



2021 Senior Fitness Challenge Event Rules

All attendees of Arizona LeadingAge's Senior Fitness Challenge will be expected to follow these event rules:

- All athletes will act with sportsmanlike conduct and follow all events rules that are posted. There is no age limit for participation and the youngest age for athletes to participate is 65 years.
- All athletes, spectators, and volunteers will be asked to adhere to a dress code policy that includes: the torso must be completely covered, spandex or skin hugging material bottoms must be covered, and no spaghetti straps or strapless tops.

COVID-19 Policies

- All athletes, volunteers, wellness coordinators, and spectators must follow the State of Arizona regulations and mandates. This may include but will not be limited to; sanitization, masks/face covers, restricted occupancy, and social distancing of at least 6 ft.
- Any attendee that is exhibiting COVID-19 symptoms prior to the event should stay home.
- Any attendee that is isolating or quarantining the day of the Fitness Challenge should continue to do so at home.
- All wellness coordinators and staff will be required to wear masks unless eating or drinking.
- All volunteers will be required to wear masks unless eating or drinking.
- All athletes will be required to wear masks unless participating in their events, eating, or drinking.