

# **Hope in Motion Run/Walk COVID-19 Preparedness Plan January 30, 2021**

## **COVID-19 Preparedness Plan for the 2021 Hope in Motion 5K Run/Walk on Sunday, June 6, 2021**

### **INTRODUCTION AND THE WHY**

With the Hope in Motion Run/Walk, our team has worked to create a plan for our event, designed to keep all racers and volunteers, meet strict government requirements, and hold the 8<sup>th</sup> Hope in Motion Run/Walk as safely possible. We believe running events can be made as safe as possible under these circumstances, up to a certain number of runners and by maximizing the space and resources available

**This is our plan to safely conduct the Hope in Motion Run/Walk on Sunday, June 6, 2021.**

### **PLAN DEVELOPMENT**

Anderson Race Management has used the guidance of the Minnesota Running Industry Task Force (MRITF) to develop this plan and is committed to providing a safe and healthy venue for all volunteers, and participants. The plan is administered by the Race Director or their designee who maintains the overall authority and responsibility. However, volunteers and participants are equally responsible for supporting, implementing, complying with and providing recommendations to further improve all aspects.

In developing and implementing a successful COVID-19 Preparedness Plan, we have collected information from national events industry experts, the MRITF, race directors, race volunteers and participants as to how their operational area can incorporate mitigation procedures.

This plan follows the industry guidance developed by the State of Minnesota, which is based upon Centers for Disease Control and Prevention (CDC), Minnesota Department of Health (MDH) guidelines for COVID-19, Minnesota Occupational Safety and Health Administration (MNOSHA) statutes, rules and standards, and Minnesota's relevant and current executive orders.

It addresses:

- Ensuring sick volunteers and participants stay home and prompt identification and isolation of sick persons
- Social distancing of volunteers and participants
- Hygiene and source controls for volunteers and participants
- Venue cleaning and disinfection protocol
- Communications, training practices and protocol

The plan incorporates industry guidance provided by the State of Minnesota for recreational entertainment venues and other applicable circumstances. This includes additional protections and protocols for:

- Volunteers, participants, and spectators
- Personal protective equipment (PPE)
- Access and assignment
- Sanitation and hygiene
- Handwashing
- Social distancing and barriers
- Managing occupancy
- Limit face-to-face interaction

To assess volunteers and participant health status, the following policies and procedures are being implemented:

- Volunteers and participants have been informed of and encouraged to self-monitor for signs and symptoms of COVID-19. They are not to report if they are sick or experiencing symptoms prior to entering the venue/start line.
- Volunteers are asked to sign and date a volunteer waiver indicating they agree that they have not been exposed to COVID-19 and that they do not have any symptoms on the day of the event.
- Volunteers and participants who have tested positive for COVID-19 during the prior 4 weeks, are instructed not to come to the race site.
- Volunteers and participants who have been in a large group setting on or after May 6th, that is not in compliance with the State of Minnesota guidelines, are asked not to be a part of this event.
- Additional information about COVID-19 can be found at <https://mn.gov/covid19/for-minnesotans/if-sick/is-it-covid/index.jsp>.

## **VOLUNTEER HYGIENE AND SOURCE CONTROLS**

In addition to our standard hygiene measures, these additional steps will be taken:

- Volunteers and participants are instructed to wash their hands for at least 20 seconds with soap and water or hand sanitizer frequently throughout the event.
- Hand-sanitizer with more than 60% alcohol will be available in located at various locations around the start/finish lines. These to be used for hand hygiene in place of soap and water, if hands are not visibly soiled.
- Volunteers will be asked to wash their hands upon entering the event site at the beginning of their volunteer shift and encouraged to do so regularly during their shift.
- All volunteers and participants are required to wear face coverings while on the event site. These will be provided by the event organizers.
- All participants shall be instructed that they are always to wear face coverings while on the event site, other than while they are running, eating, or drinking.
- Extra face coverings will be made available by the event organizers for any participants who have forgotten or lost theirs.

- Volunteers and participants are being instructed to cover their mouth and nose with their sleeve or a tissue when coughing or sneezing, and to avoid touching their face, particularly their mouth, nose and eyes, with their hands.
- Volunteers and participants are expected to dispose of participant waste in provided trash receptacles and wash or sanitize their hands immediately afterward.

### **VENUE CLEANING AND DISINFECTION PROTOCOL**

Appropriate and effective cleaning and disinfecting supplies have been purchased and are available for use in accordance with product labels, safety data sheets, and manufacturer specifications. Cleaning and disinfecting will be performed with required personal protective equipment.

### **SOCIAL DISTANCING AND FACE MASK PROTOCOL**

Social distancing of at least six feet will be implemented and maintained between participants and volunteers at the venue, aid stations, and during packet pick-up through the following controls:

- All areas where crowds may congregate or cues form, will have markings at a minimum of 6' apart that participants will be required to stand on while waiting.
- We will be starting groups in pods (corrals) of 50 people approximately 1 minute apart to allow for social distancing and limit the number of people in the event space (TBD for CDC guidelines on the date of the event)
- Announcer instructions instructing participants to maintain social distancing and other guidelines.
- Participants will be instructed to arrive not more than 20 minutes before their wave start, to proceed directly to their corral and to stage themselves on their marking in the starting corral area without milling about. Participants whose wave is more than 10 minutes away will be discouraged from being physically present in the starting area
- Ample hand-sanitizer stations will be placed around the event site with extra focus on areas where there will be interaction between participants and volunteers.
- Runners will be encouraged to bring their own on course water but will be given one bottle of water post-race.
- Water will be available at aid stations/finish area and placed on tables for participants instead of receiving from volunteers.
- Runners will be encouraged to discard bottles in receptacles. Volunteers will collect any discarded bottles while wearing the appropriate PPE at the end of the event.
- All post-race food and aid station fluids will be bagged and provided to the runner as soon as they cross the finish line, encouraging a rapid exit of the venue.
- "Face Coverings Required in this Area" signage and announcer instructions will be placed through the venue.
- All participants will be instructed that they are to wear face coverings at all times while on the event site, other than while they are running, eating, or drinking. Extra face coverings will be made available by the event organizers for any participants who have forgotten or lost theirs.

- Participants, workers, and volunteers will be instructed to take any concerns to the Race Director or their designee who will address them as needed and possible.

### **RACE REGISTRATION & EVENT ARRIVAL**

**Online registration only** - Registration will only be allowed online. There will be no race day registration in person at the event. Limit of 250 runners per two hour slot. There will be no walk up registration at packet pick up.

**Race packets** - Bib numbers and t-shirts will be available for pickup at the event at Packet Pick-up, 6 feet of distance will be maintained between all tables and between participants and volunteers. Touchless pick-up procedures will be implemented.

### **START PROTOCOL**

Runners and walkers will sign up for a start time during the registration process that allows up to 25 participants per wave. Waves will be spaced 1 minute apart starting at 9:00 a.m. Once the runner has been released, they will be able to race at their own pace, furthering the ability for social distancing.

There will be no more than 25 people in each wave. Only 250 runners will be allowed to participate in each Start Time. The course will close when the last runner has finished the race.

No gear check will be provided.