



## Medical and Emergency Plans

In the event of a medical emergency during the event, a Strafford Ambulance and EMT are available at the finish and can access runners at any time during and after the race. Several of the Race Committee are First Aid and CPR trained but would only respond if absolutely necessary until the ambulance arrived. All Race Staff wear a different color Race Tee-shirt with RACE STAFF written on the back for easy recognition.

In the case of an emergency, threat and/or an uncertain situation that could potentially endanger lives, we will call 911 and alert the appropriate authorities. In conjunction with local authorities, we will assess the threat and take appropriate action.

## Inclement Weather Plan

Races are rain or shine unless we determine that race conditions are deemed too dangerous. Every effort will be made to conduct the races; if the races are cancelled there will be no refunds. Each athlete must accept any such risk for their entry fee paid including other amenities paid for such as t-shirts and online administrative fees. All fees collected are first used to develop and produce the event, including all race supplies that are needed, then proceeds are donated to the Cystic Fibrosis Foundation. In the event of inclement weather or unforeseen circumstances, we reserve the right to alter, cancel or eliminate any/all portions of the race.

The following procedure will be followed:

In the case of rain and thunderstorms on race day we will enact the following safety measures, which will help keep athletes safe. Our goal is to do everything in our power to host a complete race. We will delay only if necessary. Cancellation is our very last resort and will only be considered after all of the following measures have been taken on race day.

- In the case of only rain or clear weather we will plan for on-time starts and complete both races as planned.
- In the case of lightning prior to race start we will delay the race starts to at least 30 minutes after the last lightning strike within the area. We will not race on course if lightning is present, but will continue to race when the lightning ceases and has moved from the area.
- If lightning is expected to continue past 1 hour of the original race start time, the race director may make the call to cancel the event.
- The race director in consultation with local safety officials will make the final decision to delay, adjust or cancel the race.
- The decision will be posted on the website and communicated at the race venue via an announcement from race directors.



## COVID19 Plan

Though we are in no way affiliated with the Cystic Fibrosis Foundation, we will adhere to the guidance of the Foundation given that we will have patients with Cystic Fibrosis at our event. Those protocols can be found online at: <https://www.cff.org/about-us/attendance-policy-cf-foundation-events#:~:text=For%20indoor%20events%2C%20it%20is,their%20household%20at%20all%20times>.

Our 2024 Races will also comply with all Federal, State, and Local COVID-19 Protocols. Some, but not all protocols included will be:

- Before and during the race, we recommend that participants socially distance and try to give other racers plenty of space whenever possible.
- Masks will be optional, but recommended for any participant that is not vaccinated against COVID19.
- Hand Sanitizer will be available at check-in, registration, and post race festivities.
- All food will be "grab-and-go" style to minimize cross contamination.

## Safety Plan

A member of our race committee speaks in the weeks and months leading up to the race with the Chief of Police of Strafford and the Chief directs traffic and provides safety at the start and finish lines and at the registration building (the Grange Hall) throughout the day of the race. He provides No Parking Signs to post where not safe. We post a signs on the roads around town and the race a week before stating that a race is occurring on Saturday and to avoid the Dam for traffic reasons. We post info about our race in the town newsletter to make the public aware of the upcoming race. The race course is not a closed course, but it is on country roads that do not carry traffic very often. Racers stay on the left hand side of the road throughout the race as normal runners do. The Chief closes the road at the start 5 minutes before the start and keeps it closed until the last runner passes.

A Strafford Ambulance and EMT are available at the finish and can access runners at any time during and after the race. Several of the Race Committee are First Aid and CPR trained but would only respond if absolutely necessary until the ambulance arrived. Race Staff all wear a different color Race Tee-shirt with Dam Staff written on the back. Our parking crew wears orange vests to direct traffic to Chief designated parking areas.

A trail vehicle follows the last runner of the 15K and is in cell phone contact throughout the race. The 5K is a lollipop loop which finishes at the same place as the 15K. The trail vehicle sweeps the 5K course and then finishes with the 15K. The trail vehicle carries extra water and food as an extra precaution.

4-5 water stops are placed along the 15K and 2 water stops along the 5K.