



Updated 8/10/20

Run Away Events cares about the health and safety of all of our participants. We also care about the well-being that running and competing brings to the lifestyle of our community. We have devised a plan moving forward that takes into consideration the current health climate by including extra measure to keep everyone safe while the events still go on.

These measures will be in place for events in Fall of 2020 at least through Spring of 2021. Due to the ever changing recommendations and limitations as a result of COVID-19, all of these plans, and the length of time that they are enforced, are subject to change.

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1. Run Away Event Staff & Volunteer Safety Measures

Staff & Volunteers Safety Measure

- All Staff and Volunteers will need to check-in with the Run Away Events appointed COVID-19 Manager prior to starting their shift. This check-in includes:
 - Answering a series a questions to screen them for COVID-19 before starting their shift. These questions included at the conclusion of this document.
 - Staff and Volunteers are must take their own temperature before they come and may not report if they have a temperature of 100.4 degrees Fahrenheit or greater, COVID-19 symptoms, or have knowingly been in contact with someone who has been diagnosed with COVID-19 or has had COVID-19 symptoms in the past 14 days. Temperature must be taken without the use of fever-reducing or other symptom-altering medicines.
 - If a staff member or volunteer is not cleared to enter the event area, they will be encouraged to head to a COVID-19 testing site.
- All Race Staff & Volunteers will be
 - Required to wear a mask throughout the duration of the event.
 - Provided with and required to use hand sanitizer at least once an hour throughout the duration of the event.

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- Instructed and assigned to additional cleaning of frequently touched surfaces for the duration of the event
- Staff and volunteers will have very specific responsibilities to reduce contact with each other and cross-contaminating equipment.

Social Distancing Disclosures

- Social distancing will be a priority between volunteers and staff. We will be adjusting our internal race preparations and race –day preparations to make this accommodation a priority as much as possible. However, please be aware in some situations with set-up, less than the recommended distance of 6’ may be necessary for a brief period of time between staff members.
- Staff & Volunteers will strive to maintain a distance of 6’ from event participants. Because of the nature of the event, there may be times of passing between staff, volunteers and participants with less than 6’ of distance between persons.

2. All Races: Participant Guidelines

a. Communication and Reminders

Participants will be informed of safety and new event guidelines in several ways:

1. **Leading up to the race:** Participant e-mails, event website, and social media on Run Away Shoes and Run Away Event Races accounts
2. **Race Day:** On-site announcements, participant e-mails, event website, and social media on Run Away Shoes and Run Away Event Races accounts
 - Participants will be encouraged to make sure they are receiving e-mail updates and to reach out to events@runawayshoes.net if they are not. They will also be encouraged to regularly check their e-mail, the event webpage, and Run Away Shoes and Run Away Event Races social media accounts.
 - We will post non time sensitive updates on a schedule (per event) so that participants can expect when to hear from us regarding any changes or updates. That schedule will be posted on the event website. We will also have e-mail templates ready to update quickly and send for emergency event updates.

b. Participants

Definition:

- A participant is defined as someone who has purchased a registration or has had a registration transferred to them and has a race bib. This also includes individuals who may be participating in this event with them while being pushed in a stroller or wheel chair.

c. Health Guidelines for Participants

- All participants should ask themselves these questions to screen themselves for COVID-19 before coming to the event. These questions are included at the end of this document. It will also be included in participant packets.
- Participants must take their own temperature before they come and may not attend if they have a temperature of 100.4 degrees Fahrenheit or greater, COVID-19 symptoms, or have knowingly been in contact with someone who has been diagnosed with COVID-19 or has had COVID-19 symptoms in the past 14 days. Temperature must be taken without the use of fever-reducing or other symptom-altering medicines.

d. Do and Don't Guidelines for Participants:

- Don't share fluids, gels, or other fuel.
- Do wash your hands or use hand sanitizer after using the port-a-john.
- Do not spit or “nose rocket” your nose in public – bring along tissues or a small towel or hanky if you need to get rid of some snot during the race.
- Do practice social distancing - ensure appropriate spacing between runners; the current recommendation is at least six feet of separation.
- Do avoid close-group selfies.

3. All Races: Spectator Guidelines

a. Spectators

Definition:

- A spectator is an individual who is not registered for the event but attends for the purpose of viewing and/or supporting the registered participants

b. Health Guidelines for Spectators

- All spectators should ask themselves these questions to screen themselves for COVID-19 before coming to the event. These questions are included at the end of this document.
- Spectators are encouraged to take their own temperature before they come and may not attend if they have a temperature of 100.4 degrees Fahrenheit or greater, COVID-19 symptoms, or have knowingly been in contact with someone who has been diagnosed with COVID-19 or has had COVID-19 symptoms in the past 14 days.

c. Conduct Guidelines for Spectators

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- Spectators must stay out of the restricted race areas. This includes inside the start & finish line areas, and the post-race food pick-up area. Only participants with a bib will be allowed in these areas. There is a map to show these areas on the individual event webpages.
- Spectators must keep 6' of distance from other spectators along barricades at the start & finish line areas. There will be markings on the barricades. Other spectators must stay 6' back from the barricades until a spot opens.
- Spectators are encouraged to find a spot along the course to cheer on the participants while respecting 6' of social distancing of other spectators not in their household and participants on the course. Course maps are located on the individual event webpages with easy-to-reach spectator viewing spots.

4. All Races: Event Changes

Registration

- Registration will be online only. There will be no registration available at packet pick-up.
- Registration will close for the event when online registration closes.

Packet Pick-Up

Participants will be give their race materials at two different times

1. Participants will choose the option of having their race bib + pins mailed to them (for a small shipping fee) or at an on-site pick up before raced-day. We do encourage only one person picking up for households of multiple participants to reduce the number of people at packet pick-up.
2. Hours for packet pick-up will be longer than in the past to help prevent congestion.
3. If participants cannot make it to the race but would still like to receive their packet materials, they will be instructed to e-mail events@runawayshoes.net by the Sunday following the event. They will be notified when they are available for pick-up at select Run Away Shoes locations. If a participant does not reach out by then, their materials will be donated. Food will not be included in these late pick-ups.

What materials are included with the race?

- **Pre-Race:** Bib, Pins, Materials from Sponsors, Shirt, Reusable Water Bottle, Race Day Checklist with COVID screening questions
- **Post-Race:**
 - Race Medal
 - Beverage Coupon

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- Food
- Bottled Water

T-Shirt Try-ons:

- T-shirt try-ons will still be available at Run Away Shoes until race registration closes. Limit 5 people in the store at one time.

T-Shirt Exchanges:

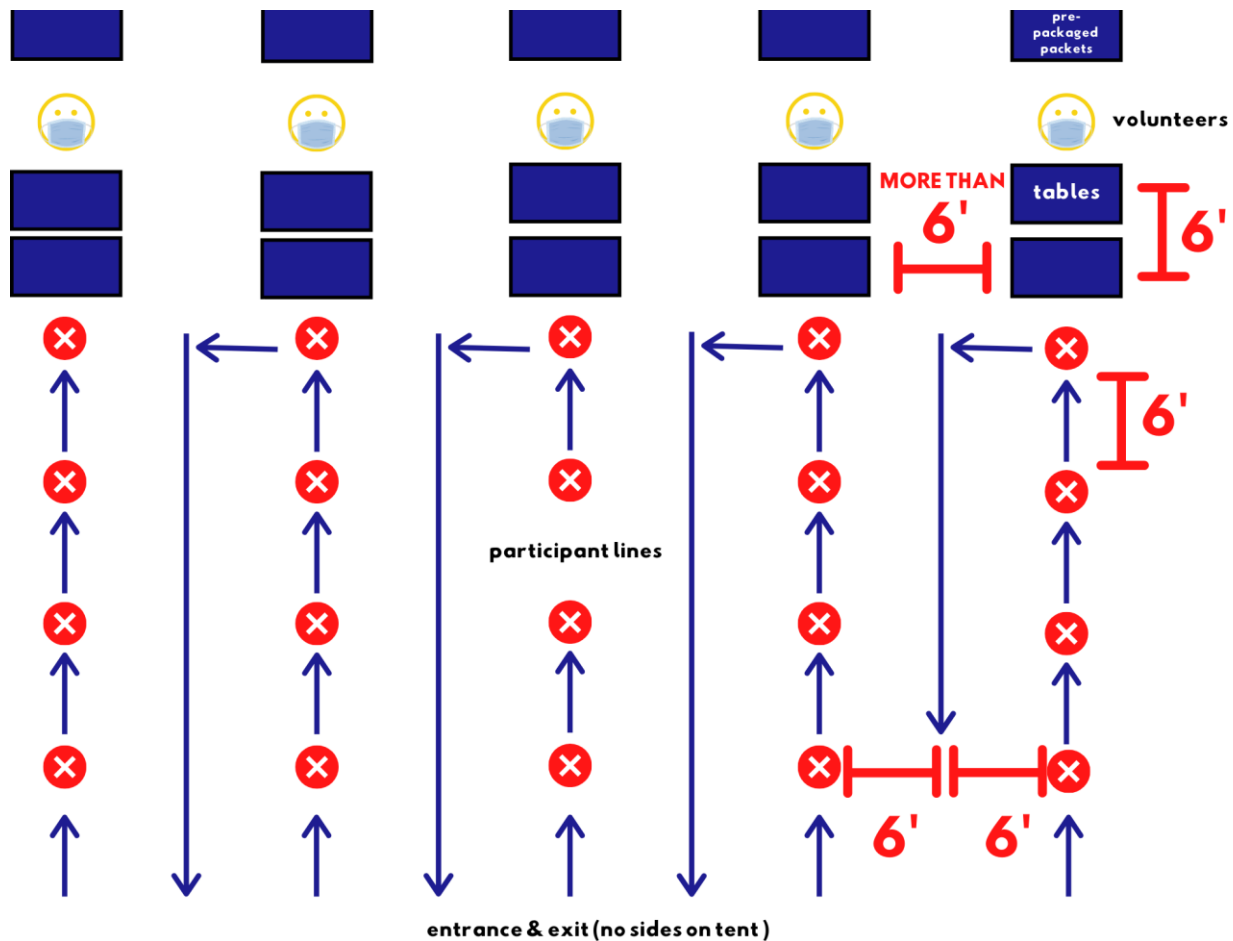
- T-Shirt exchanges will NOT be available on race day. If participants have an issue with the t-shirt size they ordered, they must e-mail events@runawayshoes.net by the Sunday after the race to coordinate an exchange at Run Away Shoes. Exchanges are not guaranteed.

What to expect at in-person packet pick-up:

- Bib pick-up will take place outside, and under a (40x100 tent).
- Tables will be spaced 6' apart.
- 6' distance markings will be on the ground as participants come to pick-up their packet.
- A path will be marked out for entering and exiting to keep social distancing relevant at all times.
- We will be accepting group packet pick-up requests to help reduce the number of people coming to packet pick-up. Participants e-mail to have the packets of a specific group of people put together to make packet pick-up for multiple people easier. A minimum of 10 people must be included for these requests. These requests must be submitted to events@runawayshoes.net by the Wednesday of race week.
- There will be a volunteer to keep the number of participants in the tent to a minimum. If it is filling up the volunteer will kindly ask participants to wait.

Please see packet pick-up diagram on the next page.

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Event Areas

Restrictions

- Only essential personnel (participants, staff, volunteers and medical personnel) are permitted in the event area. This includes packet pick-up, start & finish line areas, race course. For a complete map for restricted areas, see the individual event webpages.

Safety Measures

Run Away Events will provide the following amenities to encourage hygiene and social distancing at the events:

- Hand sanitizing stations: outside porta potties, stations near start and finish area, and at the event area entrances and exits
- 6' spacing markers for social distancing
- Lanes to keep moving in one direction from the finish line to picking up materials and exiting the event.

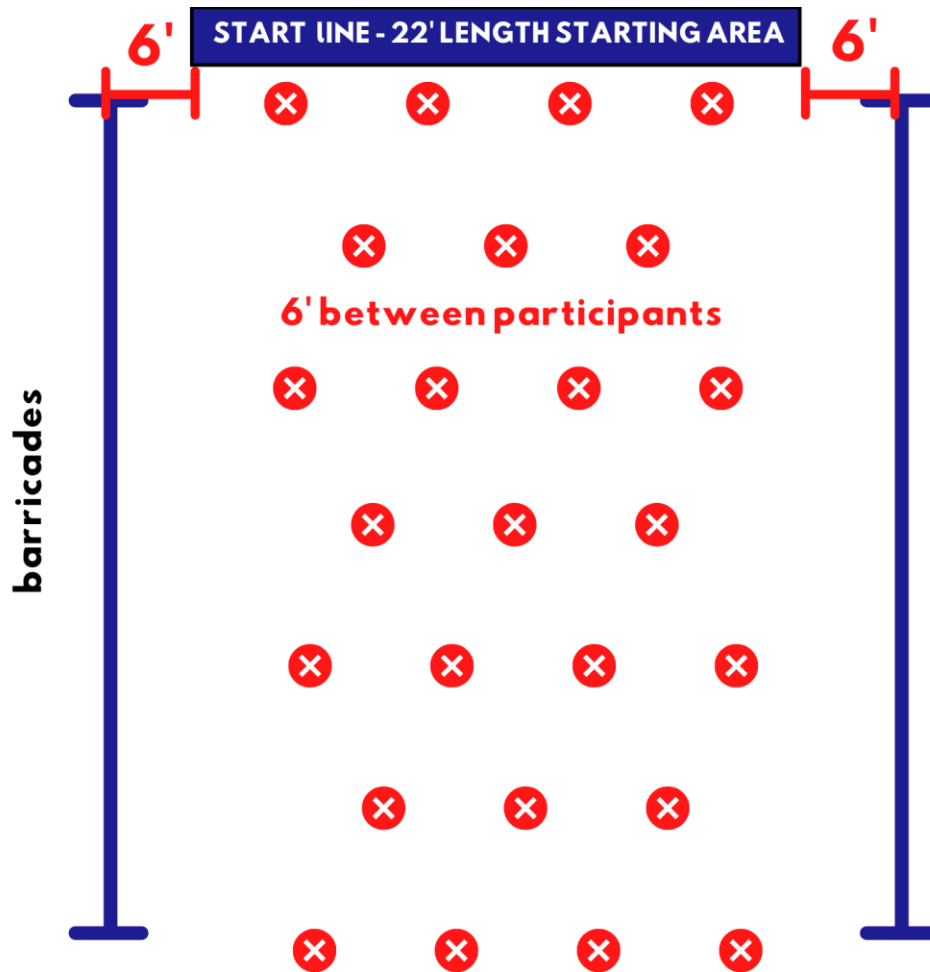
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- Signage to encourage hand sanitizing, social distancing, face covering, and not touching your face.
- Signage to discourage celebratory hand-shakes, hi-fives and hugs

Start Line

- Only essential staff and participants are permitted behind the start line.
- Participants will start in waves of no more than 250 participants, 10-15 minutes apart.
- Participants can exit their cars and come to the start 5 minutes before the start of the race. They will report directly to an X on the starting line.
- Participants will choose their wave when they sign up (or via survey if registered before COVID-19 shut-down began).
- Participants must come to their assigned wave. There will be bib colors assigned for each wave.
- Participants will start 6' apart. There will be marks chalked on the ground.
- Details on reporting to your assigned wave will be laid out in participant instructions per individual event via participant e-mail and posted on the website.
- We will offer at least one “mask required” wave for participants who feel most comfortable with that option. Mask will be required at the start line of the event only because participants in other waves will be finishing with participants in the “mask only” wave.

Please see diagram of the start line on the next page.



Porta Potties

- Porta potties will be available in the start and finish line areas of the events, and select places along the course (varies per event). Please see individual event notes for specifics. They will be spaced at least 6' apart, with markers for social distancing.

Course

- Areas of congestion will be reviewed per race. Please see the individual race section for updates. With waves of 250 participants we do not anticipate this being a problem.
- Participants are encouraged to be mindful of keeping your distance from other participants while they are walking or running unless they are from the same household.

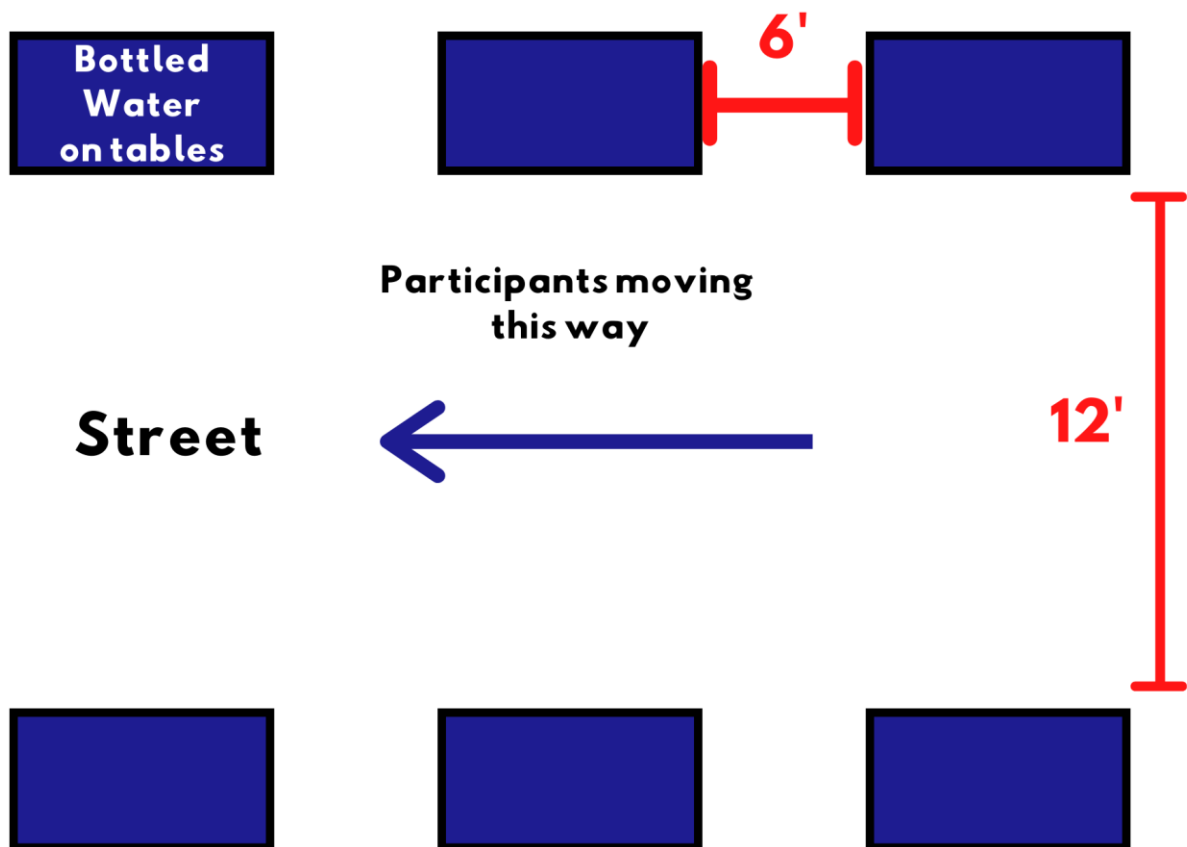
Water Stops

- We encourage all participants to bring their own water. Reusable water bottles will be provided in participant packets. If participants are interested in purchasing a handheld

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water bottle, Run Away Shoes is offering a 25% discount on hydration products for race registrants.

- There still will be water stops on the course and water at the finish.
- Volunteers will not be passing out water. There will be small sealed water bottles on the table. There will be trash cans along the course. Participants need to discard their water bottle and cap into a trash receptacle and may not toss it on the ground. Participants will be encouraged to keep moving or step away from the water stop quickly to allow others in. We will include markings on the ground for participants who want to stop and drink their water. Water stop tables will be separated for social distancing and there will be multiple available.

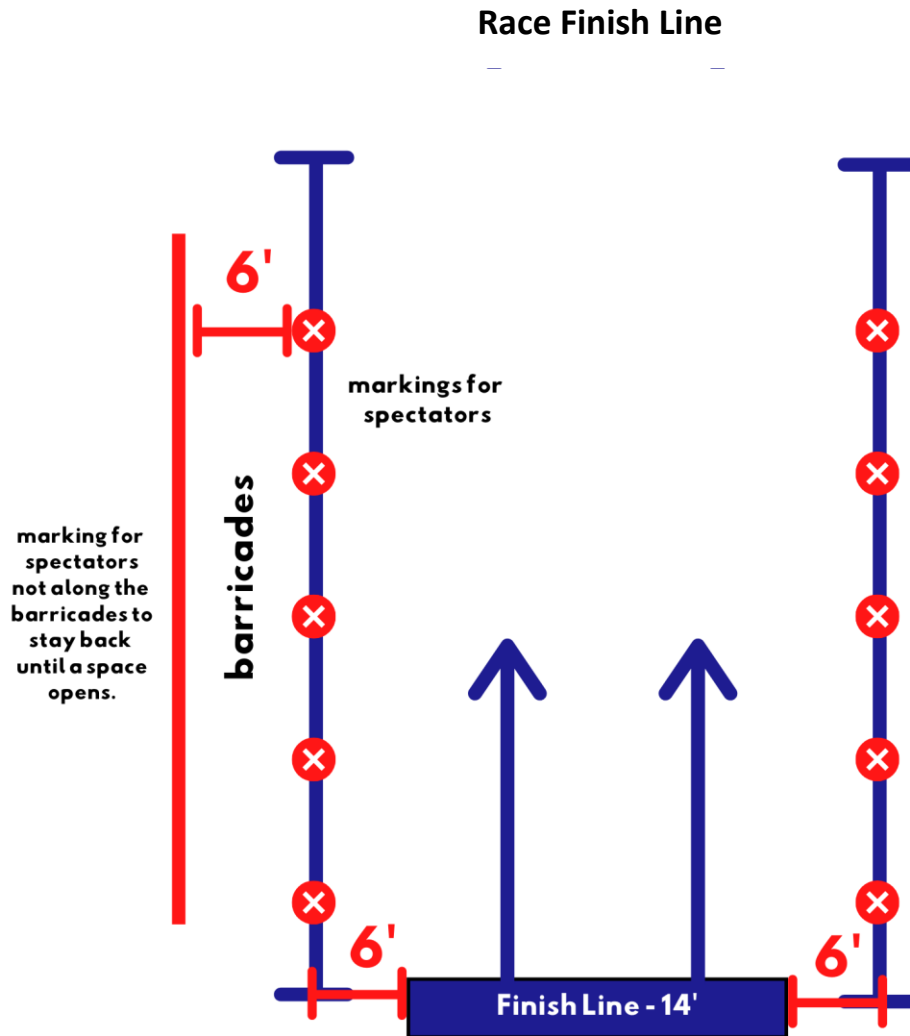


Finish Line

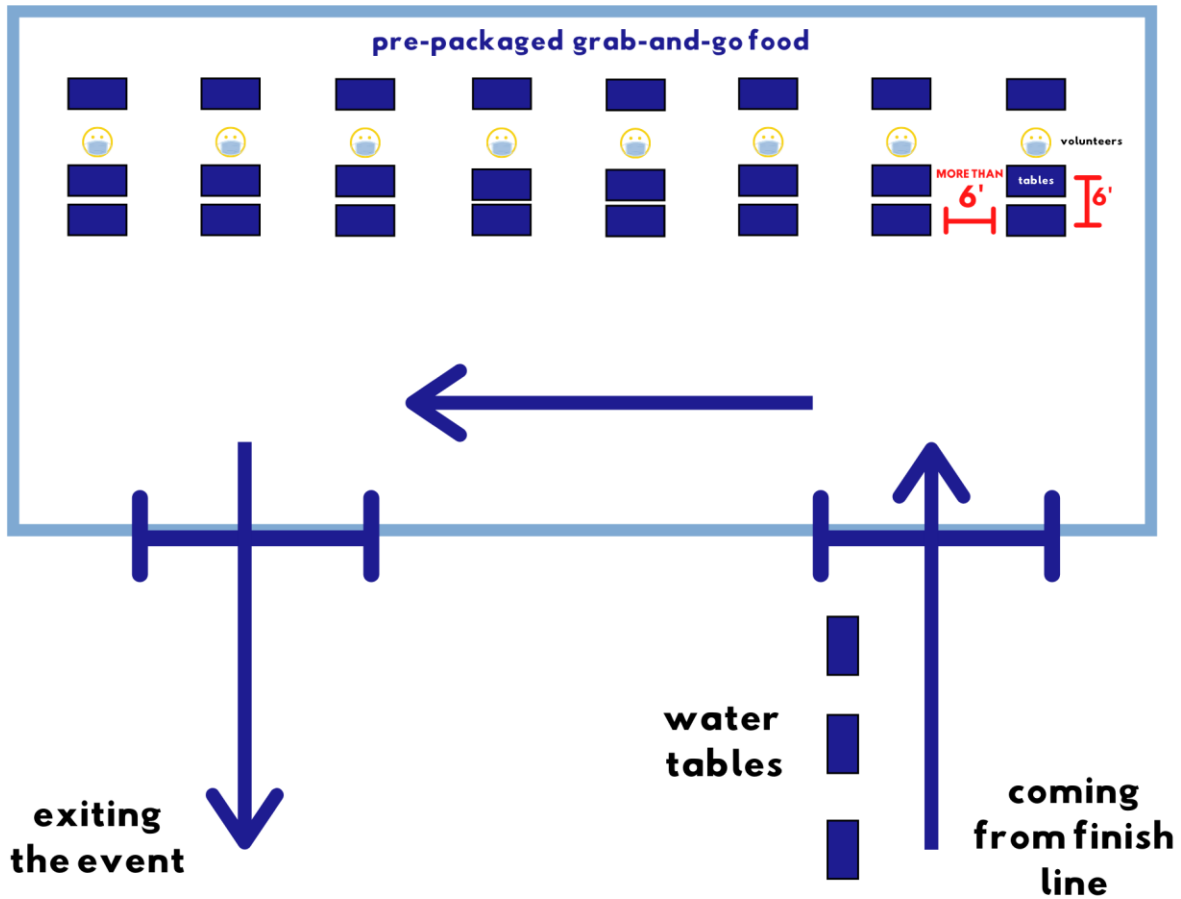
- Participants will be encouraged to continue to move through the finish line area.
- There will be a table with the remaining items for participants (food, beverage coupon, and medal) inside the tent. Water will be located on tables outside the event.

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- There will be no post-race party. All participants will be directed to immediately exit the event once they pick up their materials.
- Participants who complete the event cannot come back in. They may move to a spectator spot along the finish line of the course.



Finish Area Food, Medal and Water Pick-Up



Results & Awards

- No results will be posted on site to prevent crowding. All results can be found online at the individual event websites.
- There will be no awards ceremony. Participants will be notified and awards will be distributed via mail or pick-up at Run Away Shoes.

Individual race pages will have specifics per event as the event approaches.

**Any Additional Questions or Concerns can be directed to
events@runawayshoes.net**

Run Away Events COVID-19 Screening Questions

Instructions:

1. Please take your temperature before coming to the race. If it is over 100.4 or if it has been over 100.4 degrees Fahrenheit at some point in the past 10 days, please do not attend the event. This must be without the use of fever-reducing medication.

2. **Do you have any of the following?**

Fever or chills

- If you have symptoms of acute respiratory illness please contact X and stay home until you are free of fever (100.4° F [38.0° C] or greater using an oral thermometer), and any other symptoms for at least 24 hours, without the use of fever-reducing or other symptom-altering medicines (e.g. cough suppressants).

Cough

Shortness of breath or difficulty breathing

Fatigue

Muscle or body aches

Headache

new loss of taste or smell

Sore throat

Congestion or runny nose

Nausea or vomiting

Diarrhea

Have contact with someone diagnosed with COVID-19?

If you have one or more symptom(s) that may be related to COVID-19 stay home and take care of yourself.