



## Race Day Protocols

- Cleaning and Sanitization
  - Reduced racer touch points to minimize physical interaction
  - Additional cleaning and sanitization of areas, such as toilets, check in area, etc.
  - Use of sealed water bottles and packaged food
  - Regular hand sanitizer around the area
- Face Masks for Volunteers
  - Event staff and volunteers will wear face masks where necessary and engaging closely with participants.
- Social Distancing
  - Racers are asked to arrive to the onsite no more than 30 minutes before your start time
  - No race day registration
  - Depending on final numbers we may choose to start in "waves"
  - Look for the designated "warm up" based on your bib number and assigned start times. Those will be assigned the week before the race. Runners will move directly from warm up to the start line with your heat.
  - Dedicated areas for starting grid where runners/walkers will be 6 feet apart
  - Once your race is complete, you will have your food and drink in the designated area. We ask that you depart the race area within 15 minutes of crossing the finish line.
- Screening process
  - Each participant will be asked to complete a declaration when arriving that states 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:
    - Cough
    - Shortness of breath or difficulty breathing
    - Fever
    - Chills
    - Muscle pain
    - Sore throat
    - New loss of taste or smell
- Race Day
  - **NO ONSITE REGISTRATION**
  - When you arrive onsite, please find your bib and bag. Volunteers will be there to guide you but will not hand you your bag. Bags will be clearly marked with your name and bib number.
  - You will take your bib, mask, and nutrition, and then may stash your bag in the designated area until after you complete your run
  - Spectators will be limited 1 per participant if necessary. If you bring a spectator they must adhere to social distancing and be in the designated spectator areas.
  - We are providing everyone a cool SCR face covering and ask that you wear that when engaging with volunteers or others. Once you are on course, it's up to you whether you want to keep it on.
  - Food and beverage will be limited to pre-packaged and limited water.



- Water will be available in bottles but please bring your own supply.
- There will only be no "aid station" on course. Be prepared to carry enough water and nutrition for your entire loop.
- Look for the designated "warm up" based on your bib number and assigned start times. Those will be assigned the week before the race. Runners will move directly from warm up to the start line with your heat.
- Based on the start time you signed up for from the link, be ready to go no more than **15 minutes** prior to your assigned start time. We will have it clearly marked and volunteers to help you get in place.
- Timing will be based on CHIP time.
- No awards on race day. We will hold a virtual awards ceremony on Sunday afternoon announcing the winners. We are only awarding overall top 3 places for each distance. No age group categories this year.
- We know that the post race party is always fun and a great social time. For this year, we are asking that once you have taken part in the post race recovery, we ask that you depart within 30 minutes.
- *If you are choosing to attend, we assume you are agreeing to these protocols and will adhere to them exactly as we have described in this email.*
- At Risk Persons
  - Anyone who falls under or lives with someone in these categories is encouraged not to participate in SCR events at this time:
    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: 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.

*Thank you for complying with all these new ways of doing things. If you know anything about us, you know, YOU the community is why we exist. To not be able to hang out after and have a drink and lots of conversation goes against everything we stand for. That being said, in this current environment, it is necessary that we comply with the current protocols. We will get back to normal soon and greatly appreciate you abiding by these requests for the future of races and the fun we all love.*