

Return to Racing Protocol

The following guidelines is based on Restore Illinois PHASE IV Revitalization / YOUTH and RECREATIONAL SPORTS GUIDELINES, INDOOR & OUTDOOR RECREATION GUIDELINES, AND MEETINGS AND SOCIAL EVENTS GUIDELINES with gatherings of up to 50 people per group and the opening of outdoor recreation.

Race Management Team: (Race Director, Race Sponsor, Staff):

1. All Race Management Team members (RMT) will work from home and should continue to do so if applicable to the role they play within the event.
2. RMT will wear face coverings over their nose and mouth when within 6 ft. of others while on work site.
3. RMT shall provide their own hand washing capability or sanitizer during contact periods.
4. RMT shall hand wash frequently with soap/paper towels/disinfectant/hand sanitizer where available.
5. All employees and workers who perform work at the worksite for the reason of this event, shall complete health and safety training related to COVID-19 when initially returning to work. This is based on the DCEO Restore Illinois guidelines website.
6. RMT shall not report to or be allowed to remain at, work if sick or symptomatic (with cough, shortness of breath, or difficulty breathing, fever of 100.4 degrees or above, chills, muscle pain, headache, sore throat, new loss of taste or smell. Or other CDC symptoms.
7. IF a RMT reports having an COVID-19 related symptoms, they should remain isolated at home for a minimum of 10 days after symptom onset OR until feverless and feeling well (without fever-reducing medication) for at least 72 hours OR confirmation to not have COVID-19 via 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart.

Physical Workspace/Race Site Logistics:

1. Display signage (Visual markers of 6 ft. apart) at entry of parking area, stretch zones, packet pick up area, restrooms, and the starting lines.
2. 6 ft. spacing que lines for packet pick up, restrooms, and other gathering places will be designated by tape, chalk, or similar markings.
3. A designated area will be available to separate from others for anyone who exhibits COVID-like symptoms during the pre-race and post-race to isolate from others before being picked up to leave or depart the area.
4. Multiple groups of 50 or fewer participants permitted at once as long as there is 30ft. of distancing is maintained between groups and clearly marked.

Athletes Responsibility:

1. Stay home if you are sick or have been in contact with someone that is sick.

2. Practice proper health and hygiene methods for hand washing, hand sanitizing, sneezing and coughing.
3. Wear a face cover when near others at event venues.
4. Read all information from the event communication and signage leading up to the event. Follow safety instructions of race announcers and officials.
5. Respect physical distancing and look for visual cues within the venue, packet pick up, and starting corrals.
6. Respect others including other athletes, volunteers, course marshals, and spectators.
7. Be self-reliant:
 - a. Give others plenty of space at aid stations,
 - b. carry your own fluids and nutrition using volunteer assistance minimal and
 - c. encourage family and friends to observe physical distancing and stay home if sick.

Pre-Race:

1. While training, carry your hydration and nutrition and become self-reliant. Our partner Running Depot of Crystal Lake has a variety of hydration carrying options.
2. Learn the course and nuances that are on the course.
3. Train and come prepared to run/walk 3.1 miles.
4. Locate packet pick up and stay up to date on any changes to pick up guidelines to reduce the spread of contact. Packet Pickup will be held at Raue Center For the Arts. Participants should park in the fire lane in front of Raue Center's main entrance and await instructions from stationed Raue Center volunteers.
5. Runners are strongly encouraged to pick up race packets at Raue Center during pre race packet pick up hours, Friday 9/18 and Saturday 9/19 from 12PM-4PM.
6. **Waivers must be signed by all participants before race begins.**

Packets Pick up on Race Day:

1. Race day packet pick up will be done in coordination with Raue volunteers outside the Raue Cafe' door entrance.

Staging Start:

1. Pre-race stretching and corrals will be located alongside Williams Street. This will be done by number order and no more than 50 within the corral. These areas will be flagged off to designate specific areas for each group . They will be spaced 30 ft. apart from one another.
2. Each corral will walk separately to the start line and be started as a group. Each corral will be sent off every 3:00-4:00 minutes behind the last group.

Finish Line:

1. At the finish line, the runners will cross the line and be given hydration.
2. If participant believes that they will receive an award, they may stay close to the finish line or nearby area while maintaining effective social distance practices. Participants

who believe that they will not win an award will be asked to vacate the premises to ensure room is available.

Race Day

1. Face coverings will be required at packet pick up, stretch zone, starting corrals and finish line area.
2. Each runner must provide their own face covering.
3. Hand Sanitizers will be placed throughout the starting and finishing areas of the course as well as the aid stations.
4. Each corral will offer 50 slots. Participants will sign up for a slot, based on their finishing time . Groups will go off every 3:00-4:00 minutes apart.
5. Participants should space themselves out as best they can within the social distancing 6 foot rule as best as possible while traversing the course.

Raue Center Protocols

1. All who enter Raue Center must have face coverings on.
2. Raue Center will have one entrance and one exit.
3. Raue Center will follow the guidelines published by Restore Illinois Phase IV
4. Packet pick up will be coordinated by Raue Center staff and volunteers on the exterior of the Raue Center near the Raue Center cafe doors. Runners waiting in line for race packets must keep effective social distance between themselves. **Runners are strongly encouraged to pick up race packets at Raue Center during pre race packet pick up hours, 12PM-4PM.**

Equipment use and disinfection/cleaning procedures:

1. Cleaning and disinfection of premises and equipment will be conducted in compliance with CDC protocols prior to event date and usage for event.
2. RMT will thoroughly sanitize all rental and other utilized equipment before and after use by a customer. Rental equipment sanitization process will be properly displayed for customers and employees to comply with .
3. Clean and disinfect occupied tables and seats between use by different groups or parties, and again at closing time .

Race course water/aid stations :

1. Water/Aid stations will add a table or two in order to spread the water bottles out rather than stacking them close.
2. All volunteers will wear face coverings and gloves during their shift at the aid station .
3. Various volunteers along the course will stand near designated areas for water bottle disposal. A bag, can, or other container will be made available for runners to pitch their bottles into.
4. Bottle pick up will be done with volunteers using gloves, brooms, or rakes. And placed in garbage bags.
5. Runners have the option to bring their own hydration and not stop at aid stations.

PHASE 4: REVITALIZATION

WHAT THIS PHASE LOOKS LIKE

There is a continued decline in the rate of infection in new COVID-19 cases. Hospitals have capacity and can quickly adapt for a surge of new cases in their communities. Additional measures can be carefully lifted allowing for schools and child care programs to reopen with social distancing policies in place. Restaurants can open with limited capacity and following strict public health procedures, including personal protective equipment for employees. Gatherings with 50 people or fewer will be permitted. Testing is widely available, and tracing is commonplace.



WHAT'S OPEN?

Gatherings: All gatherings of 50 people or fewer are allowed with this limit subject to change based on latest data & guidance

Travel: Travel should follow IDPH and CDC approved guidance

Health care: All health care providers are open

Education and child care: P-12 schools, higher education, all summer programs, and child care open with IDPH approved safety guidance

Outdoor recreation: All outdoor recreation allowed