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### **2020 Fitlavin' Thanksgiving' Procedures/Adjustments for COVID-19**

Due to the ongoing COVID-19 pandemic we will be implanting several new requirements, and adjusting some of the operations for the race. Please read all items below and plan to follow the updated guidelines. Also note that as experts/scientists continue to learn more about this virus the response is constantly updating. Consequently we may tweak/update our procedures as the event nears.

#### **COVID 19 ADJUSTMENTS**

- Event management team will Follow all local guidelines from the mayor office, and the CDC.
- Hand sanitizer available throughout the event venue
- Social distancing required throughout event
- COVID-19 self screen required by participants (see self screen tab on website)
- Masks required at all times except when running/walking on the course
- Longer fluid wave start time allowing for maximum social distancing
- Separate Start/Finish Lines when necessary based on start time length, and course needs
- No award ceremonies
- Prepackaged refuel items only
- No aid stations on course
- Hard cap on event size
- Multiple packet pick up dates available pre-race
- No race day packet pick up (please email if traveling far or special arrangements are needed ([events@racemaker.org](mailto:events@racemaker.org)))

These adjustments can adjust and change as COVID-19 requirements and recommendations will continue change. Please check back regularly, and especially as the event nears.

## COVID-19 SELF SCREEN

1) Do you have any of the following symptoms or conditions?

- Fever or Chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or Body Aches
- Headache
- Recent loss of taste or smell
- Sore throat
- Congestion
- Nausea or vomiting
- Diarrhea

2) Within the past 14 days, have you had contact with anyone that you know that had COVID-19 or COVID-19 like symptoms?

3) Have you had a positive COVID-19 test for active virus in the past 10 days?

4) Within the past 14 days, has a public health or medical professional told you to self-monitor, self-isolate, or self quarantine because of concerns about COVID-19 infection?

5) Are you ill or is someone you are caring for ill?

*If you have one or more symptoms listed above, or answered yes to any of the above questions please stay home, and take care of yourself. You can reach out to us to arrange packet shipping or to set up picking up your packet at a later date. Thanks for doing your part to keep us all safe!*

### Start/Finish Adjustments for Fitlivin' Thanksgivin'

- We will have both a start line and a finish line this year to provide time for a longer start and maximize social distancing at both potentially “clustered/pinch point.”
- We will have folks line up based on pace to minimize “passing” along the course as much as possible
- We will Allow only up to 4 people to cross the start at a time keeping people spaced. We will use tape on the ground to mark proper spacing in the front portion of the corral as athletes enter it.
- As participants finish the race we will encourage them to keep moving to avoid a crowded finish line.
- Masks must be worn up until you start the race, and put back on at the finish line.
- Results will be posted online immediately as athletes finish allowing them to depart without looking for results on site. No award ceremony will be held.