

## **Skagit Runners 2021 Skagit Valley Tulip Run**

### **COVID-19 Health Guidelines**

- Registration will be online only. NO DAY OF RACE REGISTRATION WILL BE ALLOWED.
- Race packets and bib numbers will be mailed to participants prior to the race.
- Employees and volunteers necessary to supervise the event are not considered “participants” for the sake of calculating starting waves and are allowed as needed. Employees and volunteers must wear facial coverings and maintain physical distance in compliance with current guidelines.
- Participants must make an effort to remain 6 feet from other participants on the course as much as possible. If participants need to pass another participant they need to pass them in a manner that is safe and makes the moment of passage as brief as reasonably possible. Similarly if a participant is being passed that participant must allow for passing such that distance between participants can be achieved in as brief amount of time as reasonably possible.
- Lines at portable toilets will be managed such that there is at least 6 foot of distance between all participants waiting in lines. Skagit Runners will provide a hand washing station or hand sanitizer at all restroom stations.
- Skagit Runners will retain registration data for 28 days after the activity in order to aid possible contact tracing.
- Portable restrooms and handwashing or hand sanitizing stations will be frequently cleaned and appropriately disinfected throughout the day.
- Participants should bring their own water bottles. No water filling stations will be provided by Skagit Runners
- Skagit Runners will employ one site specific COVID-19 supervisor and additional safety monitors if needed, trained in the Washington State guidelines contained here, to ensure physical distancing, implement hygiene protocols, and ensure face covering requirements are adhered to during all hours of operations. Additional safety monitors will be provided if necessary.
- Signage at activity site will instruct participants that they cannot participate if they have been diagnosed with COVID-19 (have not recovered or are still within the required 10-day isolation period), had symptoms of COVID-19 (within the last 24 hours), or had contact with a person that has or is suspected to have COVID-19 (within the last 14 days).
- Starting waves of 10 participants or less will be used with no more than one wave starting every

minute and no more than 200 total participants. Waves will be sequenced by pace with faster racers going first, then working towards the slower racers to reduce likelihood for congestion or passing on the course. The starting area is limited to no more than 50 participants at any time awaiting their staggered starts. Participants waiting for their start time must maintain at least six feet of distance from all other people and wear face coverings until their race begins. Additional participants must wait in their vehicles or away from the course until their start time approaches.

- Spectators are not allowed. A member of the same household of a participant or a coach may provide support for a participant along the activity area including providing hydration and nutrition supplies, gear replacement and repair, or trash disposal in locations other than the activity-crew supported hydration and nutrition stations. The support person must always remain at least 6 feet away from all people aside from their athlete and may not visit the start or finish to avoid congestion or crowding in these areas.

-In areas where the possibility exists of participants passing in opposite directions participants are required use face coverings. Signage will alert participants as they approach these areas and a safety monitor will ensure this is being implemented.

-Immediately following finishing the race participants will leave the finish area and proceed to designated area to pick up pre-packaged food, medals etc. in a low or no contact manner.

-After picking up post-race food etc. all participants must leave venue immediately. No post-race congregating will be allowed. There will be no awards ceremony etc..

-All participants will be required to acknowledge receipt of above guidelines and agree to follow them at the time of sign-up.

-These guidelines will be posted prominently at starting line area as well as being included in mailed race packets.