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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**2021 Tri-Cities Family YMCA Summer Races**  
**Kick-Off to Summer Run and Coast Guard City USA Run**  
**Health & Safety Plan: COVID-19**  
**As of 05.07.2021**

**1) Social Distancing**

**a) Packet Pick-Up**

- i) Racers: Racers will be required to sanitize their hands, with provided sanitizer, prior to entering the packet pick-up area. Racers will be required to maintain a 6-foot distance from all other individuals, unless from the same household, while in the Packet Pick-Up line. Floor markings will be placed 6-feet apart inside the room, outside of the room, and outside of the Y building. A volunteer will be present at the door to ensure the 30% capacity restriction is followed at all times. Plexi-glass dividers will be placed on tables to create a barrier between Racer and Volunteer.
- ii) Volunteers/Staff: Volunteers/Staff will be required to maintain a 6-foot distance from other volunteers and racers, with the exception of handing race packet to racer(s). Plexi-glass dividers will be placed on tables to create a barrier between Racer and Volunteer.

**b) Race Day**

- i) Racers/Pre-Race: Spectators are not allowed to attend this event. Racers are encouraged to arrive no more than 30 minutes prior to race. Racers will be directed to go to the Start Line upon arrival and remain 6-feet apart from other race participants and volunteers by utilizing the social distancing cones and/or marks on the road. A designated volunteer(s) will be on-site to monitor and address social distancing at the Start and Finish Line.
- ii) Racers/Start and Finish Line: Racers will be required to maintain a 6-foot distance from all other individuals at the Start Line, unless from the same household. The Start Line will be open for 30 minutes in order to allow for a staggered start, with racers crossing the Start Line one at a time, while maintaining a 6-foot distance from one another. Cones and/or markings on the road will be placed at 6-foot increments, to ensure appropriate spacing among racers at the Start Line. Racers will be required to vacate the Finish Line area immediately after they cross the Finish Line. A designated volunteer(s) will be on-site to monitor and address social distancing at the Start and Finish Line.



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- iii) Volunteers/Staff: Volunteers/staff will be required to maintain a 6-foot distance from one another and from racers, unless from the same household.
- iv) Water Station: There will not be a water station. Racers will be encouraged to carry a personal water bottle with them.
- v) Spectators: Spectators are not permitted at this time. We will continue to monitor MDHHS orders regarding gatherings and adjust protocols accordingly. IF spectators are permitted on race day, all spectators are required to follow social distancing, mask/face covering, and gathering size protocols.

## 2) Mask/Face Covering Use

- i) Racers: Due to current gathering restrictions, racers will be required to wear a mask/face covering when assembling at the Start and dispersing at the Finish Line. **Racers are not required to wear mask/face coverings while running/walking on the race course.**
- ii) Volunteers/Staff: Volunteers/staff will be required to wear a mask/face covering at all times.
- iii) Spectators: Not applicable at this time.

## 3) Flow of traffic, blocking-off areas, signs (such as posting signage in public areas), visual cues, preventing crowding near entrances/exits, food vendors, and restrooms

- i) Flow of traffic: Flow of traffic inside the YMCA facility is one-way and is noted accordingly with directional signage. A one-way flow of traffic will be designated with directional signage during Packet Pick-Up.
- ii) Blocking-off areas: Not applicable, with the exception of road barricades, as noted in Special Event Application.
- iii) Signs and Visual Cues: Signage will be placed at the Start Line to remind participants of social distancing requirements, as outlined in **Section 1**. Mile marker signage will be placed at Mile 1, Mile 2, and Mile 3 of the race course. Signage will also be placed near and at the Finish Line to remind participants that they must vacate the Finish Line immediately upon crossing the Finish Line, as well as place their mask/face covering back on.
- iv) Crowding near entrances/exits: Please see **Section 1** for social distancing during the race and at Packet Pick-Up. There will not be an Awards Ceremony. Award recipients will be mailed their awards following the race.
- v) Food and Vendors: Food will not be provided. Vendors are not allowed. Bottled water will be provided at the Finish Line. Gloved and masked



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volunteers will hand bottled water to racers and instruct them to continue on to their cars, off-site. Signage will also be posted and a designated volunteer(s) will be on-site to ensure that racers do not congregate at the Finish Line.

- vi) Restrooms: Restrooms will be available for use at the Tri-Cities Family YMCA as well as adjacent public restrooms (Mulligans Hollow Lodge). Mask/face coverings, social distancing, and capacity limits will be required.

#### **4) Encouraging staff and public to stay home if sick**

- i) All race communications will include recommended Self Health Screen and will encourage all participants including volunteers, staff, and racers, to conduct a self-screen prior to attending the event. Participants will need to stay home if they are not well or are experiencing symptoms of COVID-19 or illness.

#### **5) Flexible return money policies**

- i) Registrations are non-refundable.

#### **6) Providing supplies to volunteers and attendees, PPE, hand sanitation, hand washing set-ups**

- i) PPE: All Volunteers/Staff will be provided with proper PPE, including disposable masks and disposable gloves, as necessary.
- ii) Hand Sanitation: Hand sanitation stations will be provided at Packet Pick-Up, the Start and Finish Lines, and Awards Pick Up tent.
- iii) Hand Washing Set-Ups: There will not be any water/soap hand washing set-ups. Hand sanitation stations will be used.

#### **7) Monitoring for Executive Orders non-compliance**

- i) The Tri-Cities Family YMCA continues to monitor all Executive Orders and is continually updating policies and procedures to maintain compliance. Any changes that occur and impact the race(s) will be communicated in a timely manner to racers, volunteers, staff and community.

#### **8) Cleaning/Disinfecting surfaces (frequent touch points)**

- i) Approved disinfecting agents will be provided at all high-traffic touch points, including Packet Pick-Up tables, Water Station, grab 'n go post-race snacks tables, and Award Pick-Up tent. Volunteers will be instructed to clean/disinfect surfaces frequently.



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**9) Volunteers health and monitoring employees (all MIOSHA rules for COVID)**

- i) Volunteers and Staff: Volunteers and Staff will be required to self-screen prior to arriving for duties and will be advised to stay home if they are not well. The Tri-Cities Family YMCA will adhere to their current Preparedness & Response Plan, which follows all MIOSHA rules for COVID.

**SELF SCREENING** (will be sent to racers and volunteers via email and will be posted at Packet Pick-Up and Start Line):

**Have you experienced any of the following symptoms in the past 48 hours?**

- fever or chills
- 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

**10) Transportation**

- i) Not applicable.