

# 2022 Lost Soul Ultra COVID Protocols (as of Sept. 4, 2022)

## Safety

- We will do our best to offer the best race experience possible during the ongoing pandemic. Safety will guide our decision making.

## Vaccine Friendly Race

- LSU racers and volunteers must be fully vaccinated.
- All crew in the Aid (Safe) Zone must also be fully vaccinated.

## Personal Space

- We expect everyone (racers, volunteers, crew, etc.) to “go the extra mile” and be respectful of everyone’s personal space and comfort level. Please maintain distance from each other.
- LSU racers who DNF at Softball Valley or Pavan Aid Station will not receive a ride back to Headquarters and should be prepared to order a taxi.

## Face Masks/Coverings

- The Sunday breakfast will be an indoor event with people sitting close together at tables so everyone may want to consider wearing a face mask/covering when not actively eating or drinking.
- People who choose to wear a face mask/covering must bring their own face mask/covering.

## Aid (Safe) Zones

- Each Aid Station will have a designated Safe Zone limited to the racer and 1 crew member. When it is busy, the Safe Zone may be limited to the racer only.
- Volunteers will assist racers with refilling their food and drink supplies to limit contact.
- Crew can provide aid to their racer in the parking lots and/or grassed areas around the 3 Aid Stations (Headquarters, Softball Valley, Pavan).

## Good Hygiene

- Hand sanitizer will be available at all Aid Stations. We expect everyone to wash or sanitize their hands often.
- We expect everyone to cover their coughs and sneezes.

