



Wicomico County Recreation, Parks & Tourism
Return to Racing Guidelines 10/2020



Screening

In line with current state orders participants are highly encouraged to stay home if they are not feeling well. Individuals should answer the following questions prior to leaving for the event:

All participants will be screened and have to answer the following questions upon arrival:

- Have you developed any of the following symptoms of COVID 19 infection in the last ten days: cough (either new, or different than your usual cough), fever or chills, sore throat, fatigue, unusual muscle pain or unusual headache, new loss of taste or smell, congestion or runny nose, nausea or vomiting, diarrhea?
- Have you had a positive test for COVID-19 infection within the past ten (10) days?
- Within the last 10 days, have you been within six (6) feet for longer than 15 minutes with someone who has suspected or confirmed COVID-19 infection, WITHOUT taking proper precautions like wearing a mask and frequently washing your hands during this contact period?

If anyone answers yes to any of these questions they will not be able to participate and must leave the event.

Temperature Checks

All participants, coaches, officials and spectators are recommended to self-check temperatures daily prior to attending the event. Participants will be temperature checked in their vehicle on site in drive thru style screening. If they exhibit a temperature of 100 or more, they are not permitted to participate.

Handwashing / Sanitizer

- Handwashing will be available on site for all participants in bathrooms and with additional portable handwashing stations when possible.
- Hand Sanitizer to supplement handwashing will be available in common areas including screening, aid stations, timing, etc.

Cleaning / Sanitizing

- Staff and volunteers will be cleaning and sanitizing touch points and common areas.

PPE / Masks

- Common Areas
 - o Participants/staff/volunteers are required to wear PPE in common areas such as bathrooms, aid stations, timing areas, etc.
- Running Course
 - o Participants will not be required to wear masks while running the race as long as they are able to maintain appropriate social distance.
- Staff / Volunteers
 - o For staff and volunteers who have the potential to interact with participants working the check in, screening, aid station, cleaning/sanitizing and timing face shields and gloves will be made available to them.

Social Distancing

- All participants, staff and volunteers are required to work to maintain CDC's social distancing.
- The start of a race will incorporate social distancing with 6ft spaced starting lines to spread out all participants. Participants will be started in waves from those lines to help maintain social distancing. Faster runners will be asked to start toward the front and slower in the back to help eliminate the for passing one another.
- No handshakes, high fives or other personal contact between participants before, during or after race.
- Event Organizer and/or Facility Management will post signage reinforcing social distancing and illness prevention measures. These messages may include information about:
 - o Staying home if you are sick or do not feel well, and what to do if you're sick or feel ill.
 - o Using social distancing between individuals in all areas of the park.
 - o Covering coughs and sneezes with a tissue, then throwing the tissue in the trash.
 - o Washing hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
 - o Using hand sanitizer that contains at least 60% alcohol if soap and water are not available.
 - o Avoiding touching eyes, nose, and mouth with unwashed hands.

Spectators

No spectators will be permitted in accordance with latest state guidelines.

Aid Station

Aid station will be available. All drinks and food will be prepackaged and passed over for pick-up. The area and touch points will be sanitized often.

Packet Pickup

Packets will be distributed during check-in / screening prior to parking at the event. This will eliminate another potential gathering and touch point location.

Communication

Guidelines will be communicated in advance to all participants, staff and volunteers.