

Covid Protocol

The Hope Venture // Run For Hope 2021

Hope Venture Commitment

Event Adjustments:

- Staggered start times and social distancing will be implemented at the start line to help spread out runners on the course.
- Spectators will be required to social distance at the start line and along the course.
- The awards ceremony will not take place in order to prevent gathering.
- Runners will be encouraged to leave as soon as they can after finishing.
- Race day registration will not be allowed.
- **Packets must be picked up on Thursday, April 15 or Friday, April 16. Packets will not be provided at the race. Bibs will be required to participate, so be sure to pick up your packet.** Contact us with any questions.

Social Distancing:

- We will promote social distancing between runners, spectators, and volunteers.
- Lanes and waiting spots will be marked for high traffic areas such as the start and finish line, food station, and restrooms.
- Personal responsibilities will be communicated to all runners, spectators, and volunteers.

Cleaning and Sanitation:

- We will reduce touch points to minimize physical contact and deploy frequent cleaning and sanitizing.
- Hand sanitizer will be available at several locations around the start and finish line as well as the restrooms.
- Water stations will use sealed, bottled water rather than cups.
- All staff and volunteers will be required to follow frequent hand sanitizing protocol.

Personal Protective Equipment:

- All staff and volunteers will be required to wear a face covering at all times.
- All runners will be required to wear a face covering in designated areas, including the start line as well the finish line. This means that runners will be required to carry their mask with them at all times when running.
- Face masks will be provided for anyone who does not have one on site.

Note

The information in this document is subject to change at The Hope Venture's discretion as best practices and local regulations continue to evolve.

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Runner Responsibilities

1. Feel Sick? Stay Home.

Athletes, staff, volunteers, vendors, and sponsors will be asked to self-screen and stay home for any of the following reasons:

- Have been diagnosed with COVID-19 in the last 21 days.
- Have experienced any of the following in the last 14 days:
 - Known temperature of 100.4° F or higher
 - Cough (excludes symptoms from preexisting conditions)
 - Shortness of breath / difficulty breathing (excludes symptoms from preexisting conditions)
 - Chills, muscle pain, sore throat, or recent loss of taste or smell
 - Have been in close contact with someone who has tested positive for COVID-19 in the last 14 days.

All athletes and especially at-risk persons are encouraged to consult a physician prior to participating. Athletes that feel sick and stay home may contact us about getting a refund.

2. Mask Up in Mask Zones

Face coverings are required to be worn by athletes at the event whenever they are not running the race course. Face coverings are not required while running the race course. However, athletes should carry their masks while running so they have it at the finish line.

When are face coverings required?

- Indoor environments such as packet pickups
- Start line chute and finish line recovery area
- Parking lots or other event grounds
- Waiting in lines or crowded areas

When are face coverings not required?

- Running the race course; However, athletes should carry their masks while running so they have it at the finish line.
- Personal vehicles

We have masks if you need one.

Staff and volunteers will wear masks at all times.

3. Maintain 6 Feet Distance

Practice Social Distancing:

- Reduce frequency, proximity and duration of contact with others.
- Maintain a distance of 6 feet whenever possible.
- Spectators are required to social distance from other parties, keeping a minimum 6 foot distance from one another.
- Remain in your vehicle whenever possible before and after race.
- Avoid congregating before or after race.

4. Carry Water, Carry Nutrition, be Self Reliant

Take the following steps to be self-sufficient for your race:

- Carry your own water bottle or hydration vest on course. We will have canned water on course, however it is best to be self-sufficient.
- Carry your own nutrition.
- Carry your own personal-sized hand sanitizer.
- Read race websites, written guides, emails, social media posts, policies and rules. Follow event signage and race official instructions on race day.
- Know the race course. Be aware of potential traffic.
- Know your start wave time and corral if assigned.
- Use the restroom prior to arrival to reduce lines at event facilities.
- Bring your own face mask. Wear it in mask zones. Carry it while running. We have one if needed.
- Have a plan for your gear.

5. Wash Hands

Practice good personal hygiene:

- Frequently clean hands with soap and water for at least 20 seconds.
- Use hand sanitizer when needed. Bring your own personal sized bottle and carry it with you.

6. Avoid Touching

Whenever possible, avoid physical contact with:

- Other people
- Touching your face
- Surfaces
- Items that are not your own

Race Day Quick Check List

- Check temperature before arriving. Feel sick? Stay home.
- Bring hand sanitizer, facemask, water bottle or vest, and nutrition.
- Know your starting wave, starting time, and when to arrive.
- Read and understand the Athlete Responsibilities.