19 NEGATIVE TEST RESULT

ALL riders MUST present a Covid 19 Negative test result (PCR Swab Test) max 96 hours prior to riding.

MASK WEARING

ALL riders MUST wear a face mask if not riding during the event. This includes all areas at the start and finish, unless eating/drinking.



**Mask Wearing
area**



ROUTE & ELEVATION





EVENT WAIVER - BY BEGINNING THE RIDE YOU AGREE TO THE BELOW

PLEASE READ THIS DOCUMENT (THE "WAIVER AGREEMENT") CAREFULLY BEFORE RIDING. THIS WAIVER AGREEMENT WILL AFFECT YOUR LEGAL RIGHTS AND WILL LIMIT OR ELIMINATE YOUR ABILITY TO BRING A FUTURE LAWSUIT.

I know that swimming, cycling or running are potentially hazardous activities. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event.

I hereby certify that I am in good health and I have trained for the distance of the race, which I am entering. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants or animals, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry into this running race, I, for myself and anyone entitled to act on my behalf, waive and release Urban-Ultra, its officers, directors, agents, volunteers and employees, all states, cities, countries or other governmental bodies or locations in which events or segments of events are held, all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to video and photograph me before, during and after the activity, and use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose including any marketing and/or commercial purpose, on any media, including but not limited to: social media, electronic media, print media etc. Transport of luggage and bicycles. Every effort will be made to keep your bike and luggage in the same condition it was loaded in. I do not hold any person, driver or organisation responsible for any damage caused during load, off load or transfer of my luggage or bicycle. I understand that event insurance does not cover the transportation of my luggage or bicycle or any medical treatment sustained during the ride or any post ride treatment due to injuries sustained during the ride.

I hereby state that I have submitted an official (PCR) Covid 19 Negative Test Result as part of the terms and conditions to ride. Should I contract the virus as a result of the ride or post race celebrations, I do not hold any person, driver or organisation responsible for any subsequent treatment, hospitalisation, illness or death. I agree to contact the organisers should I find myself positive post ride, in order that contact tracing can be carried out and the spread of the virus limited as soon as possible.