I. Overview

The Indoor Triathlon will be coordinated by Student Recreation and will vary based on the campus alert levels. The event would take place on Saturday, March 13th. The event is for only UW Oshkosh students, faculty, and staff.

II. Applicability:

This standard operating procedure applies to all participants of the event (students, faculty/staff, student recreation staff).

III. Procedure: Moderate Alert Protections in Place

A. Procedure/Process
   1. The following spaces will be used:
      i. SRWC MAC Gym
      ii. SRWC Track
      iii. SRWC Three Court Gym
   2. Registration
      i. All participants are required to be signed up via Fusion, our facility management software and scheduling program, before they can participate. Waivers must be signed by all participants.
   3. Check in and Game Play
      i. Student Recreation staff will always be present to monitor policies and check Titan IDs to determine who is registered.
      ii. Staff will enforce mask wearing, no spectators, social distancing, and student recreation rules and policies.
      iii. Participants will also be expected to stay home if they feel they are exhibiting symptoms.
   4. Equipment
i. All equipment, such as rowing machines, stationary bikes, and treadmills will be cleaned using towels and disinfectant before and after each participant uses the equipment.

ii. Equipment will be placed at least 6 feet from each, more if space is available.

5. Indoor Triathlon Stages
   i. A maximum of 4 participants will participate at each station with a staff member for each participant to track their scores and to make sure mask and social distance policies are being followed.
   ii. Rowing Machine
       1. Four rowing machines will set up in the MAC Gym or Three Court Gym at a distance of at least 6 feet from each other. Participants will row for 10 minutes and their meters recorded by a staff member.
       2. Participants get 8 minutes to transition to the next station.
       3. Staff will clean the rowing machines during the 8-minute transition time
   iii. Stationary Bikes
       1. Four stationary bikes will set up in the MAC Gym or Three Court Gym at a distance of at least 6 feet from each other. Participants will bike for 30 minutes and their miles recorded by a staff member.
       2. Participants get 8 minutes to transition to the next station.
       3. Staff will clean the stationary bikes during the 8-minute transition time
   iv. Indoor Track
       1. The track will be divided into quadrants.
       2. Four participants will start at four different starting lines on the track. One at each quadrant starting line.
       3. Participants will run for 20 minutes and their laps will be recorded by a staff member. Quarter laps are accepted.
       4. Participants will be required to stay in the inner most lane and may only pass in the outer most lane.
       5. Participants will not be allowed to run in a group.

B. Face Covering Requirements
   1. Face Coverings are always required by all participants and staff. No exceptions.

C. Physical Distancing Parameters
   1. During the event, staff will require participants to remain socially distanced.
   2. Only participants will be allowed at the event. No spectators will be allowed.

D. Hygiene
   1. All equipment will be cleaned using towels and disinfectant before and after each use and after the entire event.

E. Disinfection
   1. Student Recreation will be responsible for disinfection of the space after the event.

IV. Procedure Modifications: Very High Alert
   Event will be cancelled

V. Procedure Modifications: High Alert

VI. Event will be cancelled
VII. Procedure Modifications: Low Alert
Normal operating procedures may resume

VIII. Guidance Documents/Policy Links:

IX. Templates/Forms:

X. Definitions

XI. Revision History:
Created: 10/1/20
Revised/Reviewed: