

2020 CANDY CANE LANE RUN COVID-19 SAFETY PLAN

Event Location:

Lower Ravenna Park, 5520 Ravenna Ave NE, Seattle, WA 98105

Event Times:

Saturday, December 19th, 2020 from 9 AM to 4 PM, waves every 10 minutes.

Event Website for Event Information: www.candycanelanerun.com*

*Covid-19 Safety Plan will be uploaded to the website once finalized.

PRE-RACE SCREENING:

- If any staff or participants have been exposed to someone who tested positive for coronavirus recently (within the past 14 days), we ask them not to attend the live running event.
- If exposed seek guidance from the Washington state Department of Health or employer regarding COVID-19 testing and quarantining protocols. For that information visit: [Isolation & Quarantine for COVID-19](#). COVID-19 testing sites can be found at: [WA Testing Locations](#).
- If experiencing any symptoms of COVID19 leading up to the event, please stay home. We strongly encourage to get tested for COVID-19.
- Symptoms of COVID-19 include, but are not limited to:
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.

We will screen ALL participants at the event for symptoms of COVID-19 upon arrival.

Questions we will be asking participants are:

1. 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
2. Within the past 14 days, have you been in close physical contact (6 feet or closer for a cumulative total of 15 minutes) with:
 - Anyone who is known to have laboratory-confirmed COVID-19? OR
 - Anyone who has any symptoms consistent with COVID-19?

3. Have you recently isolated or quarantined because you may have been exposed to a person with COVID-19 or are worried that you may be sick with COVID-19?
4. Are you currently waiting on the results of a COVID-19 test?

Staff will also be screened with coronavirus testing prior to the event as well as temperature checks at the event before participants arrive as well as the same questions above.

EVENT ARRIVAL, 12-19-2020 – WEAR A MASK!

- Race waves are every 10 minutes. Participants have all chosen a wave start time for Saturday December 19th! For participants who have forgotten their wave time, please visit www.candycanelanerun.com or email us at info@runrainier.com. Alternatively, you can login to RunSignUp.com and manage your profile and Candy Cane Lane Run to view your wave time or choose an available wave time.

Please show up AT your scheduled wave time, **NO EARLIER!**

IF you show up to the bib pick up tent earlier than your scheduled wave, we will ask you to please head back to your vehicles, or walk through the Candy Cane Lane neighborhood, or warm up in another area of the park that is NOT in the area of the event set up until your scheduled wave time.

- At respective scheduled wave times runners can approach the green Rainier Timing tent near the bottom of Ravenna Avenue next to the Candy Cane Lane street exit at Lower Ravenna park one at a time unless you are a family unit. Maintain 6 feet distance from non-family members. A staff will screen participants for COVID-19 symptoms then assign a bib number and final event instructions. Orange cones with “6’ stand here” signs will be in front of the check-in tent to denote 6 feet distance from other orange cones. Please stand next to these orange cones to maintain 6 feet social distancing from others.
- **RESTROOMS**
 - We will have 2 event specific portable restrooms in the small parking lot by the Candy Cane Lane exit.
 - The portable restrooms will be set 6 feet apart.
 - A table with hand sanitizer as well as garbage receptacle will be near the porta potties.
 - We will have “stand 6 feet apart” signs on top of orange cones placed in front of the porta potties to help keep people socially distancing safely.
 - There is an additional public porta potty within the park in Lower Ravenna Park playground.
- If you have forgotten your mask, a fabric face mask will be provided to you at no charge! They will be on a table labeled “Masks & Hand Sanitizer” adjacent to the green Rainier Timing tent near the race entrance away from other participants and staff.
- Read the posted signage at the event entrance on our A-frame sandwich board for safety requirement reminders i.e. compliance with the state-wide [facial covering order](#) and state social distancing measures for businesses.
- Again, maintain six feet distance from strangers at the event at all times. Wear a mask at all times! Help prevent the spread of COVID-19.

RACE START, COURSE & FINISH/LOOP SPLIT AREA

- After each participant(s) have picked up race bibs and safety pins for respective scheduled wave times, staff will instruct them to the start line arch and mat antennas which is about 100 feet away from the check in tent. Participants will head to the start line and immediately begin your run. Again, wear face coverings at all times!
- You must wear your mask at all times in City of Seattle Parks! There are other pedestrians and participants who you may pass or who may pass you.

POST RACE INSTRUCTIONS

- After the run/walk, you can approach the large green “Rainier Running” tent to retrieve finisher medal, beanie, and refreshments IF there is no one else present there. Please, one at a time unless you are a family. We will have one staff member near the finish area tent monitoring the flow of people.
- In order to maximize social distancing and minimize the touching of shared surfaces staff will NOT be providing:
 - Vendor services
 - Prepared foods
 - Water cups or water dispensers
 - Staff personally handing out finisher medals at the finish line.
- We will have minimal packaged refreshments and bottled water for all participants.
- Race results:
 - We will combine times from all waves at the end of the day once everyone has had a chance to complete the course. We will notify everyone by email and social media when those online result can be accessed and viewed that same night!
- We ask that participants promptly vacate the event premises after the run/walk and after obtaining finish line swag and refreshments. The start/finish area is adjacent to the Ravenna neighborhood Candy Cane Lane street exit and we highly suggest the tradition of taking a stroll to see the decorations and lights. Please maintain social distancing and face mask wearing protocols! There are additional donation receptacles at the end of Candy Cane Lane for University District Food Bank if you choose to bring non-perishable food items to donate!

FOR ANY QUESTIONS YOU CAN EMAIL THE EVENT STAFF AT INFO@RUNRAINIER.COM OR CALL 971-200-5105. THE RACE DIRECTOR CAN BE REACHED AT JIMMY@RUNRAINIER.COM