



Prior to heading out on the day of the event, please ask yourself the following questions:

- 1.) Have you had a fever in the last 14 days? We recommend you take your temperature on the morning of the event
- 2.) Have you had any of the following symptoms: chills, cough, sore throat, shortness of breath, recent loss of taste and/or smell, or any other flu-like symptoms in the last 14 days?
- 3.) Have you been in close contact (less than 6 feet), or prolonged contact (more than 2-3 minutes) with someone who is known or suspected to have COVID-19 in the last 14 days?
- 4.) Have you travelled overseas in the last 14 days?
- 5.) Have you been in close contact with (less than 6 feet), or prolonged contact (more than 2-3 minutes) with someone who has travelled from overseas in the last 14 days?

If you answer yes to any of these questions, you should not be participating in the AXA End-to-End

- Along the route, carry hand sanitizer and use it throughout the event and anytime it is offered such as at water stops. Wear your mask as you approach each water stop.
- Observe at all times the minimum recommended physical distancing of six feet from other people. Practice it and know what it looks like. Keep it as you walk or bike
- Stay in your bubble of 10 people or less as you participate.
- Warn other road and trail users of your presence as you pass to allow proper distance and keep minimum recommended distances at all times.
- Leave no trash along the route.