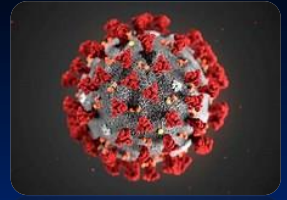


# *COVID-19* *Protection*



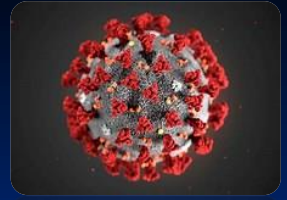


# TRACK DAYS: What You Need to Know

10/10ths Motorsports has always been committed to your safety on track, and now as well, your health safety on and off track due to the COVID-19 outbreak.

10/10ths Motorsports wants you to be confident that our events will be run in a manner that protects your health to the greatest extent possible.

We also understand that our drivers are wanting to get some track time !!

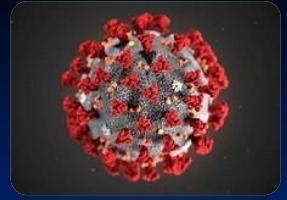


# TRACK DAYS: What You Need to Know

The CDC has indicated from the beginning that your risk of infection is very low. This event is being held because State orders have been lifted, thus allowing it to proceed.

As the “Curve” progresses, your chance of infection becomes even lower.

We should not just disregard it however, and there are things we can do to make the event as safe as possible.



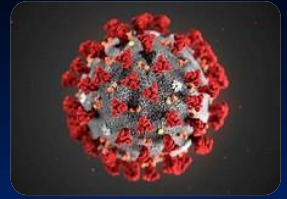
# BEFORE THE EVENT:

## What You Need to Know

A KEY Element in the safety of everyone at the track is knowing and reacting to ANY signs or symptoms of the COVID-19 Virus

Do not attend any event, 10/10ths or otherwise if:

- You are sick
- You have tested positive for COVID-19 and have not had a negative test since and have not recovered.
- You have been in contact with someone who is sick or tested positive for COVID-19 in the last 14 days.



# BEFORE THE EVENT: What You Need to Know

Per the CDC, these are some signs and symptoms you should be aware of:


- Fever
- Cough (Typically a dry cough without a runny nose)
- Shortness of breath
- Blueish lips
- Pink-Eye (possible sign)

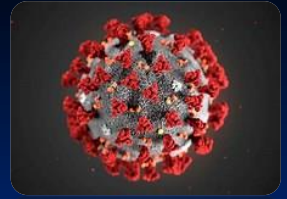


# Symptoms

You cannot be sure of the differences so play it safe if any of these are present.

## What are the symptoms of COVID-19?

SYMPTOMS for COVID-19, Flu, Common Cold, and Allergies		
	Primary Symptoms	Less Frequent Symptoms
COVID-19	<ul style="list-style-type: none"><li>• dry cough</li><li>• fever</li><li>• shortness of breath</li><li>• fatigue</li></ul>	<ul style="list-style-type: none"><li>• diarrhea</li><li>• aches and pains</li><li>• nasal congestion</li><li>• runny nose</li><li>• sore throat</li></ul>
SEASONAL FLU (Influenza)	<ul style="list-style-type: none"><li>• fever or feeling feverish/chills (not all flu cases include fever, however)</li><li>• cough</li><li>• muscle or body aches</li><li>• headache</li><li>• fatigue</li></ul>	<ul style="list-style-type: none"><li>• sneezing</li><li>• sore throat</li><li>• runny or stuffy nose</li><li>• nausea</li><li>• diarrhea</li></ul>
COMMON COLD	<ul style="list-style-type: none"><li>• sneezing</li><li>• stuffy nose</li><li>• sore throat</li><li>• mild to moderate chest discomfort and cough</li></ul>	<ul style="list-style-type: none"><li>• fatigue</li><li>• body aches</li></ul>
SEASONAL ALLERGIES (Hay Fever)	<ul style="list-style-type: none"><li>• runny nose</li><li>• itchy eyes, mouth, or skin</li><li>• sneezing</li><li>• stuffy nose</li></ul>	<ul style="list-style-type: none"><li>• wheezing</li><li>• shortness of breath</li><li>• fatigue due to lack of sleep</li></ul>
<div><b>Symptoms Requiring Immediate Medical Attention (COVID-19)</b><ul style="list-style-type: none"><li>• difficulty breathing or shortness of breath</li><li>• persistent pain or pressure in the chest</li><li>• new confusion or difficulties waking up</li><li>• bluish lips or face</li></ul></div>		

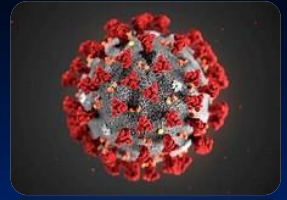


## BEFORE THE EVENT: Preventing Exposure

Per the CDC, these are some things you can do to prevent exposure:

- Frequently wash your hands with soap and water for at least 20 seconds.
  - If soap and running water are unavailable, use an alcohol-based hand rub with at least 60% alcohol. Always wash hands that are visibly soiled.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Social distancing when out and about.
- Wearing a mask if appropriate.



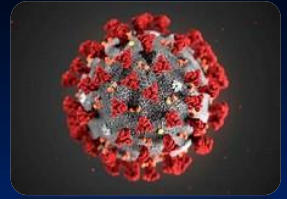


# ARRIVING AT THE EVENT: Preventing Exposure

When you get to the track in the morning, we suggest the following:

- Wash your hands immediately after parking your vehicle / trailer.
  - Do not touch your face until you have done this.
  - Due to signing in etc.
- When Parking, try to park at least 6' away from the next car if possible.
- Leave enough room for proper distancing when setting up chairs etc.
  - If immediate family members etc. are in your group, I don't believe this to be necessary.

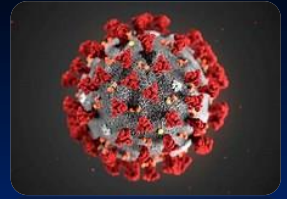




## DURING THE EVENT: Preventing Exposure

During the day, you can take several measures to protect yourself and others.

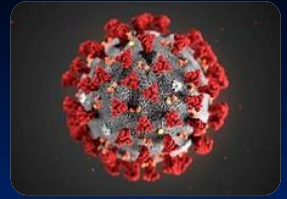
- Adhere to “Social Distancing” as much as possible.
- Wash your hands frequently throughout the day.
- Disinfect the inside of your car before and after a session if you have an instructor or passenger.
  - We may limit passengers to immediate family members only.
- Do not share helmets unless properly cleaned and sanitized between uses.
- Wear a mask if you so choose. 10/10ths is not making it mandatory.



## EVENT CHANGES:

We will make some changes, at least for our May events at Putnam and NCM

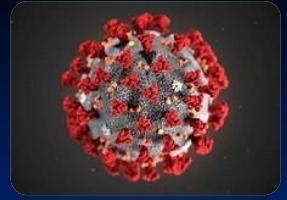
- Drivers meeting will be greatly shortened and outside if possible.
  - All drivers are to please review the “Virtual Drivers Meeting” PowerPoint that will be sent out with the event email.
- The usual 10/10ths drink coolers will be suspended. Please bring your own drinks and coolers as needed.
- Novice classroom may be suspended and/or held outside if possible.
  - Please review the Classroom PowerPoint that will be sent out with event email.



## EVENT CHANGES:

We will make some changes, at least for our May events at Putnam and NCM

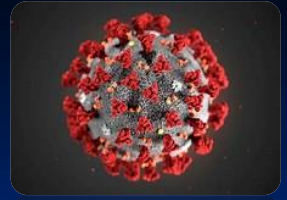
- Instructors may do a lead / follow with students. This will be discussed prior to the event and in the AM so you know what will be done and how to participate in this.
- Rental helmets will be limited and users must wear the provided head sock at all times when the helmet is on. Please do not share helmets.
  - Disposable head socks will be provided by 10/10ths.



## **SOME THINGS 10/10ths WILL DO:**

We will make every effort to reduce the threat of COVID-19

- Registration tables etc. will be disinfected prior to and during registration.
- If at all possible, registration will take place outside.
- 10/10ths staff at registration will have washed their hands prior to opening registration and during registration.



## SOME THINGS 10/10ths WILL DO:

I know some drivers have concerns about lodging safety. I have contacted many that we generally use and they are:

- Implementing all guidelines per the CDC
- Some are taking extra cleaning / disinfecting measures above and beyond CDC recommendations
- Limiting guests to those outside a 50 mile radius to ensure persons are not self isolating in the hotel
- Limiting or removing lobby activities
- Removing public computers etc.