

HYROX Health & Safety Measures COVID-19 Response Plan

Summary

HYROX has partnered with Dr. Michael Ehnert, who has served as the Chief Medical Director for the German Olympic Committee, German Boxing Federation and German Swimming Federation among other roles in Sports Medicine. We will be working together to develop a comprehensive response to the COVID-19 pandemic and future health threats in events. The following actions have been developed in conjunction with and final approval of Dr. Ehnert.

The goal of these measures are to minimize the exposure and transmission risks of any bacteria, virus based or other previously unknown diseases for all in attendance at a HYROX event. The response plan is divided into three tiers based on the exposure risk within the region an event is hosted in. In addition to general standards that are put into place at all HYROX events moving forward, there are an additional three tiers of precautionary, each further restrictive, measures that will be enacted on a region by region basis.

Initiative

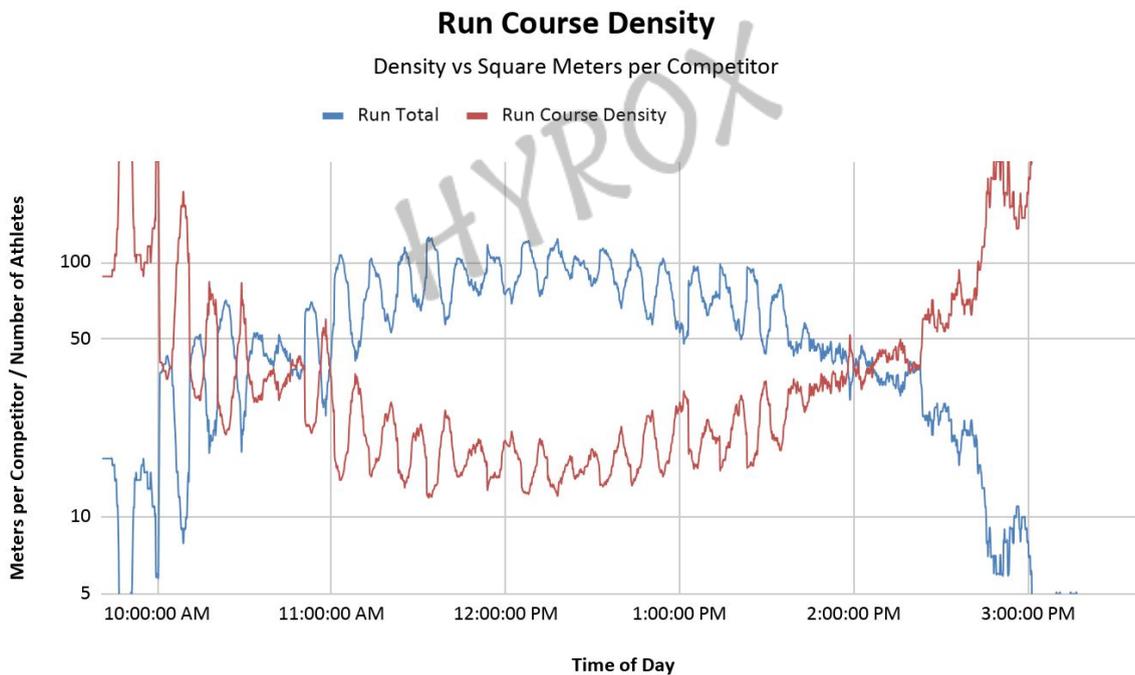
For the overall health of a community it is key that people remain active. HYROX has launched the #NeverStopCompeting campaign to support people in staying active while in isolation or social distancing. This is currently being done through the HYROX Home Series; digitally tracked workouts and education programs on how to maintain physical activity in a home based setup.

Standard Measures Taken

1. Social Distancing throughout the event

- a. At all times during the event where attendees are subject to the rules of HYROX, social distancing will be implemented.
- b. In areas where any organized queuing will take place and at the Start Zone, floor markings will be placed at 6' intervals designating where individuals should stand to maintain social distancing. These will be in the form of floor stickers that read "To maintain social distancing, please only stand at these designated points". [insert image of floor graphic]
- c. Start times will be distributed to ensure a minimum of 1.8m (6') separation throughout the entire competition. The distributed start times is based on extensive analysis of timing data from prior competitions, detailed information is available in the appendix section A.
- d. Within each workout area the equipment is spaced out to maintain social distancing while competitors are at machines or interacting with the equipment and allows for a transit path as needed through the workouts. Examples of this are available in Appendix B.
- e. For the run track, a minimum distance of 5m x 1.8m will be required to account for the movement of any airborne particles between competitors.

This 5m (16'4") long radius will be from the center of one individual following them in the direction of travel, a distancing width of 1.8m will be maintained.



Sample Run Course density map, displaying the combined number of competitors on the run course throughout the event with square meters per athlete plotted against the athletes.

Area	Social Distanced Max Stations	Area Size m2	Allocated Per Starter (sq meters)	# Station Required	Max Density Achieved
Run Course		2,040	9		
SkiErg	22	119	3.24	20	18
Sled Push	17	77	2	17	15
Sled Pull	17	77	2	17	15
BBJ	41	395	9.72	19	17
Rowing	20	159	7.2	16	14
Farmers Carry	49	420	7.2	11	9
Lunges	41	319	7.84	17	15
Wall Balls	29	93	3.24	20	18

Breakdown of max number of competitors per workout area based on social distancing (min 6' radius) with additional space allocated based on the workout area & motions or positions the competitor will partake in.

- f. The pre-race technical briefing previously held on-site in a theatre style will not take place on-site. This will be conducted via a prerecorded video that will

be distributed prior to the competition and played on multiple TV's in the lobby of the facility and inside of the hall.

2. Hand Sanitizer Stations

Alcohol-based hand sanitizer stations will be available throughout the venue, a minimum of 24 stations will be deployed across the following locations. These are in addition to the stations regularly deployed by the venues.

- 1) Entrance & exit to the main exhibit hall
- 2) Entrance & exit of the registration area in the lobby of the event
- 3) Entrance & exit of all areas within the event: race office, volunteer lounge/check-in, merchandise store, finish area
- 4) Entrance & exit of each workout area and at aid stations

3. Antimicrobial Coatings & Regular Cleaning

- a. To control and minimize the spread of bacteria & viruses between competitors all equipment & furniture used at the event will be treated with HYGIENE4LIFE® surface treatment. This is a lab tested antimicrobial coating for all surfaces that is effective for up to one year from date of application. Prior to each event the equipment will be tested with the supplied test kits to verify the efficacy. HYGIENE4LIFE® has lab test results available verifying efficacy against a range of bacteria, mold & viruses.

In addition to the HYGIENE4LIFE® coating on all equipment and commonly touched surfaces (owned by HYROX), staff will regularly wipe down common surfaces with alcohol or bleach based cleaning wipes. While this is not required between each use due to the surface treatment it is taken as an additional precaution and will occur regularly, but not between each use.

4. Face Masks & Gloves

- a. All attendees will be strongly encouraged to wear face masks or other coverings at all times while within the facility. This is to slow or prevent the spread of any airborne particles. These measures may be strengthened based on the 'tier' of the event. Disposable face masks will be made available for all staff & volunteers.
- b. Disposable nitrile gloves will be available for all staff & volunteers to wear throughout the event.

5. Volunteers & Staff

- a. All volunteers and staff will be trained on proper social distancing techniques specifically for events. This includes the following measures.
 - i. Arranging all counters & other stationary points which interact with attendees such that a minimum of 1.8m (6') of separation is enforced. This may take place in the form of arranging tables lengthwise or placing stanchions outward from the counter to create a separation barrier.
- b. All staff & volunteers within the workout areas will be briefed on specific places to stand in relation to the competitors to align with the social distancing plans used throughout the layout. This involves having staff or volunteers stationary or in motion in the correct locations which allow for transit lanes.

6. Timing Chip Disinfection

- a. Each competitor is issued a reusable timing chip to be worn throughout the competition which is used to determine their location within the event and overall score. Due to the cost of these chips (\$45) they are designed to be used regularly for 3-5 years and are unrealistic to treat as disposable. Between each event these chips will be disinfected either with antimicrobial disinfectant (lysol, bleach, etc) or through washing in a washing machine for 60+ minutes at 60°C (140°F) with detergent.

The strap used to hold the chip is single use and comes prepackaged, this will be used only once and disposed of following the competition.

7. Awards Ceremony

- a. The awards ceremony will be modified to minimize proximity and contact. The awards podium will be spread out to allow for 1m (3'3") of space between the bases and competitors receiving awards will be asked not to come in contact with other competitors. For doubles teams, both competitors will be allowed to be on the podium at one time but must maintain distance from other teams. No group photos where athletes are in close proximity will be allowed.

Graduated Tier Restriction System

Tier 1

No additional precautions would be taken from the above measures. "Tier 1" events are considered to be the 'new norm'.

Tier 2

Additional restrictions include the following measures, which are geared towards reducing the overall density of people within the hall.

- All attendees, volunteers & staff will be required to wear face covering at all times of the event except during their competition.
- A single direction flow in & out of the venue will be implemented where competitors will not be able to linger prior to their race start, therefore they will be encouraged to arrive directly prior to their race start. Spectators will be limited to the post-finish portion of the event space.
- Social distancing factors will increase 25% to 2.25m (7' 6"), meaning each station will have a lower density.
- All spectators will be required to have tickets, pre-purchased, in order to enter into the hall. This is to restrict the number of people within the space and ensure more severe social distancing.
- Video broadcast of the event will be added to discourage spectators from attending in large groups.

Tier 3

This is the most restricted version of a HYROX event. Implemented in markets where there is still a high number of new cases, the event serves the purpose of supporting the community with physical engagement and mental health. In addition to the Tier 2 restrictions the following measures will be enacted.

- Spectators will not be allowed inside of the venue. This is to regulate the flow & density of attendees.
- All volunteers & staff interacting with attendees will be required to wear gloves.
- The volunteer lounge will be reduced to a self service area but all seating will be removed to prevent unnecessary congregation.
- Additional cleaning measures will be put into place for all common surfaces.

HYROX

Appendix A

Social Distancing throughout the competition data analysis

Summary

HYROX has developed a statistical analysis tool which provides insights into the exact speed it takes competitors to complete each phase of the event and chart this against the available workout stations within each workout that have been separated to allow for 6' (1.8m) social distancing. This tool is used as the start times for each wave and division are calculated to map out the density of competitors throughout the course.

Process

At all HYROX competitions there are 21 timing points which are used to capture reads (chips passing over the antenna loop) from chips assigned to each competitor. This data is captured between 50-64 times throughout the competition based on the number of laps (2 or 3) a competitor completes based on the venue's layout. On average this means an athlete's location within the venue is recorded every 102 seconds. After determining the bell curve of a competitor's time to complete each phase of the event we are able to determine the number of competitors between each set of timing points at any given time and ensure this does not exceed the designated capacity of each area based on allowing a 6' (1.8m) radius for each competitor.

This is determined for each competition division to allow for increased accuracy based on the variety of performance levels and effort required to complete the different division's weights.

All data presented is based on the start wave schedule from the 2020 HYROX Dallas event but is calculated on a per event basis to ensure compliance with procedures.

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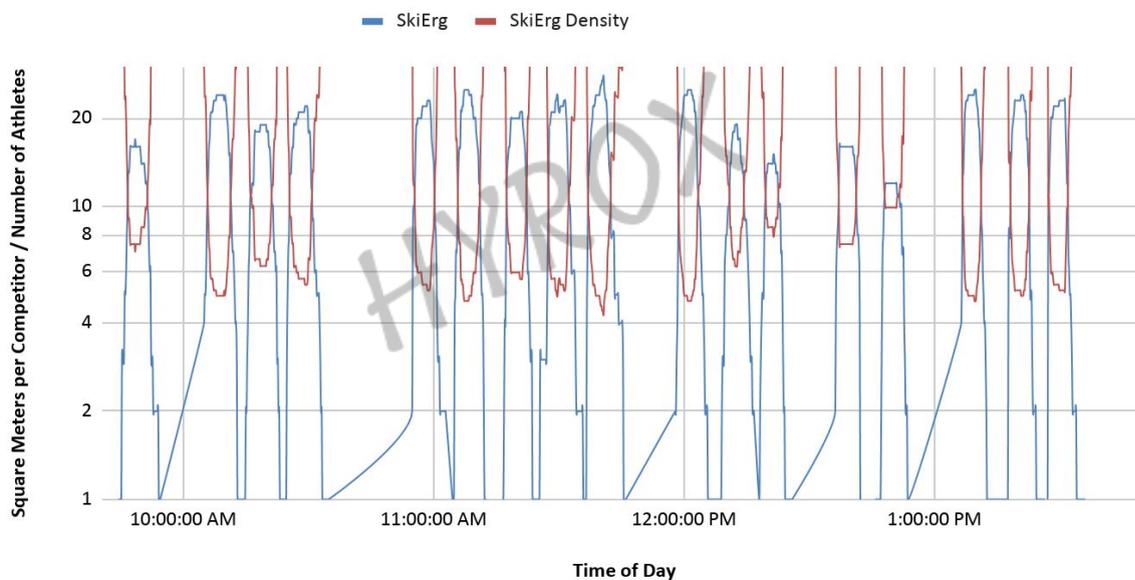
HYROX - Dallas 2020					
Wave	Technical Briefing	Enter Start Zone	Start Time	Category	Starters
1	8:50 AM	9:30 AM	9:40 AM	HYROX DOUBLES WOMEN	24
	BREAK (20 min)				
2	9:30 AM	9:50 AM	10:00 AM	HYROX WOMEN	27
3	9:30 AM	10:00 AM	10:10 AM	HYROX WOMEN	27
4	9:30 AM	10:10 AM	10:20 AM	HYROX WOMEN	26
	BREAK (30 min)				
5	10:00 AM	10:40 AM	10:50 AM	HYROX MEN	30
6	10:00 AM	10:50 AM	11:00 AM	HYROX MEN	30
7	10:30 AM	11:00 AM	11:10 AM	HYROX MEN	30
8	10:30 AM	11:10 AM	11:20 AM	HYROX MEN	25
9	10:30 AM	11:20 AM	11:30 AM	HYROX MEN	21
	BREAK (20 min)				
10	11:00 AM	11:40 AM	11:50 AM	HYROX DOUBLES MIXED	26
11	11:00 AM	11:50 AM	12:00 PM	HYROX DOUBLES MEN	25
12	11:00 AM	12:00 PM	12:10 PM	HYROX DOUBLES MEN	11
	BREAK (20 min)				
13	11:50 AM	12:20 PM	12:30 PM	HYROX PRO WOMEN	25
14	11:50 AM	12:30 PM	12:40 PM	HYROX PRO WOMEN	8
	BREAK (20 min)				
15	12:20 PM	12:50 PM	1:00 PM	HYROX PRO MEN	25
16	12:20 PM	1:00 PM	1:10 PM	HYROX PRO MEN	25
17	12:20 PM	1:10 PM	1:20 PM	HYROX PRO MEN	21

Results

A tool developed by HYROX utilizes the statistical data of standardized paces from each workout combined with the start timeline to ensure that no area has more competitors & volunteers within it than allow for adequate distancing at the peak density. This is used when developing venue plans and spacing, creating a standard for all events. Below are density graphs for two of the eight workout areas as an example.

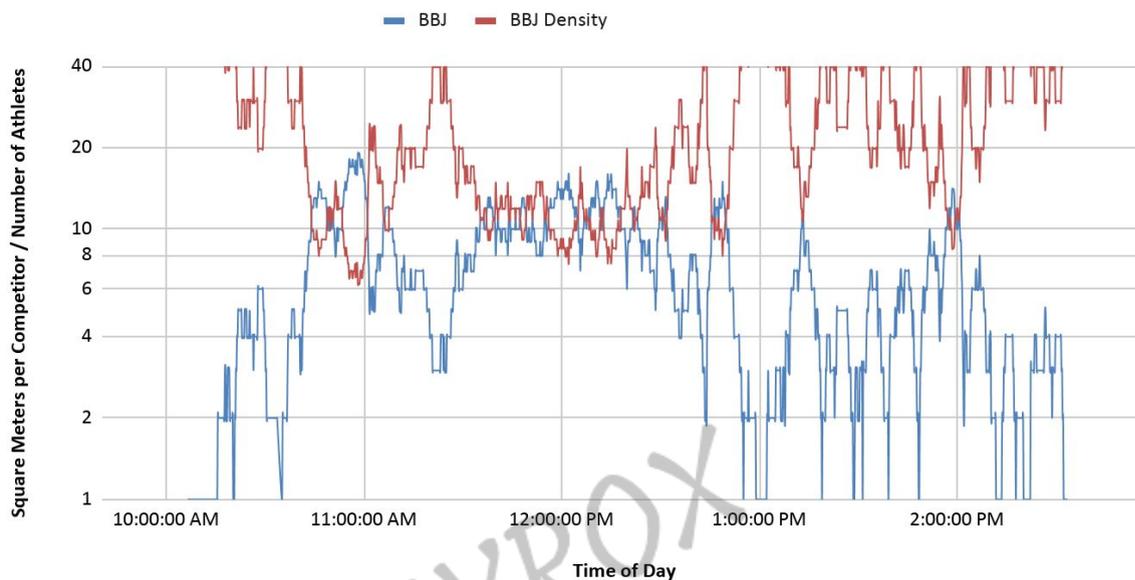
SkiErg Density

Density vs Square Meters per Competitor



Burpee Broad Jump Density

Density vs Square Meters per Competitor



Appendix B Social Distancing via Workout Station Layout

Summary

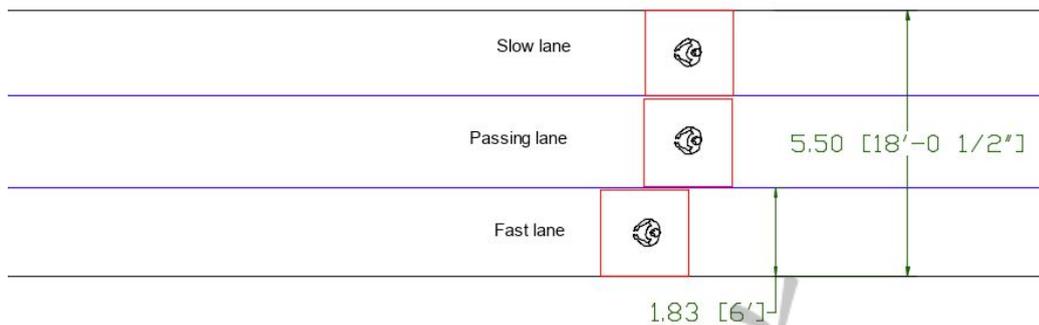
HYROX has designed a social distancing system within each workout station to allow athletes to compete while still maintaining the recommended distances from one another. This is based on the aforementioned table of the distance allocated per competitor per workout area which is based on the motion, form, number of judges & staff present within each area. The following outlines the methodology with example drawing used to determine the square meters allocated per competitor for each stage of the competition, including the space allowed for competitors transiting the area (in or out).

Process Per Competition Area

1. Run Course

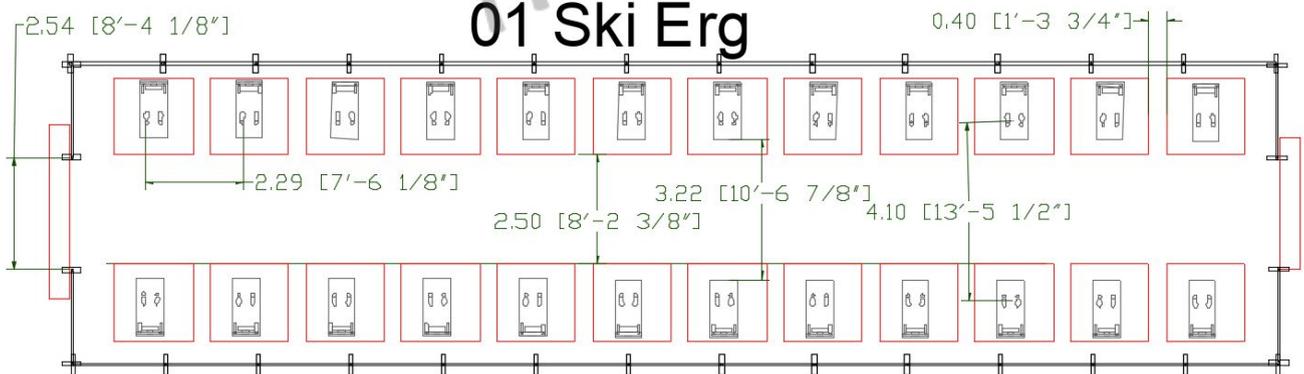
The run course has been modified in order to comfortably allow three 1.8m (6') wide lanes across the width. Similar to the standards used in driving, the outermost lane is a dedicated 'slow' lane for competitors with a sub-average pace. A middle 1.8m (6') wide 'passing' lane is designated for overtaking other competitors while the innermost lane is the 'fast' lane for competitors with an above-average running pace. The areas will be denoted by white or yellow tape running continuously through the course complimented with floor graphics which denote the purpose of each lane placed periodically and at the entrance/exit of the course.

Run Course



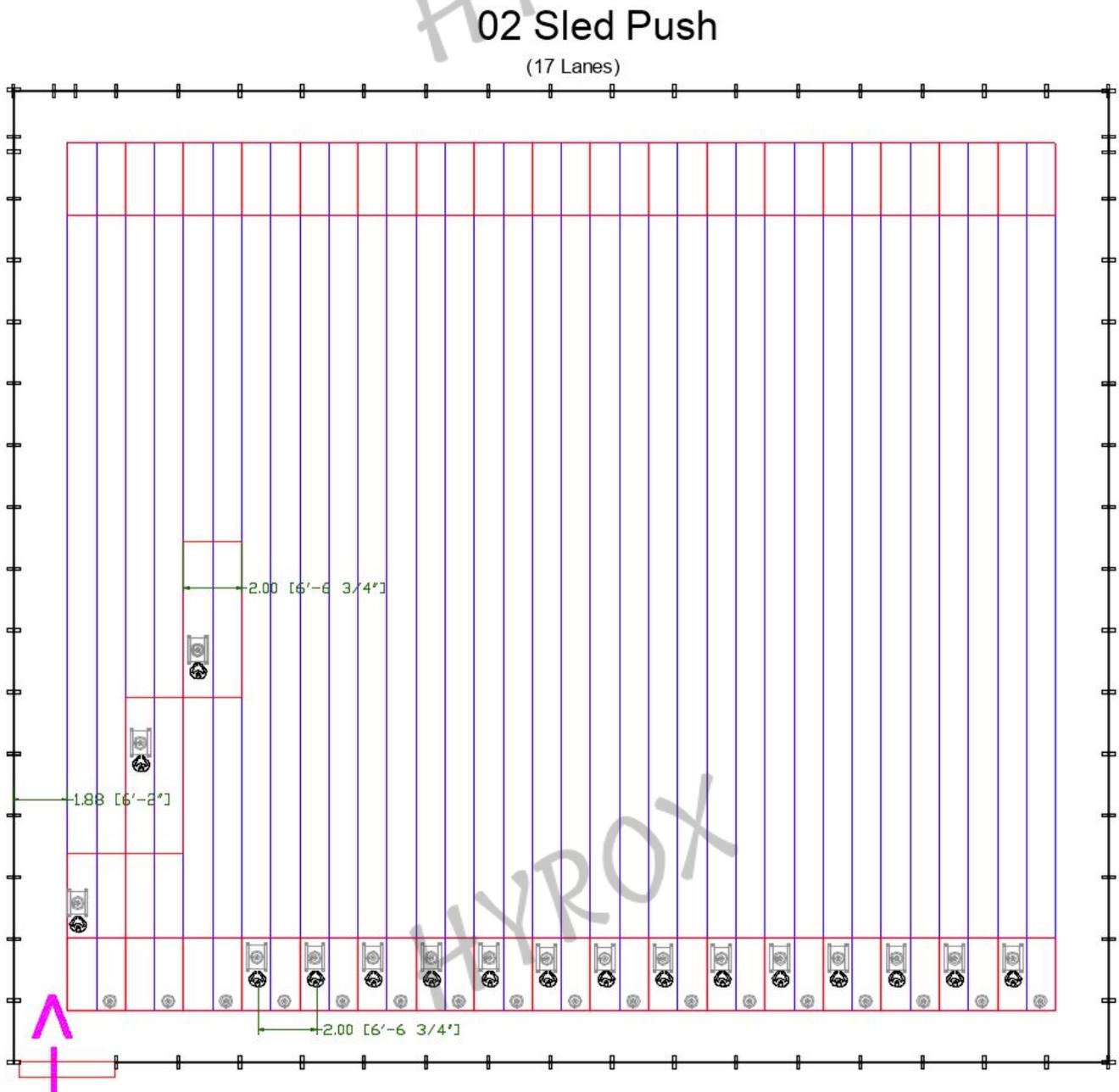
2. Workout - 01- SkiErg

At the SkiErg workout station each competitor completes a prescribed distance at the piece of equipment without leaving the boundaries of the machine's base, around each SkiErg a 1.5m x 1.5m (6' x 6') is allocated. An aisle for transiting the area measuring 2.5m (8') wide is allowed to maintain distancing while competitors enter or exit the overall area. Any volunteers or staff within the area will be located either in the isles or at the end.



3. Workout - 02 - Sled Push

The Sled Push station is divided into 1m wide sections with a striped carpet being laid down, to adhere to HYROX social distancing standards, each competitor is given two lanes, 2m (6'6") width to complete the workout. Under existing HYROX rules only one competitor (unless a doubles team) is allowed per lane. When pushing the sled from one end of the carpet and back athletes are always a minimum of 2m (6'6") away from one another. On this example map the outer edges of the workout station are outlined with a 1.8m (6') boundary line which allows athletes and staff to walk along the edges safely.

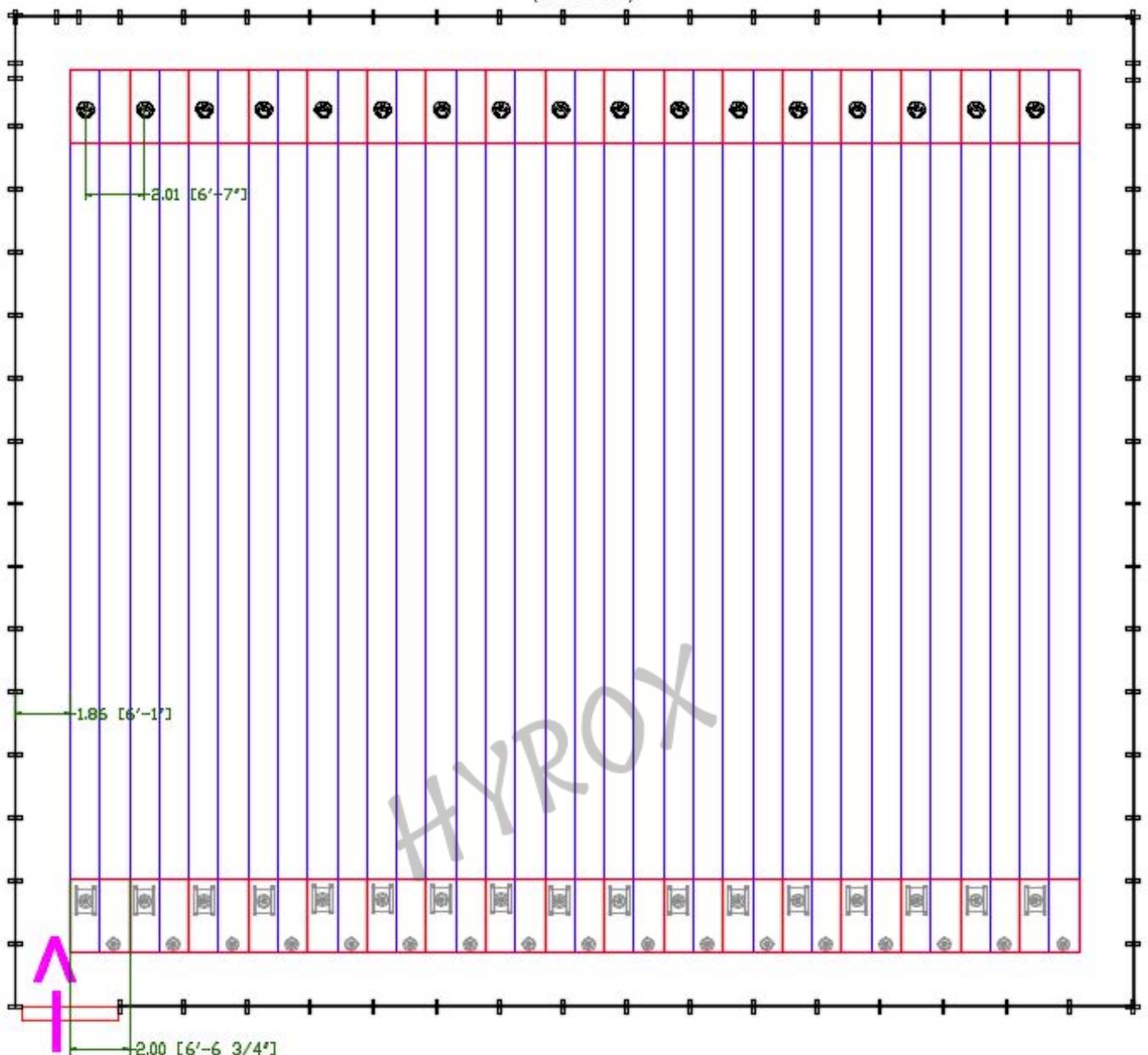


4. Workout - 03 - Sled Pull

As with Sled Push, individual lanes are expanded from one meter to two meters. Athletes remain a minimum of 2m (6'6") apart while pulling the sled from one end to the other. When it comes time for an athlete to walk down the carpet to the opposite end, an athlete is able to use the 2m (6' 6") wide lane they've been using to pull the sled towards them to walk down the carpet. The outer edges of the station are lined with a (1.8m) 6' perimeter as well allowing athletes and staff to walk along the edges safely.

03 Sled Pull

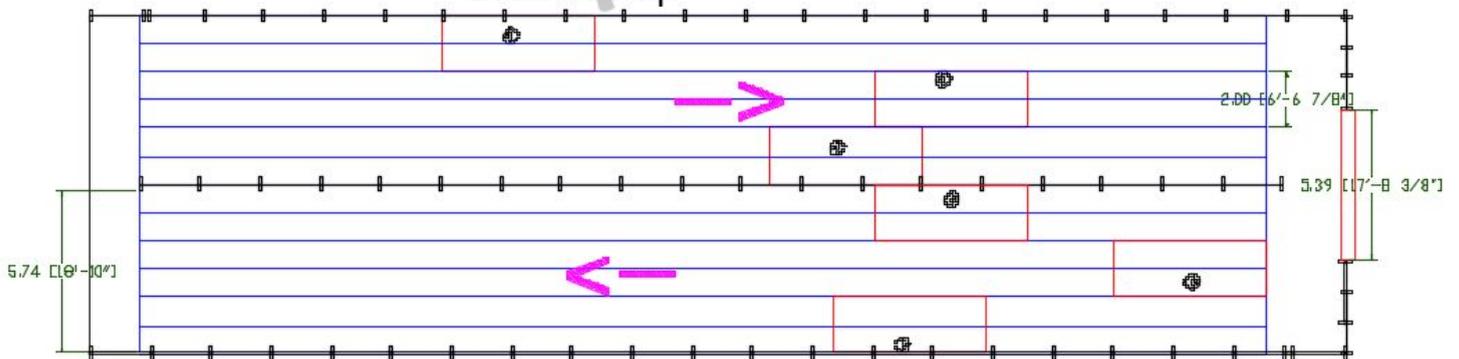
(17 Lanes)



5. Workout - 04 - Burpee Broad Jump

In this station competitors are performing the exercise down a 1 (3'3") meter wide lane. Up to three athletes can be performing the workout "side by side" and still maintain up to 1.8m (6') space from on another. With the staggered nature of competitors they will naturally and be guided to follow behind another competitors outside of the designated distancing space.

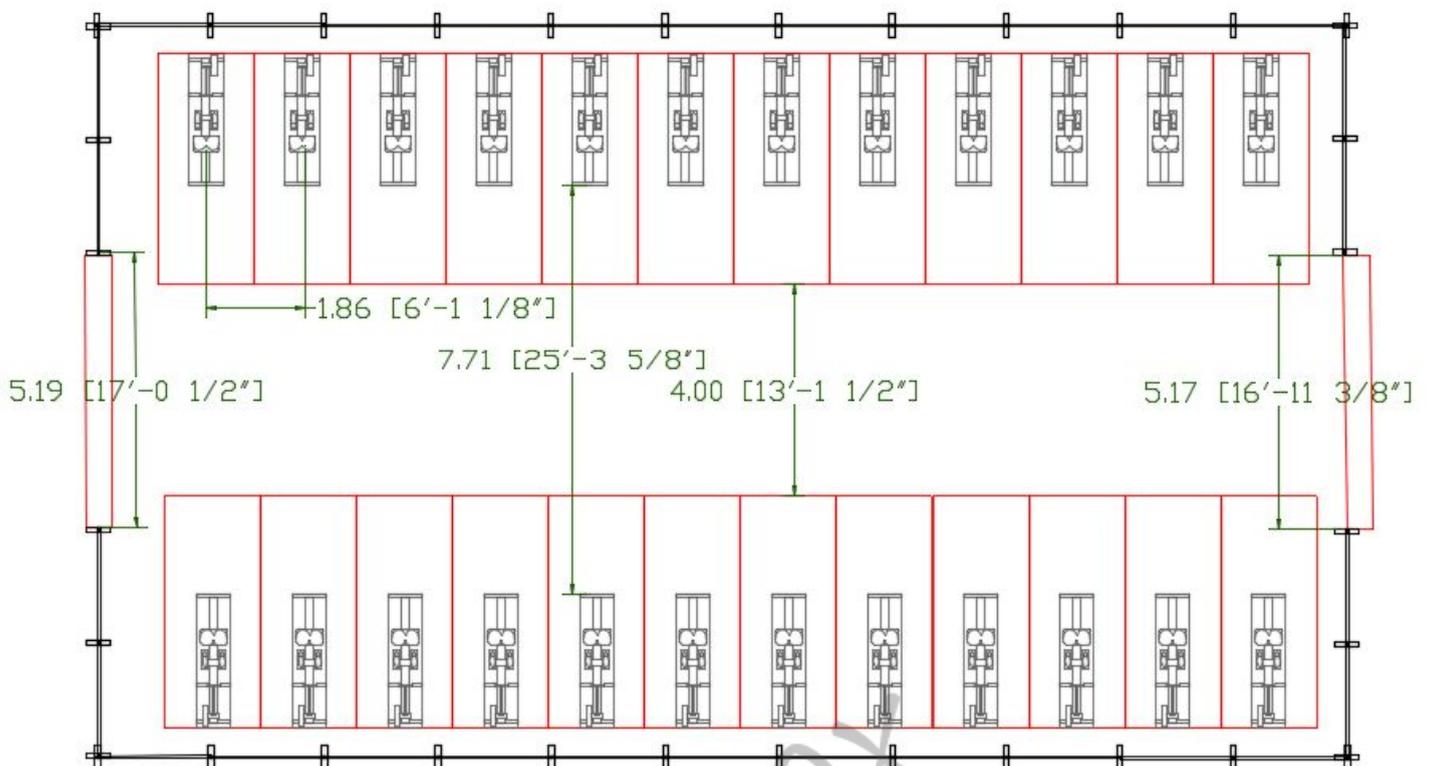
04 Burpee Broad Jump



6. Workout - 05 - Rowing

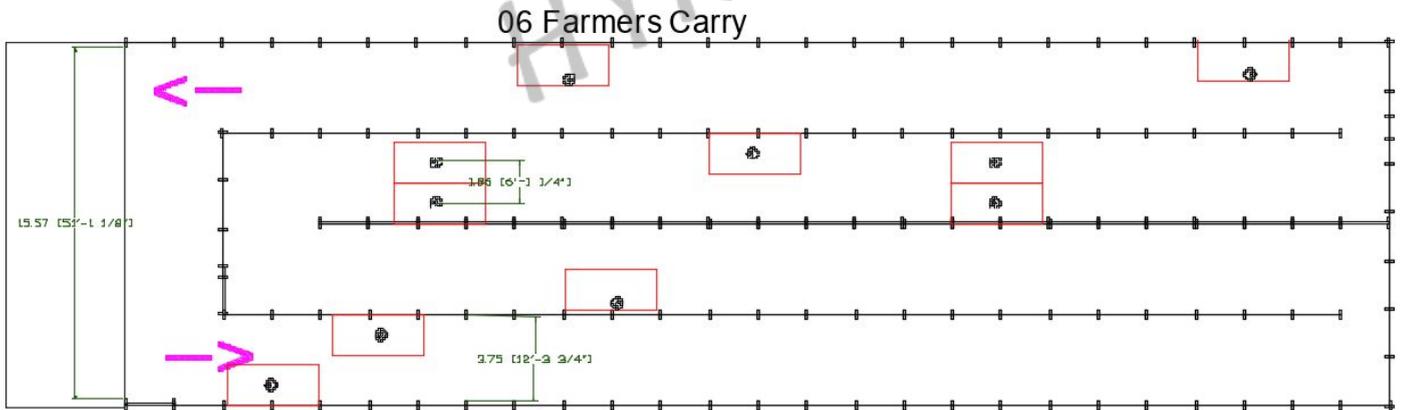
As with the SkiErg station 01, the rowing machines are spaced to allow for the required distancing. This permits each rower to be encompassed with a 1.8m x 4.3m (6' x 14') box offering competitors the space they need to complete the workout while maintaining the recommended social distancing requirements. The aisle between the two rows of equipment is 4m (13') wide. This aisle allows athletes to effectively run into the station, choose a piece of equipment and run out of the station while still adhering to the 1.8m (6') social distancing set in place.

05 Rowing



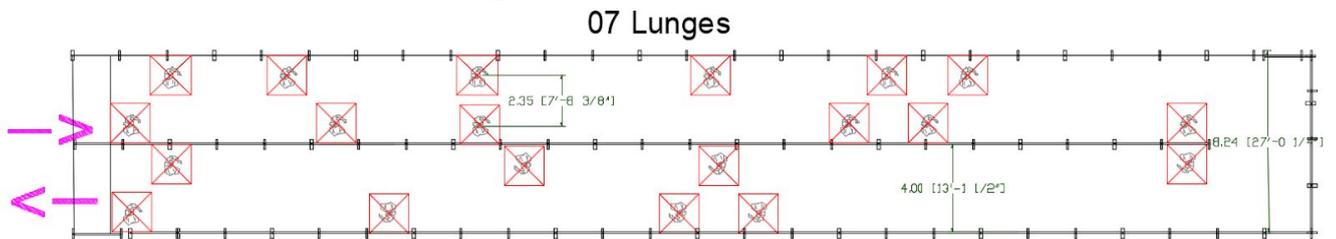
7. Workout - 06 - Farmer's Carry

Farmer's Carry consists of competitors walking with two kettlebells. The width of the workout is great enough to allow for two competitors to walk in line and pass on the inside lane of the workout area. Floor graphics will denote the passing lanes. There is always a minimum of 1.8m (6') even when competitors are passing.



8. Workout - 07 - Lunges

At the lunges workout station competitors have a sandbag over their shoulder while lunging up and down two 50 meter lanes. The width of each lane in this station has been slightly expanded in order to accommodate two competitors lunging down the lane side by side while still maintaining a minimum of 1.8m (6') separation. Similar to the run course there is a set 'fast' and 'passing' lane demarcated with floor graphics. The goal is to keep competitors in a line and utilize a dedicated passing lane.

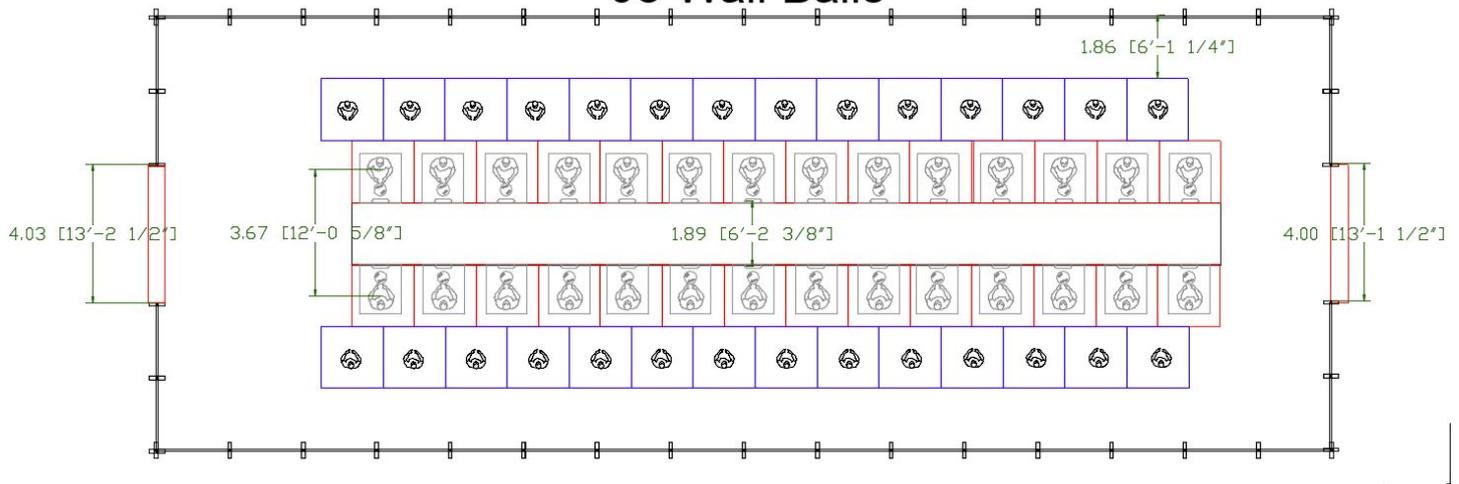


9. Workout - 08 - Wall Balls

The Wall Ball stations are spaced out to allow a 1.8m x 1.8m (6' x 6') space per competitor and an additional 1.8m x 1.8m (6' x 6') space for their assigned judge. Unlike other workout stations, at the wall balls a judge is assigned to each competitor to track their number of repetitions.. Another 1.8m x 1.8m (6' x 6') box outlined in blue has been allocated diagonally from the athlete. This allows both the judge and athlete to maintain the appropriate amount of space while completing their workout.

The area located behind the judges is a 1.8m (6') space, giving a judge the capability to take a few steps back and allow the athlete to run by them once they've completed the workout while simultaneously maintaining a transiting path behind the judge.

08 Wall Balls



Overall Results

By allocating a specified social distancing 'bubble' for each workout area based on the specific motions & equipment present it is possible to accurately ensure separation of competitors throughout the entire competition. The specific size of the bubble used for each workout is used as a standard across all events and used to determine the max number of competitors who can begin the competition at any time. Following this determination the information is fed into the density tool developed to statically calculate the dispersion of competitors throughout the competition and each workout area.