



## HEALTH AND SAFETY GUIDELINES

The importance of how we safely conduct races is our top priority and here is what you can expect from us. In these ever-changing times, we will continue to adjust our guidelines to ensure a safe and healthy race environment.

*Consider these guidelines as “living guidelines,” meaning the included criteria and recommendations are based on known factors at the time of writing and may be amended periodically. We will release updates as they are made.*

**OUR PLEDGE** We will take measures that are specifically designed to protect ALL PARTICIPANTS\* and our host communities. We will act responsibly by following current recommended CDC guidelines for social distancing, hygiene, wearing of PPE and providing clear communication of the expectations. Everyone will be instructed to follow posted instructions while attending the event.

All participants will be asked to review the Return to Racing Guidelines prior to the event to ensure their understanding of what will be expected of them in order to participate. Guidelines will be posted on the event websites, included in all participant communication and announced during all race activities.

### OUR COMMITMENT

#### SAFETY AND SCREENING

1. All participants are required to wear a face mask in accordance with current CDC guidelines. Event support may be required to wear gloves depending on their contact with participants.
2. Racers who have not been fully vaccinated will be asked to wear a face mask when not racing.
3. All participants are asked to self-assess their health. Anyone experiencing any of the following will be asked to stay home:
  - have been tested for COVID-19 and are awaiting test results
  - have been exposed to and are experiencing symptoms consistent with COVID-19 (fever, cough, difficulty breathing), whether or not you have been tested.
  - have tested positive for COVID-19 and you have not completed a minimum 10 days of quarantine and/or you are still experiencing symptoms.
  - Live with, or been in direct contact with anyone who has tested positive for Covid-19 in the past 72 hours.
4. Spectators are expected to follow these guidelines.
5. Signage will be posted throughout the venue to encourage regular hand washing, sanitizing and social distancing.
6. Participants will be encouraged to wash hands often with soap and water or hand sanitizer if soap and water are not available. Hand sanitizing options will be set up throughout the venue at packet pick up, and post-race food and award area.
7. Email communication before the race and during the race will remind all participants to respect CDC guidelines and limit use of other people’s equipment, phones, etc. and limit physical contact, including but not limited to, high five’s, hugs, and handshakes.



## RACE SITE / VENUE

The race site will accommodate the health and safety needs of all participants. Social distancing guidelines will be observed and enforced in accordance with CDC guidelines.

**PACKET PICK-UP:** Race packet pick up and walk-up registration area will be expanded with controlled check in point, one-way flow and touch-free contact with racers.

**STARTAREA:** The start corral area is spacious to allow racers to spread out prior to the race start. Racers who have not been fully vaccinated will be asked to wear a face mask until the race starts. In addition, faster racers are encouraged to line up at the front of the corral to allow for further distancing once the race starts. Racers will be asked to leave plenty of space when passing other racers and refrain from drafting directly behind others.

**AID STATIONS:** Aid stations on the run course will provide self-serve cups of water. Participants will be encouraged to bring their own hydration and nutrition. Cups will be separated to ensure runners only grab / touch their cup(s). Support staff will replenish as needed and keep the area clean.

**FINISH LINE:** Participants will not be allowed to congregate in the finish line area. Volunteers will manage grab and go bottled water and energy drink and direct racers to a post-race, self-serve refreshment area that will only have pre-packaged items.

**AWARDS AREA:** The awards area has been expanded to allow for distancing and racers will be acknowledged one at a time.

*\*ALL PARTICIPANTS is defined as race staff, volunteers, racers, vendors, spectators, sponsors and partners, and supporting organizations and agencies.*