

COVID-19 Precautions

Do NOT attend a group run if you have 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

No one should attend if they have been in unprotected close contact with someone (family member, etc.) who has been recently diagnosed with COVID-19, even if they aren't showing symptoms.

If you have tested positive for COVID-19, you must not run with the group for at least 14 days post-test.