

Roanoke Marine Mud Run Safety Guidelines (Post COVID-19)

Introduction

The Roanoke Marine Mud Run is working on safety guidelines to give everyone a safe experience on our course. This plan has been designed to keep all racers, volunteers, and staff safe. We are taking cues from other races and implementing the best practices for our upcoming race. Participants should be aware and understand that some procedures will be different and will require their attention and patience. These guidelines are subject to change with the evolving situation.

Cleaning and Sanitization

1. Reduced customer touch points to minimize physical interaction between racers and event staff.
2. Additional cleaning and sanitization of customer touchpoints throughout the festival area, including check-in areas, medal and shirt collection, results, payment collection points, and at aid stations and obstacles.
3. Hand sanitizer will be available for use throughout events, including around high traffic areas, after every obstacle, in and around portable toilets. These will be refreshed by staff throughout the day.
4. The use of sealed, bottled water at aid stations instead of cups and spigots.
5. Increased safety and hygiene procedures for staff and volunteers including regular hand sanitization.

Personal Protective Equipment

1. All event staff and volunteers will always wear face coverings. In addition to social distancing measures, racers are requested to wear a face covering in the festival area while not on course.
2. Transparent plastic shields will be installed at key interaction points, such as racer check-in, to create separation between both racers and staff.

Social Distancing

1. To manage the volume of racers onsite, each racer will be asked to arrive no more than thirty minutes before their event time, and we ask that all runners not linger in the race area after their event.
2. Customer throughput will be monitored to ensure the number of people within the event space is always kept to acceptable levels.
3. Heat sizes will be reduced, and courses themselves will be widened from previous standards to ensure safe spacing while running/walking and at obstacles.
4. Dedicated lanes, along with designated waiting spots, will be provided at areas where racers tend to congregate, such as at check-in and at obstacles. Where lines are formed, distancing markers will be used to ensure safe distancing.

Screening (Racers, Staff, Volunteers)

1. Contactless temperature checks will be conducted for everyone entering the event space, including volunteers. A person with a body temperature reading of 100.4 degrees Fahrenheit (38 degrees Celsius) will not be permitted to enter.
2. Each customer shall be required to complete a declaration when checking in at the event that they are not currently infected by COVID-19 and have not had, or knowingly been in contact with, someone experiencing any of the following COVID-19 symptoms in the past 14 days:
3. Cough
4. Shortness of breath or difficulty breathing
5. Fever
6. Chills
7. Muscle pain
8. Sore throat
9. New loss of taste or smell

Event Adjustments

There will be adjustments to the following broad event components as necessary, on a race by race basis:

1. Pre-registration is highly encouraged.
2. Obstacles will be modified to facilitate greater spacing between racers.
3. Changing tents will be unavailable.
4. "No spectators" will be permitted unless a participating minor is being accompanied by a parent or guardian.
5. No awards ceremony will be held after the race to prevent gathering and ensure social distancing measures are adhered to.
6. Shade tents will not be provided to facilitate social distancing.
7. Food and beverage offerings zones will not have seating, along with distancing guides placed for people waiting in line.

At Risk Persons

Anyone who falls under or lives with someone in the following categories are encouraged not to participate in our event at this time, if you participate you acknowledge the risk you are taking:

1. People over 65 years of age
2. People who have chronic lung disease, moderate to severe asthma, or severe heart disease.
3. People who are immunocompromised: those who have undergone or are undergoing cancer treatment, bone marrow or organ transplantation; anyone with immune deficiencies, poorly controlled HIV or AIDS, or had prolonged use of corticosteroids; and smokers.
4. People of any age with class III or severe obesity; or
5. Anyone diagnosed with the following underlying conditions: diabetes, liver disease, and persons with chronic kidney disease undergoing dialysis.

Disclaimer

The information in this document is subject to change as needed.