

City Challenge Race at Liberty State Park preventive measures

In addition to implementing actions and best practices mandated by governing authorities and local health and safety experts, City Challenge Race has taken the following steps to ensure the safety and wellbeing of everyone attending any of our events.

1. To prevent hand to hand touching on obstacles **gloves are required** for all participants while on course.
2. Reusable face masks and gloves will be available for purchase on site.
3. Hand sanitizer will be available for use throughout events, including around high traffic areas.
4. The use of sealed, bottled water at finish zone. There will not be water stations. City Challengers must be self sufficient while on course.
5. Increased safety and hygiene procedures for staff and volunteers including regular hand sanitization.
6. All event staff and volunteers will wear face coverings at all times. In addition to social distancing measures, racers are required to wear a face covering in the festival area while not on course.
7. 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.
8. Heat sizes are reduced to 60 per wave to ensure safe spacing while running/walking and at obstacles. Using floor markings and delineators participants waiting in the start corral participants will be separated by 6ft.
9. 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:
 1. Cough
 2. Shortness of breath or difficulty breathing
 3. Fever
 4. Chills
 5. Muscle pain
 6. Sore throat
 7. New loss of taste or smell
10. Awards ceremony will NOT be held after the race. To prevent gathering and ensure social distancing measures are adhered to awards will take place virtually post-race.
11. Results will be available LIVE on our RunSignUp registration platform.
12. After completing the race and to prevent crowds we request that runners leave the venue.

At Risk Persons: Anyone who falls under or lives with someone in these categories is can not to participate in City Challenge Race events at this time:

1. Persons 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: those who have undergone or are undergoing cancer treatment, bone marrow or organ transplantation; anyone with immune deficiencies, poorly controlled HIV or AIDS, or had prolonged use of corticosteroids; and smokers.
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.

Please email any questions to info@citychallengerace.com

The Team at City Challenge Race