

## **RMRR Operational Preparedness for COVID-19**

RMRR will follow guidance from local, state and federal authorities regarding COVID-19. The safety and health of club members, participants, and volunteers are our top priority. We will respect and follow all applicable guidelines for the safety of our community and update our practices as guidance changes.

### **Advisements and expectations:**

- **Masks must be worn at all times except when racing.**
- Do not participate if you are feeling sick, ill, and or have a fever, or if you have been in contact with someone unrecovered from or potentially exposed to COVID-19.
- People from high-risk groups for COVID-19 complications should consult their physician before participating.
- We will practice social distancing through all stages of our event. Participants should bring their own water/hydration, snacks, and hand sanitizer. We recommend using hand sanitizer before and after registration.
- Do not engage in traditional forms of physical contact such as hand shakes, high fives, hugs, etc.
- Do not engage in close group photos.
- Do not share personal items such as water/hydration, snacks, towels, etc.
- Consider the public at the race site. Do not block entryways, sidewalks, paths, or access to bathrooms, etc. Ensure that others have room to get past while maintaining social distancing.
- Participants whose actions do not meet expectations, and or are creating a risk for themselves or others, will be asked to leave.

A summary of operational procedures for each stage is given below (details will be given in procedures for each stage):

### **Race Registration:**

On race day several tables will be set up at appropriate distances and split into alphabetical order for registrants to pick up their preprinted tag and bib. This will be primarily self-serve with masked volunteers available to assist. Race day walk-up registration will be allowed at a separate table with masked volunteers attending.

### **Race Start:**

We will use a megaphone to issue basic instructions to start the race and to encourage social distancing. We will require participants to remain socially distanced during the start period. Start times will be arranged to keep the start groups small, and start groups will have mixed speeds/HCPs to help minimize packs running together and to spread out the finish. Your assigned start time will not correspond to your normal handicap start. You must start at your given start time — we will not allow any start time changes. Runners will wear masks until they begin running and are spread out. At that point, runners can remove and hand carry their masks.

### **During run:**

There will be no water tables or aid stations. We encourage participants to carry their own hydration and food. Use good judgment when passing or being passed and re-apply your mask if needed, for example if social distancing cannot be maintained. Please apply this same consideration when passing a member of the public.

### **Race Finish:**

Finishers must put their mask back on once they cross the finish line and should maintain six feet distance from other runners in the finish chute. Poles in the chute will be spaced six feet apart to guide you, and we'll use a very long chute to make social distancing easier

We will use a “self-serve” finish where runners will remove their own tag and place it on a large, secure spike.

Timers will be positioned at appropriate distance from finishers and will wear masks. A volunteer (with masks, gloves, etc.) will be available to help with tags if the need arises.

Once the tag is on the spike, inishers should move away from the finish line.

### **Post Race:**

There will be no loose snacks or drinks or water table at the finish. Again, participants will be required to bring their own post-race drinks and food, and should maintain social distancing and use of masks. Scoring will be done remotely after the race, race results will be announced a few days after the race, and awards will be mailed out. There will be no club sponsored social gathering after the race. Maintain social distancing when conversing with others post race.

### **SPECIFIC TO START/FINISH**

## Start

- All HCPs 120+ start at 0:00 and 1:00 with the most frequent racers at 0:00. The 47 assigned to 1:00 are
- The next 5 start groups, 2:00 - 6:00, were ordered by frequency.
- The final 5 start groups, 7:00 - 11:00, were assigned sequentially.
- New members who haven't raced yet would be assigned sequentially from 7:00 - 11:00 by the order they reg; the first at 7:00, the second at 8:00, etc., returning to 7:00 after 11:00. I will do that a bit later so that they will have pre-printed tags.
- RaceDay reg will be assigned like new members. I (actually Scott but I will program it) will print tags with start times 7:00 - 11:00 for Dave C to use at the race. I'm also going to print a sheet of paper, with bar code numbers and start times, for Dave to neatly write their names, gender, and whether they're a member. It can be hard to read those from the tags.
- I have Ruth Serafini and I starting early. She always does. I want to so that I can observe to learn for next time, and help as needed. If any of you want to, let me know and I'll update the list.

## Finish

- Racers will be required to put on masks at the finish. There will be a sign that instructs racers to put on masks.
- Timing table is more than six feet away from the finish line.
- All plastic white poles within the chute will be spaced apart six feet. Racers will be told to stay apart more than six feet. A sign at the finish will remind racers to keep masks on and remain six feet apart in the chute, and to use the poles to gauge distance. The chute will be long enough to handle a long line of participants.
- Racers will be instructed to remove their tags from their bib while in the chute.
- A large metal spike at the end of the chute will be available for runners to place their tag - racers will be instructed to put their tag on this spike.
- Participants will be asked to leave the finish line area immediately after submitting their tag.
- No results after the race. Participants will be told to look for results on the Web site, on the Facebook page or via an email update.
- Participants will be instructed to adhere to social distancing after the race (more than six feet apart).
- Participants will again be asked to bring their own food and water to the race, and to make sure they have enough water for the end of the race.