

**THE ASPIRE WINE 10K &
BENCHMARK FIRST RESPONDER 5K
COVID-19 PREPAREDNESS DOCUMENT
(ATHLETE DISTRIBUTION)**

I. OVERVIEW

- a.** As we are aware of the current Covid-19 pandemic in the state of Alabama, and the nation, we are taking several steps at the ASPIRE Wine 10K & Benchmark First Responder 5K 2021 to ensure the highest level of safety for our athletes, staff and volunteers. While we will be implementing several steps to prepare the event for a safe experience, we will also rely on the athlete to take personal responsibility for his / her safety. Maintaining social distance of at least 6 feet from fellow athletes is the number one key in preventing the spread of the virus at this event, and this information will be presented as paramount to our safety plan. If for any reason an athlete is opposed to any portion of this document and the plan it outlines, or if an athlete feels this document does not adequately quell his / her concerns regarding the spread of the virus, we will defer 100% of the entry into the 2022 event. While we recognize many of these steps are not ideal, following these steps and doing our best to eliminate potential spread at our event will allow us to continue to host events through this current climate. The following practices will be put into place at the ASPIRE Wine 10K & Benchmark First Responder 5K 2021.
- b. Regarding athletes who have had COVID-19**, we strongly recommend adhering to these safety guidelines outlined by Dr. Matthew Martinez, Sports Cardiologist and Dr. Larry Lemak, Sports Medicine Orthopedic Surgeon:
- Don't exercise within two weeks of testing positive for the infection.
 - After completing two weeks of quarantine and rest see your doctor if you had moderate or severe symptoms.
 - If you were without symptoms or only mild symptoms. You should return to exercise slowly over 7-10 days and be without symptoms and 100% exercise capacity before proceeding with the race.
 - Review this article regarding heart complications:
<https://www.heart.org/en/news/2020/09/11/a-closer-look-at-covid-19-and-heart-complications-among-athletes>
 - Regarding return to sport and exercise:
<https://jamanetwork.com/journals/jamacardiology/fullarticle/2766124>

II. PACKET PICK UP & REGISTRATION

- a. Packet Pick Up will take place at The Hoover Met. This location is outdoors to ensure more than adequate ventilation.
- b. There will be NO on-site registration and NO exchange of cash or debit cards.
- c. Merchandise will NOT be sold at the 2021 event.
- d. ALL registration will take place through an on-line portal accessed by each athlete individually via their mobile device or home computer.
(www.RunSignUp.com)
- e. Masks will be required by all athletes, staff and volunteers during the packet pick up process.
- f. Hand sanitizer will be available for all athletes, staff and volunteers.
- g. Masks will be made available for anyone who arrives without a mask.

III. PRE-RACE

- a. The event will be capped at 1500 athletes for the 10K & 500 athletes for the 5K.
- b. The elite 10K field will start at 6:45AM and the remaining field will start in waves beginning at 7:07AM with a socially distanced start utilizing chip timing.
- c. Spectators will be encouraged to stay at home for the 2021 event.
- d. Masks / Face coverings MUST BE WORN at ALL TIMES until athletes start the run. There will be NO EXCEPTIONS to this rule. If an athlete has an issue with this rule we will defer 100% of the entry fee into the 2022 event.
- e. Masks will be provided to any athlete who arrives without a mask.
- f. Masks should not be worn while racing.
- g. We will be making announcements from the start line throughout the morning and will be calling the first wave of athletes to the start area for que at 6:40AM.
- h. More than adequate space exists at the start line area for 1500+ athletes to be socially distanced at all times while waiting to start, however we will encourage athletes not to arrive to the start line until 5 minutes before their start time.

IV. RUN (ON COURSE)

- a. Water stations will be manned by masked and gloved volunteers. Water may also be carried during the event and we will highly suggest this route.
- b. We will ask that athletes NOT run in packs or group together during the run.

V. POST RACE

- a. NOTE: The finish line area is large enough to host several thousand attendees at one time. With our event finish spanning over 1.5 hours, this area is more than ample to allow all athletes to remain socially distanced upon crossing the finish line.**
- b. Masks must be worn by all athletes after the event.
- c. Masks will be provided for any athlete who arrives without a mask.
- d. Hand sanitizer will be available for all at the finish line.
- e. All athletes who do not live within the same household must remain socially distanced by 6 feet or more after the event.
- f. Post-race bottled water will be available at the finish line.
- g. There will be a socially distanced post-race awards ceremony. Athletes will also be allowed to pick up their awards at a local business to be determined.
- h. There will be no centralized results look up location. All results will be posted live to the internet and athletes will be able to view these results on their personal mobile device.
- i. Upon finishing the race, athletes will be reminded via public address system of the rules and encouraged to exit the finish line area to post-race area as quickly as possible.
- j. All volunteers and staff will be gloved at all times at the finish line / post-event area.