

Exposure Control Safety Briefing and Waiver of Consent:

According to the Governor's Reopening Requirements for races in Phase 2, Peninsula Adventure Sports is responsible for providing a safety briefing at the beginning of each race. It also requires that you sign a Waiver of Consent that you will follow the requirements outlined below. Similarly, we promise to you that we will also follow the sanitation and other requirements to keep you safe.

These are the Phase 2 Reopening Requirements we require that you (and us!) to follow in order to participate in the race:

- Starting waves of 10 participants or less. You will be assigned a start time and we would like you to show up no earlier than 5-10 minutes before your assigned time.
- The starting area is limited to no more than 50 participants at any time awaiting their staggered starts, and you must maintain a 6 foot distance or more between yourself and any other participants. Please help us by strictly abiding by this. If you see too many participants in the area and it is not your time to go, please leave and come back at your time.
- Face coverings are required at all start / finish / exchange zone areas, but can be removed while running on the race course.
- You must try to maintain 6 feet distance while on the race course, with the exception for passing.
- Spectators are not allowed. Please have your non-participating family or friends stay home this time. We know, that sucks.
- No congregation of more than 5 people allowed at exchange zones at any one time. That means that only your replacement runner can go to the exchange. All other team members should stay in the team vehicle while runners are swapping out.
- Lines at portable toilets must be managed such that there is at least 6 foot of distance between all participants waiting in lines.
- The race must provide a hand washing station or hand sanitizer.
- Organizers must retain registration data for 30 days after the activity in order to aid possible contact tracing.

(continued on next page)

- No congregation is allowed at the activity start or finish area. Participants must leave the activity area when finished and head to 7 Cedars Resort, who will host post-race food, beer, and awards.

I commit to following these Exposure Control Safety Requirements outlined in this Safety Briefing. I also agree that I will not participate in Frosty Moss Relay if I have been diagnosed with COVID-19 (have not recovered or are still within the required 10-day isolation period), had symptoms of COVID-19 (within the last 24 hours before race day), or had contact with a person that has or is suspected to have COVID-19 (within the last 14 days before race day).

Signatures of all team members:

_____ Date:
_____ Date:
_____ Date:
_____ Date:
_____ Date: