



## Preventive measures for “The Running Is Back Series”

In addition to implementing actions and best practices mandated by governing authorities and local health and safety experts, we have taken the following steps to ensure the safety and well-being of everyone attending any of our events.

1. Hand sanitizer will be available for use throughout events, including around high traffic areas as well as in and around portable toilets. These will be refreshed by staff throughout the day.
2. The use of sealed bottle water at all aid stations instead of cups and spigots.
3. Increased safety and hygiene procedures for staff and volunteers including regular hand sanitation.
4. All event staff and volunteers will wear face coverings at all times. In addition to social distancing measures, racers are requested to wear a face covering in the festival area while not on the course. Reusable face masks and gloves will also be available for purchase on site.
5. To manage the volume of racers onsite, each racer will be given a specific arrival and departure time for entry and exit from the event to ensure total participant numbers at any one time are kept under strict control.
6. Group sizes will be reduced at the start zones.
7. Each runner 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:
  - a. Cough
  - b. Shortness of breath or difficulty breathing
  - c. Fever
  - d. Chills
  - e. Muscle pain
  - f. Sore throat
  - g. New loss of taste of smell

**At Risk Person: Anyone who falls under or lives with someone in these categories cannot participate:**

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; anyone with immune deficiencies, poorly controlled HIV or AIDS, or had prolonged use of corticosteroids; and smoker.
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.

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