

Bagel Run Covid Protocol

The Aaron Family JCC (AFJCC) prides itself in providing a safe, quality and challenging race experience. As such, it is with great care that we return to a live event. Please understand that the knowledge and circumstances surrounding COVID-19 are constantly changing and we will continue to modify our guidelines to ensure a safe and healthy race environment. The included criteria and recommendations are based on known factors at the time of writing. These guidelines may be amended as more information becomes available and will be released at that time.

The AFJCC has established the necessary protocols for a safe race environment and will act responsibly by following recommended guidelines for social distancing, hygiene, and wearing protective equipment when appropriate. Each participant, volunteer, staff, and spectator will be asked to do their part by following the guidelines that are specifically designed to protect the health and well-being of ALL participants and our host communities. Guidelines will be posted on the event website, included in all participant communication, and announced during the event.

Screening & Education

- All participants, volunteers, and staff will be asked to self-assess their health and sign a pre-screening document at check-in.
- We will have temperature checks for staff, volunteers, and participants. Temperatures will be taken by a no-touch body temperature procedure.
- Anyone that is experiencing a temperature of 100.0 degrees Fahrenheit will be asked to stay home.
- We will provide adequate training for all staff and volunteers for appropriate personal health, hygiene, and safety protocols to prepare for the event.
- A volunteer guide will be provided to all volunteers prior to event day and will be reviewed on event morning.
- Anyone that has experienced any symptoms or has been exposed to anyone with symptoms will be asked to self-quarantine and not participate until the following conditions have been met:
 - a. At least three days (72 hrs.) has passed since recovery. A recovery is defined as a resolution of fever without fever-reducing medications and improvements in respiratory symptoms, e.g. cough, shortness of breath, etc.
 - b. At least (10) days have passed since symptoms first appeared.

Pre-Race Considerations: Social distancing guidelines will be observed and enforced to the best of our ability in accordance with the local and state directives as they stand.

- Require all participants, volunteers, and staff to wear a mask in accordance with local mandates while they are at the race site.

- **UPDATE:** There will be no packet pick-up or registration day of. All packets must be picked up in advanced of the race. There will be **NO** walk up registrations.

- Disposable gloves will be used by staff and volunteers in applicable areas.

- Post ample signage on-site encouraging regular hand washing, sanitizing, and social distancing.

- Have hand washing and sanitizing stations readily available and ample trash receptacles placed around the event venue.

- Regularly disinfect high touch point areas.

- Require participants, staff, volunteers, and spectators to stay home if they are feeling ill.

- Discourage any physical contact.

- Enforce the 6 ft. social distancing rule in all spaces with social distancing markers in place.

- All staff and volunteers will be required to wear face coverings within six feet of anyone.

- Provide various start times for participants in order to avoid groups greater than 12.
UPDATE: We will be using a rolling start for all participants of the 10k and 5k.

Masks and Social Distancing

- Outside of racing, participants are asked to wear a face mask at the race site except while running. Masks will be worn while in the start line until they cross the start/finish line.
- Participants will be required to have face coverings at all times. If participants or spectators do not have a mask, one will be provided.

Course Considerations

- All participants will be assigned a wave time to start their particular race and spread out on the courses. **UPDATE: We will be using a rolling start to being our race; all participants will be spread out at (6) six feet apart.**
- Participants will be asked to keep plenty of distance from each other on the course at all times.
- Once a participant has checked in, they will be asked to start their event during their wave time. **No exceptions** will be made if you miss your start time. **UPDATE: We will be using a rolling start to being our race.**
- We are working on several alternatives to start times for the races. These setups may include increased number of corrals with smaller participants per corral, multiple starts with a set start time, and increased timeframes for releasing of corrals. **UPDATE: We will be using a rolling start to being our race.**
- The number of participants included in a wave time will be adjusted in order to meet local mandates based on event size. **UPDATE: We will be using a rolling start to being our race.**
- All participants will follow the same guidelines for their designated start area and waves. **UPDATE: We will be using a rolling start to being our race.**
- Face coverings will be required while in the start area.

- Runners may remove their mask once they have passed the start line and have distanced themselves from others.
- Our start line format will be provided to each participant before the race date and will be re-iterated at the in-person race when you check-in. **UPDATE: We will be using a rolling start to begin our race.**

On Course Support

- All courses will be marked and have appropriate signage.
- **UPDATE: We will have (2) two course Marshalls present on the course.**
- **UPDATE: We will have (2) two Bike Medics on the course.**
- Runners will be encouraged to be self-sufficient on the course.
- Each course and volunteer team will wear masks and gloves.

Finish Line

- No one will be permitted to congregate in the finish line area.
- Once a participant has crossed the finish line, they will be asked to leave the area and directed toward an area to pick up their finisher medal and breakfast to-go to leave the area.
- Face coverings will be required as participants finish the race in all post-race areas and the finish line.
- Our finish line area will be monitored by medical personnel to assist participants as needed.
- Only bottled water and to-go items will be packed for breakfast.

- There will be no post-race party or awards ceremony. **UPDATE:** Awards may be picked up by runners at the Information Booth, there will be no awards ceremony.
- Results will be posted online immediately after the race. You can find the race results on the race webpage.
- Names of award winners will be posted online and awards will be mailed. **UPDATE:** Awards may be picked up by runners at the Information Booth, there will be no awards ceremony, awards **WILL NOT** be shipped.
- Event tents will be spaced appropriately to allow for social distancing.
- Post-race activities will be determined based on local approvals; they may be modified or not offered to participants.

What You Will See In Most Areas:

- Staff will frequently clean and disinfect surfaces.
- Proper signage and markers will be placed throughout the venue and course to enforce social distancing.
- Hand sanitizing stations will be accessible throughout venue.
- Additional garbage receptacles will be provided.
- Extra signage to provide guidance.