



# Health Protocols

## Safety Measures

### Staying Home

#### Health Related Communication for Staff and Participants

- Advise event staff and participants to stay home if they have tested positive for COVID-19 or are showing COVID-19 symptoms.
- Symptom list will be included in all communications with event staff and participants.
- Advise employees and participants to stay home and monitor their health if they have had a close contact with a person who has symptoms of COVID-19 within the past 14 days.

### Hand Hygiene and Respiratory Etiquette

#### Cleanliness and Sanitary Communication for Staff and Participants

- Provide and require each staff member to frequently use hand sanitizer throughout the duration of the event. Hand sanitizer will contain at least 60% alcohol and rub their hands until dry.
- Encourage staff to cover the mouth and nose with a tissue when coughing and sneezing. Used tissues will be thrown in the trash and hands washed immediately with hand sanitizer.
- Encourage participants to cover coughs and sneezes.
- Display signs physical signs that discourage these actions during the event.

### Cloth Face Coverings

#### Face Covering Communication for Staff and Participants

- Staff will be required to use a cloth face covering. Special focus will be given when physical distancing is difficult (e.g., when moving within a crowd).
- Provide all staff with information on proper use and removal.
- Encourage participants ahead of the event to bring and use cloth face coverings at the event before the start of the race. They can be removed just before starting.

### Supplies

#### Sanitary Supplies

- The event will ensure there are enough sanitary supplies on hand for staff and participants. These supplies will include face masks, hand sanitizer, tissues and disinfectant wipes.

### Signage

#### Onsite Signage and Displays

- Signs will be posted in highly visible locations at the entrances to the event, at restrooms and at the start line which promote the protective measures. These signs will include the need to use hand sanitizer, wearing a face covering immediately before event and maintaining social distances.
- We will regularly broadcast announcements over the public address systems concerning the safety measures we have installed.

# Safety Measures

## Cleaning

### Venue Cleanliness

- Staff will clean any frequently touched surfaces within the venue at least every 30 minutes using EPA-approved disinfectants.
- Staff will use disposable gloves when removing garbage bags or handling and disposing of trash.

## Restrooms

### Restrooms

- We will over supply the number of needed portable restrooms.
- Restrooms will be adequately spaced by at least 12 feet.
- Markings placed on the ground outside of the restrooms to ensure social distancing.
- High-touch surfaces will be cleaned following each use of the restrooms.

## Staggered Attendance and Layout

### Modified Layout and Limitations

- A normal race with a mass start of 1,000 participants will clear the start line in under 5 minutes. Therefore the time slot for the start sequence is **5 minutes**.
- **The 2020 Pumpkin Dash 5k starting time slot will be 3 hours long.**
- We will only allow 3 participants to start in each 30 seconds time slot of which participants will have to pre-register for. This equals to 6 per minute and 360 participants per hour.
- Participants can stand abreast 6 feet apart facing forward, with the next group, 6 feet behind them. The start line will be marked and managed by a staff person.
- In addition, the start and finish line will be completely separate from each other.
- Participants finishing will be asked to leave as soon as they are finished
- Finishing participants will enter a finish chute one at a time to eliminate crowding at the finish.
- Barricades will funnel participants out of the venue area.
- The total event area will be large enough to fully accommodate spacing requirements

See attached documentation for full event layout.

## Post Race Refreshments

### Refreshments

- No post race refreshments will be offered except for individualized water bottles which will be handed to each person upon finishing.

## Staff Training

### Training

- All staff will be trained and provided written instruction on the expectations and enhanced work procedures.

## Participant Registration

### Registration

- Only pre-registration permitted
- Participants will register for a time slot. The time slot will be imprinted on their bib number so staff can ensure compliance.
- A maximum of 360 participants per hour will be permitted.
- No race day registration permitted

## Safety Measures

### Check-In

#### Check-In Procedures

- No race day packet pickup. Only pickup allowed will be pre-race.
- Participants will be asked to only arrive a few minutes before their start time.
- Race day information table limited to 3 people, all separated by 6 feet tables to ensure distance.

### On Course

#### Course

- Course marshals placed at an appropriate distance away from participants.
- No aid stations. Bring your own water

### Post Race

#### Post Race

- No race day results. All results will be posted online
- No race day awards.

### Spectators

#### Spectators

- Highly discourage spectators.
- A volunteer will be positioned at the entrance of venue to discourage spectators from entering.

## Public Health Awareness Signage

### Signage

Numerous public health awareness signage will be placed through the venue.

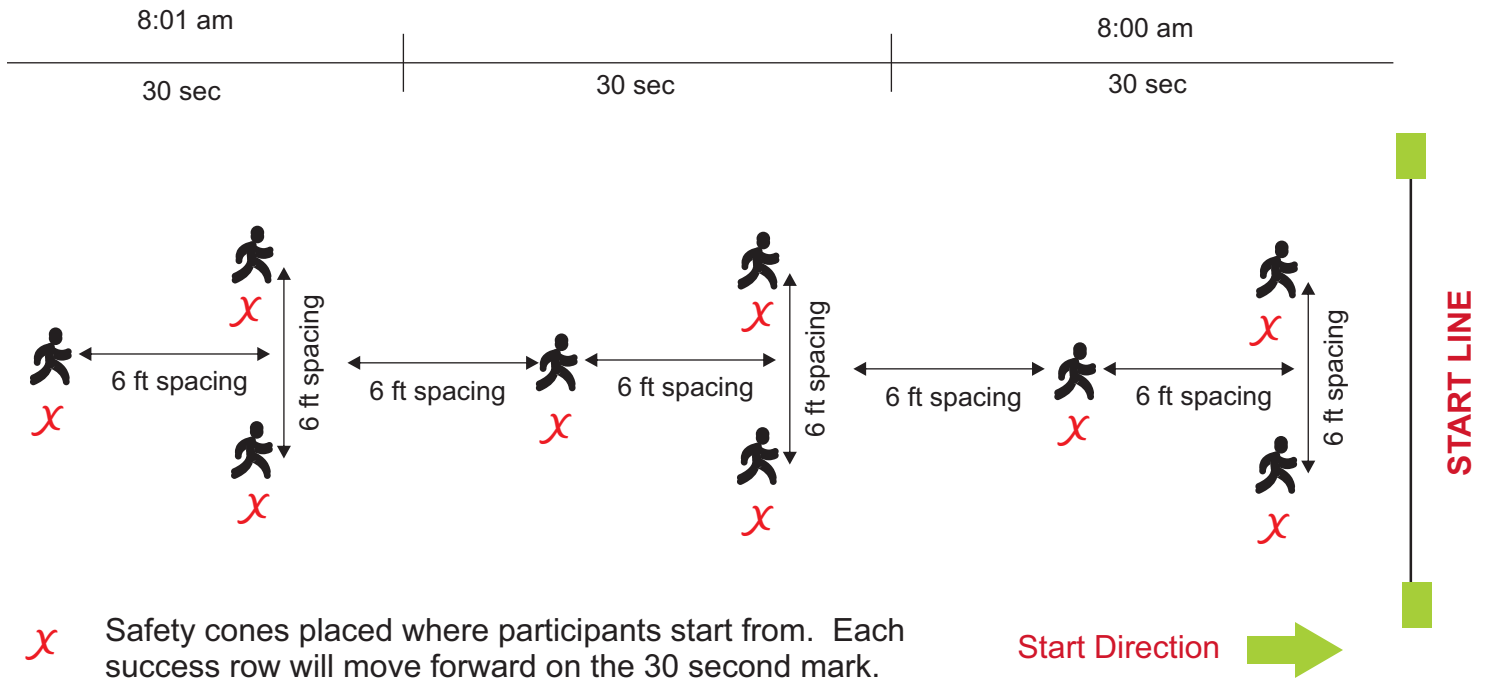
These will include, on the pathway leading up to the start area, within the start area and along the course.



Start Layout

## Time Trial Starting Procedures Overview Flow

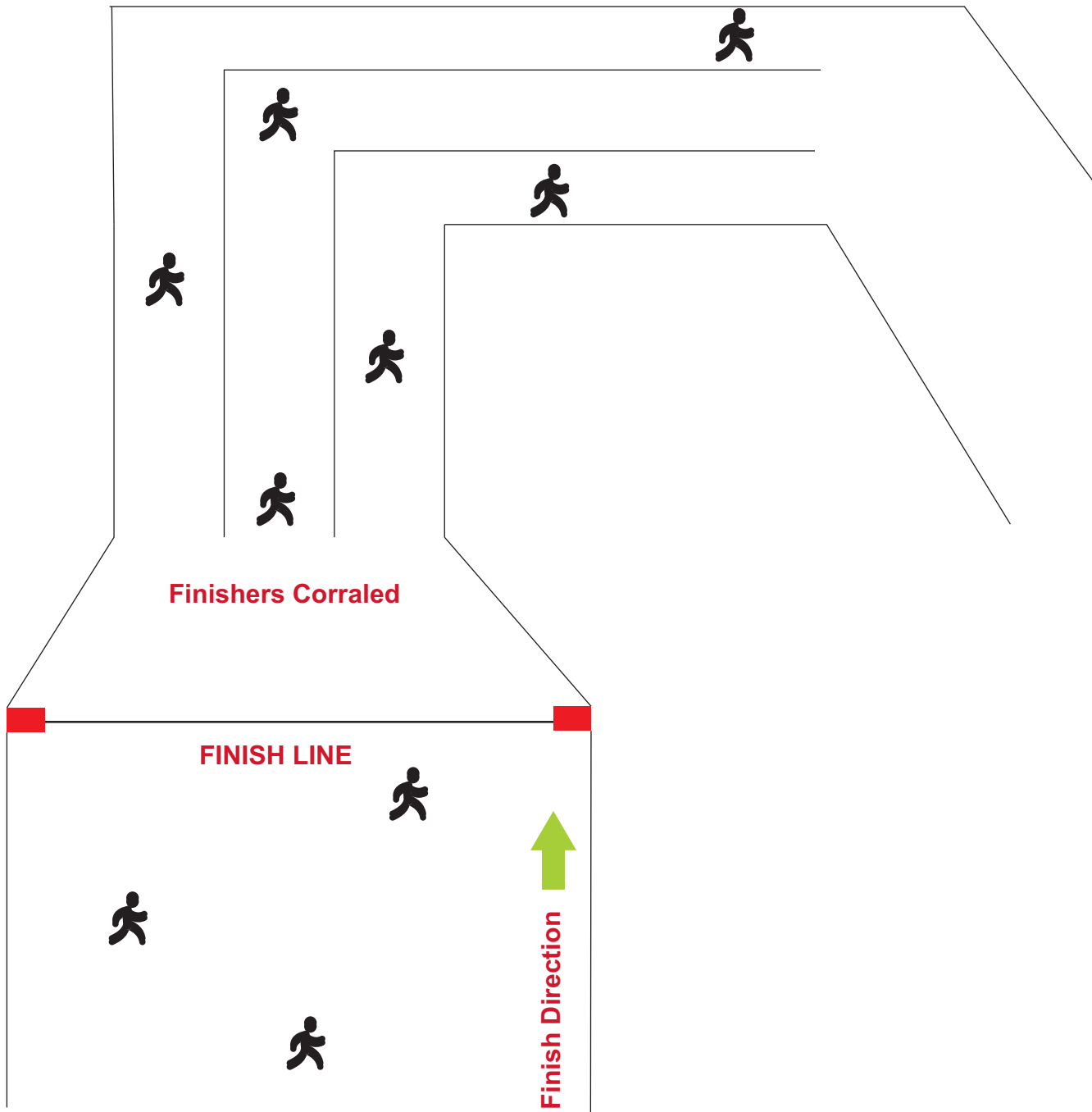
Participants start three at a time every 30 seconds and are appropriately spaced out.



## How it Works?

1. Participants register online. When they register, they select a “time slot”. Time slots are broken into starting periods over a 3-hour period.
2. Participants are communicated their starting slot before the event and are asked not to arrive much earlier than their slot. If they do arrive early, they can remain in their car.
3. The starting slots drastically reduces the number of people in the start area.
4. At the start line, participants run over a timing mat and are separated by 6 feet which is marked on the ground. A starting “chip time” is collected. When they finish, a finishing “chip time” is collected. The net time is their finish time. This timing method allows us to host a competitive event and collect accurate finish times for the each of the participants.
5. Once participants finish they are asked to leave the finish area and return to their vehicle.
6. Results are immediately available online. They are able to check them on their phones when they return home.

## Finish Layout



Due to the time trial start, runners will finish spaced out over a 4-hour period.

As runners finish they will additionally be corralled to increase the spacing and ensure that nobody congregates at the finish. They will then leave the finish area and go to their cars and depart.



## Venue Layout and Course Map



### Participant In and Out Flow

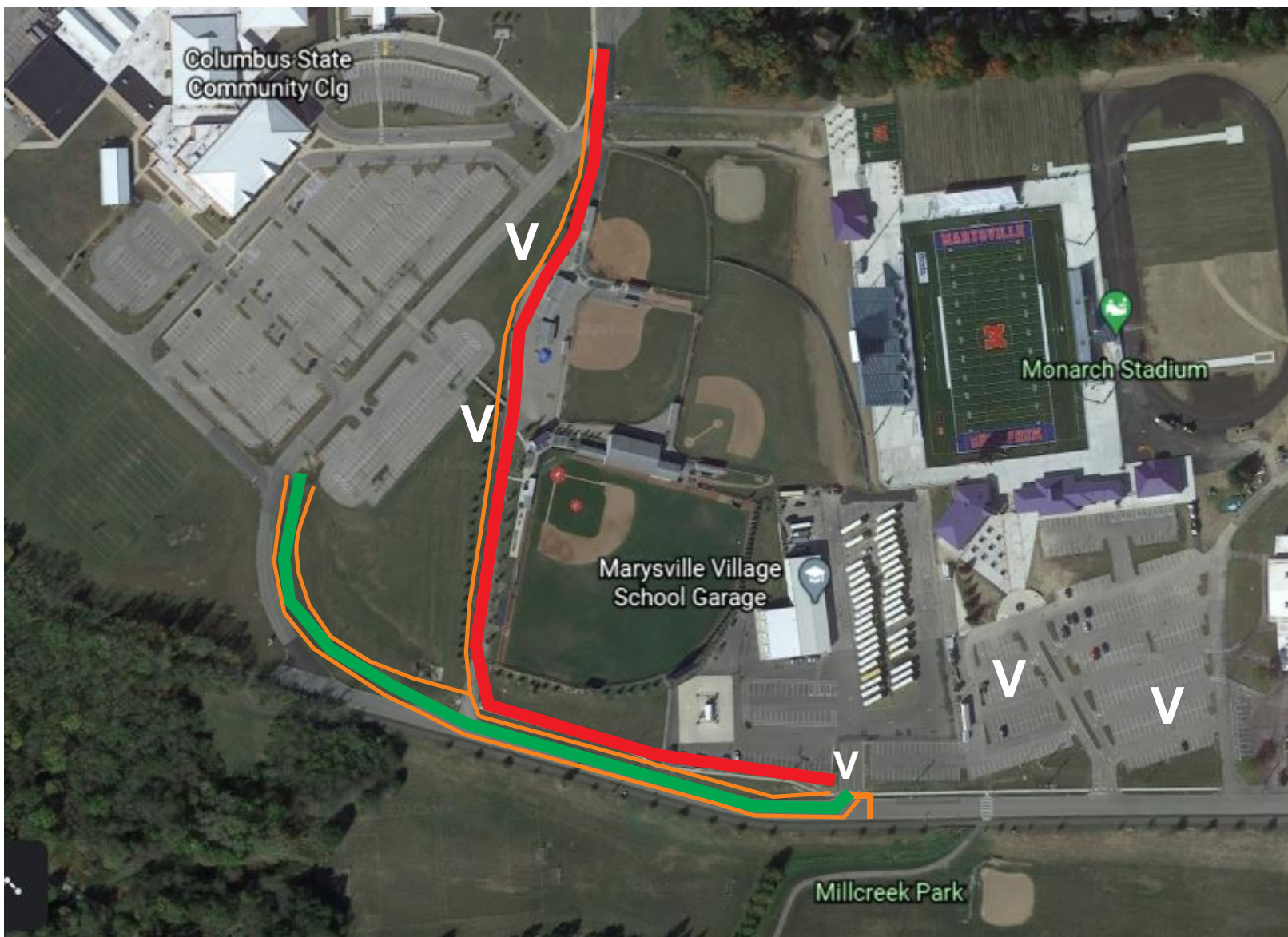
- Participants arrive at A - parking lot across from the Monarch Football Stadium.
- Participants follow the path to the start area - B. This is a very large parking lot which provides for ample spacing.

### Volunteers

- Volunteers will be kept to a minimum on the race site in order to reduce the number of people in the area.
- The majority of volunteers will be on the course ensuring participants are correctly directed around it.
- At the race venue site, which includes the parking lot, area A and the start location, area B volunteers will be roving reminding participants to not congregate.



## Participant Inflow (start) and Outflow (finish)



Participant inflow to start area



Participant outflow from finish area



Cones to direct participants along path



Volunteers assigned to key areas.  
They will communicate important public health messages