



## FIGHT CHILD HUNGER 5K – JANUARY 16, 2021 COVID-19 SAFETY PROTOCOLS

### Overview

We are moving into a new stage in our country. The topic of when and how things will open again is becoming the dominant topic. Here in Florida, we are now in Phase 3 of the Safe. Smart. Step-by-Step. This document outlines detailed plans based on industry best practices on how Running Zone Race Management, Inc., can support and provide a safe environment to hold events following social distancing guidelines. We appreciate your consideration of our plans and look forward to discussing these with you.

Each local community has a desire to reopen and find their own new normal in safe ways. Running Zone Race Management, Inc., as a representative of the endurance industry and leading the charge for health and fitness in our community, has developed new safety protocols and practices based on local health guidelines and industry best practices. We have a chance to facilitate one of the first ways that communities can regather – at safe social distances.

The endurance community is made up of tens of thousands of micro communities – races, clubs, stores, timers, nonprofits, race organizations, sponsors, volunteers and more. This diversity results in creative ideas and brings strength to our community because passion drives much of the efforts to put on races and keep our community staying active. Our industry partners are sharing ideas that make sense and work. Just as races have rapidly adapted to virtual events over the past weeks, the racing community is coming together on how to plan and to put on safe events.

We have relied upon our industry recommendations when putting this document together. We will continue to monitor these recommendations as events are held throughout the country and modify/implement best practices and lessons learned.

### **A Community Approach:**

Sharing resources and conclusions will help our community to standardize procedures, re-opening events and making them smoother and safer for everyone.

We are submitting our race plan and desire to work closely with local health officials and Brevard County, to finalize a re-opening plan for having organized running and walking events, in a controlled and safe approach.

### **Best Practices for Runners:**

In these early stages of beginning to restart races, a more conservative approach should be taken. Below are the industry recommendations/considerations that will be incorporated into our event:

**Reducing Actual Event Participation:** The Fight Child Hunger 5K event hosted by the Fight Child Hunger scheduled for Saturday morning, January 16<sup>th</sup>, 2021 is estimated to have approximately 200-300 total participants. However, with the new safety protocols identified below, we can socially distance all participants, volunteers and the race organization's staff the entire morning so there will not be any group larger than 50 people at any one time during the entire morning.

**Pre-Race Communication:** A pre-race communication is typically sent out to all registrants prior to race day reviewing packet pickup timing, the event morning itinerary, etc. We will incorporate all the additional safety protocols in this document that will be required to have the event on race morning. In addition, we will recommend that anyone in an at-risk category not participate in the actual event and elect the "virtual" option until things return to normal. We will also ask the following questions below and request anyone answering yes to any of these questions stay home:

- Have you been exposed to anyone that has or had COVID-19 in the past two weeks?
- Are you experiencing any Symptoms of COVID-19 including dry cough, fever or trouble breathing?

### **Location of Event and Course Design:**

Viera High School is a large venue that can be easily used to spread out participants before and after the race so safe social distancing guidelines can be maintained. In our opinion, the highest risk of holding the event is at the start of the race. The start line is typically where all participants line up together prior to the start of the race for last minute instructions and safety guidelines about the course, proper pacing, where previously a large group of people are NOT practicing proper social distancing. We have a **New** start approach that will minimize this crowding scenario: (see New Start Line Approach below)

**New Start Line Approach:** Our event was originally scheduled to start at 8:00 am. Instead of having our standard start at 8:00 am, we will implement a "rolling" start at 8:00 am and will continue having participants start for 5 minutes from 8:00 am until 8:05 am. We will assign all

participants a 1-minute window, based on pace per mile, so the start will have participants starting throughout the 5 minutes and will be able to practice safe social distancing at the start of the race. We will also have a “monitor” to ensure participants are following the spacing guidelines at the start. Pre-race instructions will be communicated in our Last-Minute Instructions sent to all participants prior to race day so this will not have to occur at the race site.

**Vendor Area:** Vendor area will be limited and will be set up in the parking area. All participants will be required to wear masks and advised to socially distance while visiting. The area will be monitored to ensure guidelines are followed and masks will be distributed to those who do not have one.

**Packet Pickup & Registration:** For each of our events, we have packet pickup and registration at Running Zone, the week prior to race morning. Previously, about 50% to 60% of participants pickup their packets in advance of race morning but we still offer both packet pickup and registration on race morning at the race site. **New Process:** We will now require all packet pickup and registration prior to race morning. No packet pickup or registration will be allowed on race morning. This eliminates a touch point between volunteers and participants as well as congregating in these two areas.

**Parking:** We will instruct all of our participants to park per the designated locations and to NOT arrive to the start area until their assigned start window. There is ample parking in so this also will allow for spreading out the participants throughout the morning.

**Protective Face Coverings:** New regulations and concerns are shaping the type of gear that runners need. We ask runners to wear a mask, face covering or buff at the start of the race and at the race site after finishing. All other attendees (vendors, event staff, volunteers) are required to wear a mask during the event.

**Aid / Fluid Stations:**

We will encourage runners to bring their own fluids to hydrate prior to, during and after the event. We will only hand out bottled water at one aid station on the course and at the race site finish line and volunteers will wear gloves.

**Volunteer Safety and Recommendations:** Typically, volunteers meet at the race site approximately an hour before the race start for volunteer instructions. This will now be done in advance of race morning with a volunteer coordinator of the beneficiary organization. We will communicate clearly what protective equipment (masks, gloves, hand sanitizer) we are providing, and what their volunteers should bring. We will also create written volunteer packets that can be viewed or printed from home so all volunteers can be prepared for their responsibilities before race day. Lastly, we will recommend anyone in a higher risk demographic should not volunteer at the event.

**Spectator Guidelines:** Spectators are a highlight of race day, but also create an additional opportunity for crowding. Our plan is to limit areas that allow spectators and to only allow

participants in areas that are already likely to be crowded by participants, such as the start corral and food and drink areas. We will have our race announcer make announcements periodically to remind spectators about guidelines and government regulations. Compliance from spectators will be challenging, but manageable. We will have volunteers and staff assigned to help enforce the social distancing guidelines throughout the morning for both participants and spectators.

**Finish Line Flow:** Racers tend to want to STOP at the end of a race...but moving them quickly into other areas will help eliminate slowdowns in the finish line area. We will have volunteers/staff at the finish line to help facilitate moving quickly through the finish line area into the large open fields/parking areas. Any other amenities will be offered away from the immediate finish line to help spread things out.

**Awards / Results:** Participants are used to results printed out after finishing the race. We will only post results electronically on our race site during and after the race and will not have an awards presentation at the race site. Award winners can pick up their awards at Running Zone after the race at their convenience or we will ship as requested.

**Food & Drink Handling:** Post-race refreshments are a staple of race day. Until things return to normal, we will offer limited items at the event. These items will be distributed via volunteers wearing gloves and protective face coverings. The pancake breakfast will be served "Grab-n-Go" style.

**Post-Race Clean Up:** To help keep our volunteers and staff safe, we will provide gloves for everyone so they don't have to physically touch things and clearly assign volunteers to areas of responsibility to keep them spread out throughout the race venue.

**Summary:** We think the above safety protocols and pre-cautions will minimize the risk of exposure to COVID-19. With the above additional safety measures in place, we feel that we can safely hold the 2021 Fight Child Hunger 5K. We would be happy to meet with you to discuss our approach to holding our first post-COVID-19 event. The Fight Child Hunger 5K is a wonderful community event and fundraiser and this would help the residents of Brevard County start to feel we are on the road to recovery.