

Rochester Area Triathletes

Workout Guideline

July 3rd 2020

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Dear RATs Membership,

We have good news! Now that the Finger Lakes Region has entered Phase 4, we have the greenlight from the State to begin outdoor workouts under the [guidelines](#) for sports and recreation effective July 6th. Barring any changes beyond our control, **the first formal RATs workout will start with the RBR on Tuesday July 7th at 6:00 PM** and continue throughout the summer. Please read carefully through this memo as there are important changes you will need to know prior to participating.

Reminder: You must have an active RATs membership (dues paying) in order to participate in formal group workouts. We allow only 1 free drop-in to prospecting members/guests. If we reach the attendee threshold (**50**) for social gatherings, active members will be given priority. For more information click on the following links regarding membership: [Status](#), [Renew](#), [Sign Up and Join](#)

RATs Weekly Group Workout Schedule - Summer 2020

Workout	Day / Time	Location	Description / Notes	Lead Coordinator(s)
SBR	Sundays @ 8:00 AM	Durand-Eastman Beach (West End)	A Sprint distance Swim-Bike-Run on the exact same course as the Rochester Triathlon	Jeff Ouriel
RBR	Tuesdays @ 6:00 PM	Mendon Ponds Park	Run-Bike-Run: 2.1-mile run paired with a 5.4-mile bike loop around the park. Athletes can choose	Mike Smith / Shea Coleman
OWS	Thursdays @ 6:00 PM	Durand-Eastman Beach (East End)	Open-Water Swimming on the lakeshore toward Seabreeze	Cynthia Childs
Note: Big Saturdays (OWS/Bike) will occur periodically and be announced the week prior to the date				Mike Smith

Safety First! To be consistent with the State guidelines, the RATs Board of Directors (BoD) made the following decisions that we believe will create the safest multi-sport environment possible to our members, guests, and coordinators. Until further notice, the following social distancing requirements and process adjustments are to be respected by the athletes and coordinators:

- ❖ Athletes must check-in/out of every group workout and provide an emergency contact
 - *All guest athletes must sign the one-day membership/waiver*
- ❖ Athletes and Coordinators must maintain 6' of social distance between each other as much as possible
- ❖ Athletes and Coordinators must wear masks when the 6' social distancing is not possible, especially during check in/out
 - *Athletes and Coordinators are not required to wear masks during the physical workout*
- ❖ No Bike Racks at SBR/RBR for the time being. A difficult decision but the logistics simply make this an impossibility while maintaining the 6' rule of social distancing. Please keep in mind that Coordinator(s) are always at transition to ensure the security of everyone's bike and gear.
 - For SBR - Prop your bikes against the posts and keep to 1 bike per post.
 - For RBR - Prop your bike against the back of your vehicle. If possible, please leave one parking space in between yourselves and the next athlete.
- ❖ Yes, Swim Buoys will still be available to loan and will be cleaned and sanitized after every workout. If you have your own buoy, we encourage you to use that one instead of a loaner.
- ❖ Yes, RATs will provide hand sanitizer at every workout.

We respectfully ask you to not attend any group workouts if within the last 14 days if you have:

- 1) Experienced symptoms consistent with COVID-19 (fever, cough, shortness of breath, chills, muscle pains, headaches, sore throat, loss of taste/smell)
 - 2) Tested positive for COVID-19
 - 3) Been in close physical contact with someone that tested positive for COVID-19**
 - * Essential Health Care workers are exempt from (3), while (1) and (2) still apply.
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Because this has been such a fluid situation, the RATs BoD will be continuously reviewing state guidelines and updating procedures as needed. We will inform members if there are changes as soon as possible.

Given where we were just 2 months ago, we are truly fortunate to live in the Finger Lakes of NY as our region is now one of the safest in the country and a testament to the diligence of the people that live here. We have all made tremendous sacrifices to get to this point, but we must continue to do our part, so please be smart and stay healthy as we try to return some sense of normalcy to our lives.

If you have any questions or concerns, please do not hesitate to [contact](#) anyone on the BoD.

Now let's get back out there and start having fun again!

Rachel Tanchak - President

Mike Smith - Vice President, Coordinator

Greg Barkau - Secretary

Alice Hansen - Treasurer

Jeff Ouriel - Coordinator

Cynthia Childs - Coordinator

Laura Beth Lincoln - Coordinator

Shea Coleman - Coordinator

Sarah Strossman - Membership

Jakob Tanchak - Social Events

John Strossman - Race Director, Rochester Triathlon

Gordy Whitaker - Race Director, Youth Triathlon

Steven Masters - Webmaster

