

COVID PROCEDURES

HEALTH AND WELLNESS CHECKS AND GENERAL POLICIES

- All participants are required to wear a mask pre and post event. Wear your mask until race start, while running a mask is not required. Carry the mask with you and put it on post-race. Thank you for your understanding of these preventative measures.
- Social distancing should always be maintained during the event. Please stay at least 6 feet away from other participants.
- Staff and volunteers will be required to wear masks during the event.
- Spectators are not allowed at our events until further notice. Spectators who must accompany a minor or a runner needing assistance must stay a safe distance from the event activity and are required to wear a mask.
- Hand sanitizing stations will be easily accessible and spread throughout the event area.
- The staff reserves the right to ask anyone to leave the event that is not adhering to these COVID policies.
- Anyone exhibiting symptoms will be asked to leave the event.

HYDRATION AND REFRESHMENTS

- Participants are encouraged to bring their own water bottle or hydration device.
- Water will be provided in single serve water bottles distributed by staff or volunteers.
- Post-race refreshments will consist of individually bottled drinks and pre-packaged products such as nutrition bars; fruits may include bananas and/or oranges. Refreshments will be handed out by staff or volunteers wearing PPE with masks and gloves.
- All staff, volunteers, and sponsors will wear masks, and anyone handling food or drinks will wear gloves.

SIGNAGE

- Advance communication and extensive signage will be used to support safe and proper physical and social distancing.

PHYSICAL DISTANCING / EVENT CAPACITIES

- Physical distancing will be maximized in runner-only areas, including but not limited to packet pick-up, portable restroom lines, race start, aid stations, finish and post-race food and activity. 6 foot social distancing standards will be followed.
- Melissa's Race will temporarily suspend the bag drop / gear check for now to minimize the contact and exchange of personal items. This includes on the course as well as at the pre and post-race area.

START LINE

- Melissa's Race will implement multiple wave starts with participants staged per wave and a rolling start line with chip timing – leaving the start line open for 5 minutes.