



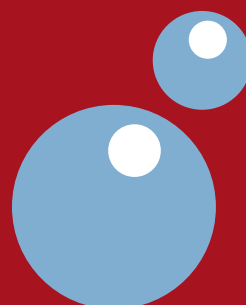
**UNITED STATES ADVENTURE
RACING ASSOCIATION**



COVID-19 SAFETY RECOMMENDATIONS FOR RACERS

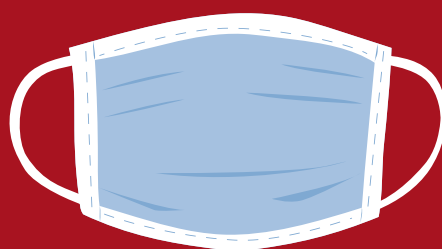
During the COVID-19 pandemic, USARA is encouraging all adventure race participants to prioritize the safety of themselves, their team, race personnel, and the host community by adhering to the following plan to arrive healthy to and remain healthy after their next adventure race.

Social distance, quarantine, or get tested before attending a race. Discuss your plan with your teammates and consider whether it is safe to merge “bubbles” with your teammates for the event.



Plan travel to and from the event that minimizes your exposure to anyone outside your household and team “bubble.” Make lodging and food plans that mitigate risk of exposure across team members and outside communities.

While at the race, wear a mask at all times when near any person outside of your team.



Check the state and federal guidelines of your home area and the race area well in advance so you are prepared to comply with any regulations.

Communicate with the race director immediately if your ability to attend the race changes for any COVID-related reasons.



For more information, contact us at info@usara.com.

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