



### **INTERNAL STEPS RunSBY has enacted**

It should be noted that this event is atypical of many of the mass gatherings that have been recently cancelled. Even the inclusion of the New York City Half Marathon in the list of cancelled events should be categorized as atypical of our event. Many of the events being cancelled have a large international field, or have multiple participants coming from areas with active COVID-19 outbreaks. The NYC Half Marathon was scheduled to have over 25,000 participants, with even more spectators, concentrated to tightly spaced streets and areas. Many conferences, that have been canceled, can be found in large buildings with re-circulated air conditioning systems, which are problematic with an airborne virus.

#### **1) Packet Pickup**

In 2019, RunSBY had the public packet pick up, where athletes came to get their timing chips, shirts, etc, at the Guerrieri University Center at Salisbury University, in the Wicomico Room. In 2021, to prevent the use of an indoor facility, which may cause similar risks with re-circulated air, the packet pickup will be a DRIVE THROUGH PACKET PICKUP. Utilizing a large parking lot (speaking with the Wicomico Youth and Civic Center AND/OR Shorebirds Stadium to see which would be available, athletes will drive their vehicles up to a station and be given their items at that time. Volunteers at this site will be mandated to wear masks and gloves, and athletes will be asked to wear masks as they approach the spectators. At no time should an athlete/runner, exit their vehicle, and interaction should be limited to less than 60 seconds.

A backup plan to this drive through would be a location will be under a large 20x60 tent in the area of Lot 1's lower side (approximately 100 Circle Avenue). RunSBY has explained to Parties Etc, the tent provider, that the tent sidewalls should be left off, to allow for air circulation. At the conclusion of the event, RunSBY staff will place the sidewalls back on for security as the medical tent the next morning.

In addition to drive through packet pickup, we have also added a BIB MAILING option for athletes, where we will mail them all of the information and items that they will need for race day, completely eliminating the need for them to check in with volunteers, prior to race start.

## **2) Face Covering Mandate**

All athletes, volunteers, spectators, must wear a face covering when social distancing is not possible. We ask that all athletes wear a face covering of some kind, and running buffs are provided to EVERY athlete with their bib/packet. Athletes must wear this mask when in line to start and may remove it when they cross the start line. Upon completion of the event, the athlete MUST put their mask back on.

Should an athlete need nutrition at an aid station, they will be encouraged to put a mask on when social distancing is not possible.

The Start Line, Finish Line, and all Aid Stations will have disposable masks for use by the volunteers and athletes, should they lose or misplace their masks.

## **3) Race Morning – Marathon/Half Marathon start**

On race morning, athletes are typically transported over to the Start line from the Salisbury City Garage (110 Circle Avenue) by shuttle bus. The start line is located at the intersection of S Park Drive and Sheffield Drive. A recommendation to reduce mass transit use will be sent to all participants, and they will be encouraged to walk to the Start line, in lieu of the shuttles.

The roadway (South Park Drive) will be set up with markers on the roadway, designating AT LEAST 6 feet of distance between the markers. These markers will help to visually ensure that the athletes maintain proper social distancing. These markers will also be used to move pulses of runners up to the start line, as described next.

The athletes typically queue up in the area of the start area together, with both marathon and half-marathon participants together. For 2021, we are implementing a WAVE START, of no more than 200 runners starting at a time. Wave 1 participants are informed of their WAVE, prior to race morning, and told when they should arrive on site. Wave 1 participants will be on the South Park Drive area, directly behind the start line. At 7:00 am, these participants will be allowed to start, and will be pulsed with 8 athletes leaving every 10 seconds. As one group of 8 athletes leaves, the entire line shifts forward to the next set of markers. This entire process will take less than 4 minutes, to launch all athletes.

Once Wave 1 is launched, Wave 2, which will have queued up in the area near the bandstand, will be invited up on to South Park Drive. Athletes will be invited to queue up on the markers, and a similar process to the Wave 1 launch (8 athletes every 10 seconds) will be enacted.

Wave 3 participants will move from the lower park, up on to South Park Drive, when Wave 2 is launched.

We are hoping for roughly 15 minutes between each wave of runners, with no more than 4 total waves (800 total runners) being launched from the start line.

## **4) Race Morning – 5k Start**

As the 5k event starts at a different location than the marathon and half marathon, we will need to build a similar setup, with markers spaced out AT LEAST every 6 feet. The 5k start will be conducted in a pulse wave, with launches of athletes every 10 seconds. The total participant cap for the 2021 RunSBY 5k is 200 participants.

Athletes have been informed that they are receiving a CHIP TIME as their start. This means that when an athlete crosses the START line, their time officially starts. This allows for athletes to space themselves out, creating physical separation, and yet still receive their official times.

## **5) Aid Stations**

RunSBY is working with other Event Management Companies to see what the common practice for aid stations has been during the pandemic. We are exploring the concept of a cupless aid station, where every athlete will be given their own silicone (crushable) cup to carry with them on the course. When they approach the aid stations, there will be MULTIPLE tables with hands free dispensers with Water and Sports Drink, for the athletes to serve themselves. There are many options out there for hands free dispersal and we are trying to source out which ones might be applicable to these events.

Aid stations will also have PRE-PACKAGED foods for the athletes to grab and eat on the way.

All volunteers at the aid stations MUST WEAR MASKS AND GLOVES and should not hand anything to an athlete. We will also not need as many volunteers at the aid stations, as their primary goal will be to ensure that there is enough nutrition for the athletes, and to restock as needed.

We are ALSO looking at the concept of open cups of water/Gatorade, similar to traditional events, but prepared by volunteers that MUST WEAR MASKS AND GLOVES. This discussion will be had with our medical professionals and Wicomico County Health Department.

## **6) Finish Line**

RunSBY will NOT have live music, nor alcohol at the finish line, at the current time. Athletes will be encouraged to grab a pre-packaged meal/food, and to leave from the finish line area at the conclusion of the event. At the current time, there is no plan for an awards ceremony at the finish area, as this would promote gathering. Spectators will be discouraged to gather and will be told that they should track their athlete, using the TCR EVENT MANAGEMENT app on their smartphone. This app will let them know when their athlete is within the last mile of the event, so that the spectator can be prepared to meet them.

As the event is a point to point event, typically athletes social distance themselves on the course, based on pacing, and there is not a large number of athletes finishing at the same time. The athletes finishing has never exceeded current gathering limitations (250 people), but in case there is, the entirety of the lower Lot 1 area will be closed to vehicle parking and room will be given for the athletes to spread out and recover.

Frequent announcements will be made, over Public Address system, encouraging athletes to leave from the area and to always remember to wear their masks, at the conclusion of the race.

## **KEY POINTS**

- Drive through packet pickup and bib mailing option prior to race
- COVID symptom questionnaire sent to athletes Thursday before race
- Total participant cap of 1000 athletes
  - 200 per wave, with pulsed start (8 athletes every 10 seconds)
  - 10-15 minutes between waves
  - Social distancing markers/cones, to designate appropriate start
- Face covering mandatory at Start/Finish
- Touch free aid stations with minimal volunteer interaction
- Discourage spectator gathering at finish line
- No alcohol/music at finish festival
- No awards ceremony
- Athletes encouraged to leave at conclusion of their race