

SCHEELS®

Healthy Human Race



COVID-19 Preparedness Plan July 18, 2020

SCHEELS®

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Rochester, MN 55902



**ROCHESTER
RUNNING CLUB**

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COVID-19 Preparedness Plan for the 2020 Scheels Healthy Human Race, Aug 22, 2020 Prepared in Collaboration with the Minnesota Running Industry Task Force (MRITF)

INTRODUCTION AND THE WHY

With the Healthy Human Race, getting our community safely back on course is our highest priority. Over the previous months, our team has worked judiciously to create a relaunch plan for our event. This plan has been designed to keep all racers and volunteers, meet strict government requirements, and hold the 36th Annual Healthy Human Race as safely possible.

Running has proven to combat other health issues like obesity, mental illness, addiction and other obstacles. While COVID is a major focus, we feel the other are also important and our team has been working to find a balance. For the running community, a race/event help people establish goals to work toward and helps maintain good health.

- We believe running events can be made as safe as possible under these circumstances, up to a certain number of runners and by maximizing the space and resources available
- We believe in the math behind social distancing and have been employing formulas to keep people separated in order to achieve the exact results that we need and expect
- We believe the current circumstances present a great opportunity to educate and inform others of the importance of healthy lifestyle choices

Generally, events associated with a low or very low risk of COVID-19 transmission and low strain on the health system, like running, have been considered sufficiently safe to proceed during this time. Over the previous months, the Healthy Human Race Committee has worked judiciously to create this plan for our event. It has been designed to ensure all racers and volunteers meet strict government requirements, and allow the 36th Annual Healthy Human Race to be held as safely possible.

While COVID is a major focus, we feel the other are also important and our team has been working to find a balance. For the running community, a race/event help people establish goals to work toward and helps maintain good health.

- We believe running events can be made as safe as possible under these circumstances and can allow for a limited number of participants by maximizing space and resources available
- We believe in social distancing guidelines and have applied those protocols in appropriate situations to reduce risk of infection/spread
- We believe the current circumstances present a great opportunity to allow community members to participate in healthy lifestyle choices and advocate/inspire others to make similar choices

This is our plan to safely conduct the Healthy Human Race on Saturday, August 22.

Plan Development

The Scheels Healthy Human Race has used the guidance of the Minnesota Running Industry Task Force (MRITF) to develop this plan and is committed to providing a safe and healthy venue for all volunteers, and participants. The plan is administered by the Race Director or their designee who maintains the overall authority and responsibility. However, volunteers and participants are equally responsible for supporting, implementing, complying with and providing recommendations to further improve all aspects.

In developing and implementing a successful COVID-19 Preparedness Plan, we have collected information from national events industry experts, the MRITF, race directors, race volunteers and participants as to how their operational area can incorporate mitigation procedures.

This plan follows the industry guidance developed by the State of Minnesota, which is based upon Centers for Disease Control and Prevention (CDC), Minnesota Department of Health (MDH) guidelines for COVID-19, Minnesota Occupational Safety and Health Administration (MNOSHA) statutes, rules and standards, and Minnesota's relevant and current executive orders. It addresses:

- ensuring sick volunteers and participants stay home and prompt identification and isolation of sick persons
- social distancing of volunteers and participants
- hygiene and source controls for volunteers and participants
- venue cleaning and disinfection protocol
- communications, training practices and protocol

The plan incorporates industry guidance provided by the State of Minnesota for recreational entertainment venues and other applicable circumstances. This includes additional protections and protocols for:

- volunteers, participants, and spectators
- personal protective equipment (PPE)
- access and assignment
- sanitation and hygiene
- handwashing
- social distancing and barriers
- managing occupancy
- limit face-to-face interaction

To assess volunteers and participant health status, the following policies and procedures are being implemented:

- Volunteers and participants have been informed of and encouraged to self-monitor for signs and symptoms of COVID-19. They are not to report if they are sick or experiencing symptoms prior to entering the venue/start line
- Volunteers and participants who have tested positive for COVID-19 during the prior 4 weeks, are instructed not to come to the race site
- Volunteers and participants who have been in a large group setting on or after August 8, that is not in compliance with the State of Minnesota guidelines, are asked not to be a part of this event
- The temperatures of the volunteers and participants will be taken upon entering the event site. If their temperature is higher than 100.4 degrees, they will be instructed to leave the event
- Additional information about COVID-19 can be found at <https://mn.gov/covid19/for-minnesotans/if-sick/is-it-covid/index.jsp>.

Volunteer Hygiene and Source Controls

In addition to our standard hygiene measures, these additional steps will be taken:

- Volunteers and participants are instructed to wash their hands for at least 20 seconds with soap and water or hand sanitizer frequently throughout the event
- Hand-sanitizer with more than 60% alcohol will be available in located at various locations around the start/finish lines. These to be used for hand hygiene in place of soap and water, if hands are not visibly soiled
- Volunteers will be asked to wash their hands upon entering the event site at the beginning of their volunteer shift and encouraged to do so regularly during their shift
- All volunteers and participants are required to wear face coverings and gloves at all times while on the event site. These will be provided by the event organizers.
- "Face Coverings Required in this Area" signage and announcer instructions will be placed throughout the venue
- All participants shall be instructed that they are always to wear face coverings while on the event site, other than while they are running, eating, or drinking
- Extra face coverings will be made available by the event organizers for any participants who have forgotten or lost theirs
- Volunteers and participants are being instructed to cover their mouth and nose with their sleeve or a tissue when coughing or sneezing, and to avoid touching their face, particularly their mouth, nose and eyes, with their hands
- Volunteers and participants are expected to dispose of participant waste in provided trash receptacles and wash or sanitize their hands immediately afterward

These instructions will be communicated by announcer instructions and signage will be placed through the venue.

Venue Cleaning and Disinfection Protocol

To conduct appropriate cleaning and disinfection, the Scheels Healthy Human Race will:

- Perform numerous cleaning and sanitization of the venue
- Carry out frequent cleaning and sanitization of volunteer and participant touch points during the event
- Encourage participants to arrive at the event site having recently used the restroom to reduce use on-site
- Any equipment known to be touched by a participant or volunteer ill with COVID-19 will be pulled from commission as soon as possible and cleaned and disinfected in compliance with relevant CDC guidelines

Appropriate and effective cleaning and disinfecting supplies have been purchased and are available for use in accordance with product labels, safety data sheets, and manufacturer specifications. Cleaning and disinfecting will be performed with required personal protective equipment.

Cleaning supplies used will meet the EPA's requirements for use against COVID-19 and used to frequently clean all equipment and surfaces touched by participants and volunteers. Any volunteers responsible for cleaning will receive digital training beforehand.

COMMUNICATION

This COVID-19 Preparedness Plan will be communicated via email and reviewed to all participants and volunteers within two weeks of the race, August 22, 2020. Additional communication and training will be held by webinar, YouTube or small socially distant in-person training, as needed. Training will be provided to all volunteers who did not receive the initial training and prior to initial assignment or reassignment.

Instructions will be communicated to all participants and volunteers about protections and protocols, including:

1. Social distancing protocols and practices
2. Practices for hygiene and respiratory etiquette
3. Recommendations or requirements regarding the use of masks, face-coverings and/or face-shields by participants and volunteers

All participants and volunteers will also be advised not to perform their duties or participate in the Scheels Healthy Human Race if they are experiencing symptoms or have contracted COVID-19.

A full copy of this plan will be available at packet pick-up for anyone who desires a copy. Additionally it will be placed on the HHR website and sent to all individual participants and volunteers via their unique email address.

All participants and volunteers are to take an active role and collaborate in carrying out the various aspects of this plan, and update the protections, protocols, and training as necessary. This COVID-19 Preparedness Plan has been certified by MRITF and the Scheels Healthy Human Race committee and the plan will be shared by all who have any type of responsivity either as a participant or as a volunteer. It will be updated as necessary by the Scheels Healthy Human Race Director or their designee.

Additional Protections and Protocols

Other conditions and circumstances addressed in this plan that are specific to the Scheels Healthy Human Race include:

- A virtual option will be offered to participants to run the race on a date and location of their choosing at their own request
- Participants can defer their registration to 2021. This applies to runners who self-report or are identified in the screening process as having potentially been exposed to COVID-19
- The event will comply with current gathering size guidelines.
 - As of July 16, 2020 - 250 in a controlled recreation venue or 25 in a public space
- Volunteers will be responsible for cleaning their own equipment during use and before returning it
- Runners will be required to register online in advance
- Packet pick-up will be a contact-less drive thru at Scheels
- An identifiable mark or identification, such as colored wristbands, will be used to identify corral participants and start times. Participants without the proper wristbands will be instructed to leave the site

All information will be sent to registrants in advance, posted at HealthyHumanRace.com, posted on-site at Soldiers Field, and repeatedly announced via our PA system at the start. The running community is a very respectful and cultured community. It will be made clear that this is an opportunity to prove the impact of safety precautions at such events, and any disregard for our rules and restrictions could put the possibility of future events in jeopardy.

Registrants will also have to signify their understanding that the event could be converted entirely to a virtual run if the State of Minnesota, County or City guidelines change. The Scheels Healthy Human Race committee also reserves the right to transition to a virtual race if our region sees a surge of COVID-19 cases or other safety concerns prior to the event. We'll be in contact with our medical staff up until the event date and have a final notice deadline set for our runners.

Social distancing and Face Mask Protocol

Social distancing of at least six feet will be implemented and maintained between participants and volunteers at the venue, aid stations, and during packet pick-up through the following controls:

- All areas where crowds may congregate or cues form, will have markings at a minimum of 6' apart that participants will be required to stand on while waiting
- Race starts will be held in waves of not more than 25 runners and assigned to specific start times to allow for social distancing and limit the number of people in the event space
- **No spectators allowed.** Those not signed up for the race will only be allowed to wait for runners and watch from their vehicle in the venue parking lots.
- Announcer instructions and signage will be placed through the venue instructing participants to maintain social distancing and other guidelines
- Participants will be instructed to arrive not more than 10 minutes before their wave start, to proceed directly to their corral and to stage themselves on their marking in the starting corral

area without milling about. Participants whose wave is more than 10 minutes away will be discouraged from being physically present in the starting area

- At least 6 feet of spacing will be provided between portable restrooms
- Ample hand-sanitizer stations will be placed around the event site with extra focus on areas where there will be interaction between participants and volunteers
- Runners will be encouraged to bring their own water/Gatorade
- Water/Gatorade will be available at aid stations and placed on tables for participants instead of receiving from volunteers.
- Runners will be encouraged to discard cups in receptacles. Volunteers will collect any discarded cups while wearing the appropriate PPE at the end of the event.
- All post-race food and aid station fluids will be bagged and provided to the runner as soon as they cross the finish line, encouraging a rapid exit of the venue
- "Face Coverings Required in this Area" signage and announcer instructions will be placed through the venue
- All participants will be instructed that they are to wear face coverings at all times while on the event site, other than while they are running, eating, or drinking. Extra face coverings will be made available by the event organizers for any participants who have forgotten or lost theirs
- Participants, workers, and volunteers will be instructed to take any concerns to the Race Director or their designee who will address them as needed and possible

Race Registration & Event Arrival

Online registration only - Registration will only be allowed online and will close August 17, 2020 at midnight. There will be no race day registration in person at the event. Limit of 250 runners in the half marathon and 150 runners in the 5K and half marathon relay. There will be no walk up registration at packet pick up.

Race packets - Bib numbers and t-shirts will be available for pickup over the course of two days (Thursday and Friday) prior to race day outside of the Scheels store at Apache Mall, Rochester, MN via a drive through process. Face masks will be available for those that need one (required of all volunteers, staff, and all runners prior to crossing the start line).

- At Packet Pick-up, 6 feet of distance will be maintained between all tables and between participants and volunteers. Touchless pick-up procedures will be implemented (i.e. drive by packet pick-up)

Traffic Management at the Start Area

Soldiers Field Track will be used as the start line, allowing for runners to spread out. Runners will stay off the roads and utilize local running/bike trails. This allows for the event to be longer in duration which is key to allowing waves of small groups.

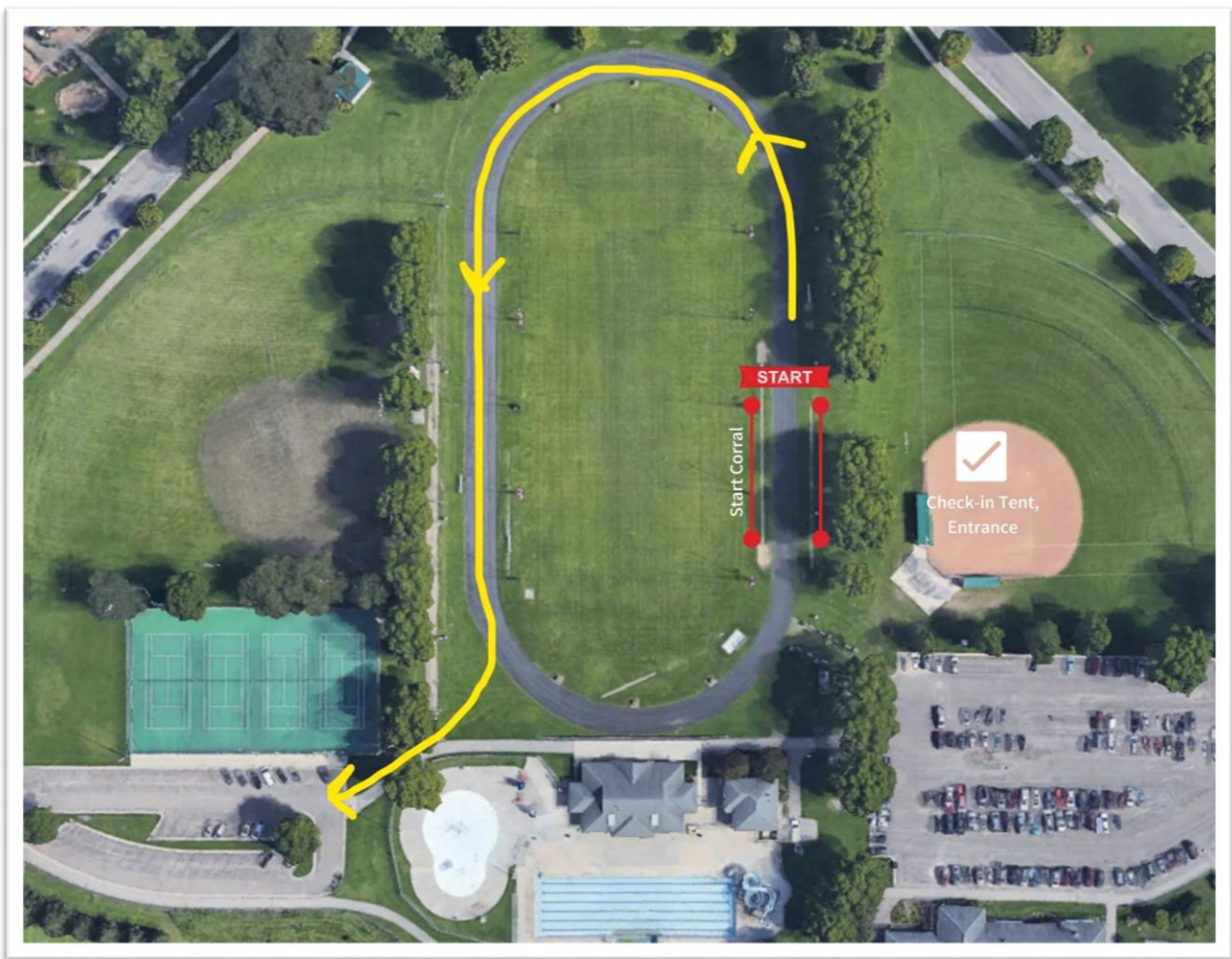
Runners will line up in their corrals on the east side of the track, travel almost one loop around the track and then exit near the tennis courts to continue on their run.

Start Protocol

Runners and walkers will sign up for a start time during the registration process that allows up to 25 participants per wave. Waves will be spaced 10 minutes apart. The start time interval for the half marathoners and relay runners will be from 6:30 – 7:50 AM. The same start line will be used for 5K participants and the start time interval will be 8:00 – 9:10 A . Once the runner has been released, they will be able to race at their own pace, furthering the ability for social distancing.

There will be no more than 25 people in each wave. Only 250 runners will be allowed to participate in the half marathon. Only 150 runners will be allowed to participate in the 5K. The course will close when the last runner has finished the race or by 11:00 am.

No gear check will be provided.



Half Marathon and Relay Runners – will have 10 different waves and will start at 10 minute intervals. Only the first relay runner will be allowed in the starting corral with the half marathoners. Only relay

runners allowed in transition areas. Transition areas will be longer to allow social distancing. No spectators allowed in the transition areas

5K Runners – will have 8 different waves at 10 minute intervals

Half Marathon and Relay Runners/Walkers

6:20 AM – 25 runners
6:30 AM – 25 runners
6:40 AM - 25 runners
6:50 AM - 25 runners
7:00 AM - 25 runners
7:10 AM - 25 runners
7:20 AM - 25 runners
7:30 AM - 25 runners
7:40 AM - 25 runners
7:50 AM - 25 runners

5K Runners and Walkers

8:00 AM - 25 runners
8:10 AM - 25 runners
8:20 AM - 25 runners
8:30 AM - 25 runners
8:40 AM - 25 runners
8:50 AM - 25 runners
9:00 AM - 25 runners
9:10 AM - 25 runners

“Ready to Run” Pledge - Participants will be required to sign a pledge to arrive ready to run as a part of our waiver. The pledge outlines the safety protocols and social distance guidelines that will help ensure a healthy experience for participants and volunteers.

[Start Corral](#)

The starting area will only be accessible via a checkpoint entrance, and then accessible via a walkway down the center that leads to marked standing points throughout the corral spaced 6 feet apart. Runners and walkers will find a standing point nearest the starting line and ‘load’ to the back of the corral until all the points are taken. Volunteers will be available to help guide participants. At the wave start time, participants will unload the corral in the same way to cross the timing mat, starting their run or walk.

Wave Plan

2 separate start blocks, limit of 25 people

First block

- Half marathons and half marathon relay participants. Waves will be 10 min apart, starting at 6:20 AM

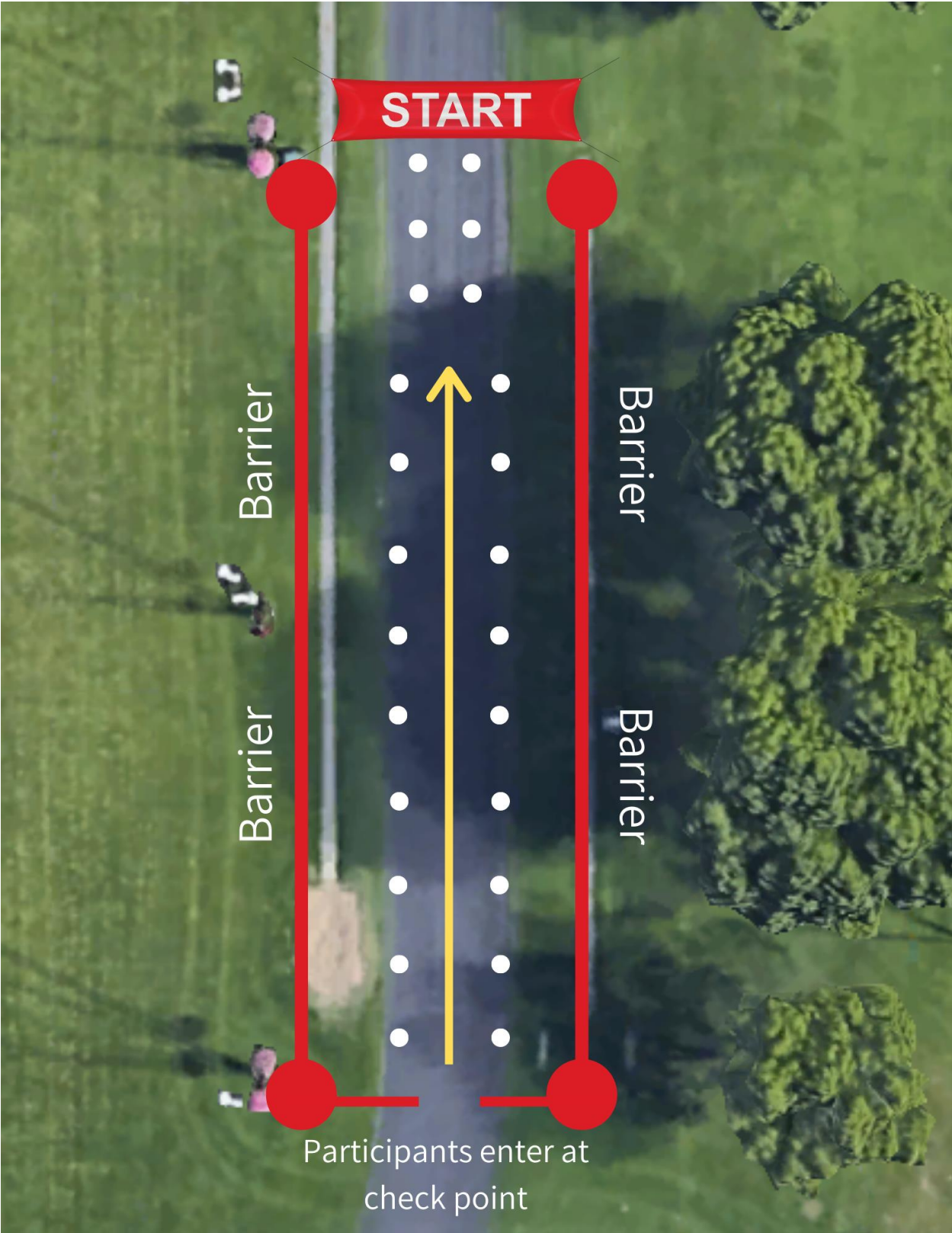
Second block

- 5k participants. Waves will be 10 min apart, starting at 8:00 AM

Start Sequence

- Participants will be directed from the various parking areas to the corral checkpoint tent
- Temperature, mask, race bib, and wrist band checks will occur at corral checkpoint
- Participants move to start chute, occupying one of the 25 markers spaced 6 feet apart
- Once wave begins, participants in chute advance to next chalk dot
- Runners begin their race as they reach the start line and timing mats
- See Start Corral Layout for more detail





START

Barrier

Barrier

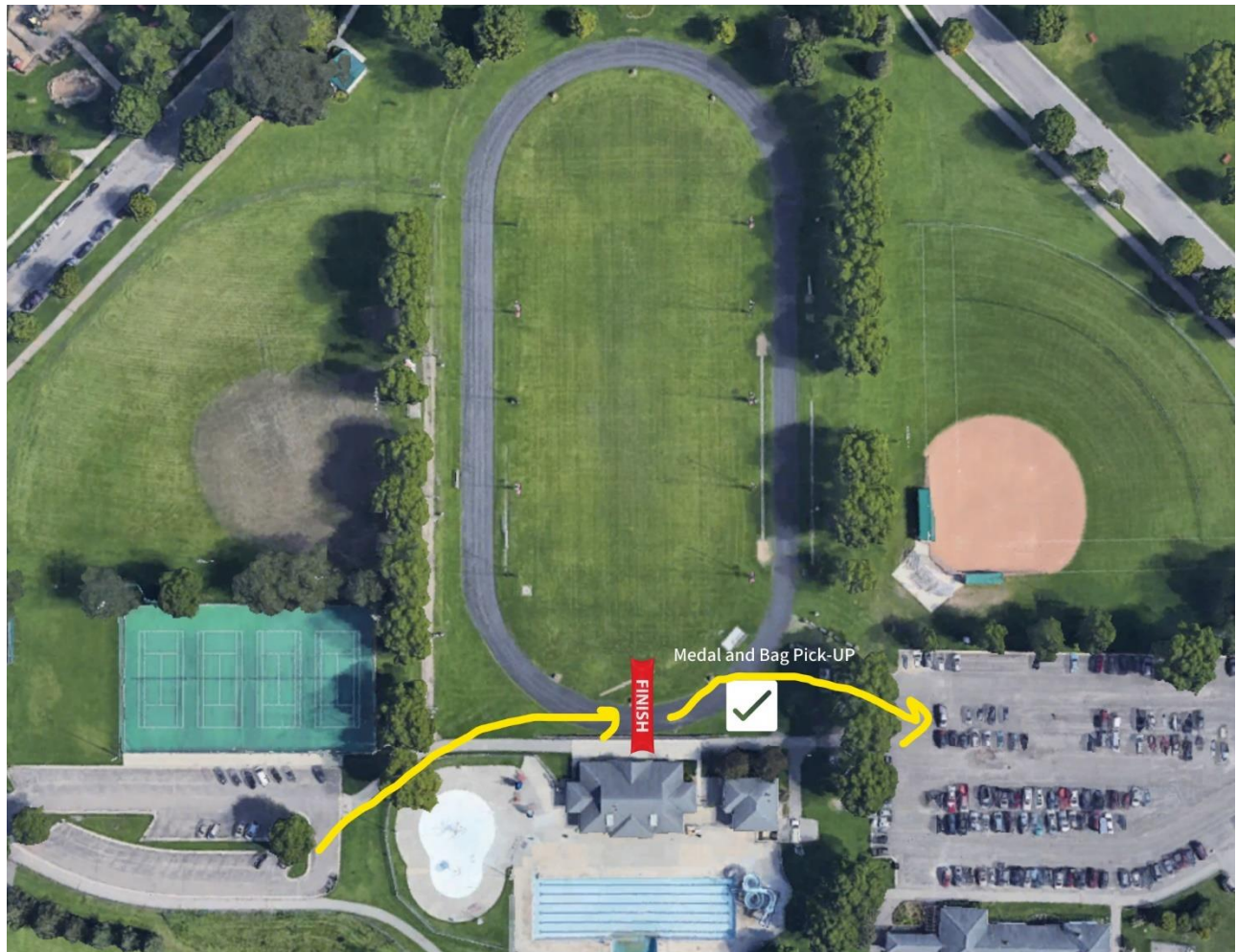
Barrier

Barrier

Participants enter at
check point

Finish Line & Results

All post-race items will be bagged in advance, along with the respective medal. After runners cross the finish line, they will be given a bag and strictly follow the orange coned exit path indicated on the map below back to their vehicle and exit the park immediately. This path will be monitored by volunteers and marked with signs and chalk. No spectators will be allowed in the start/finish area.



Risk Assessment

Our plan and advance training for staff and volunteers will employ the **World Health Org's Mass Gathering Mitigation Checklist for COVID-19**. Based on our assessment and including all measures not specifically detailed in this summary, as of July 16, the overall risk score for this event:

179 / 81% / Very Low Risk

Here are the links to our mitigation checklist and matrix:

- https://drive.google.com/file/d/1m3ktlbQh1I9p4WfXcL_YRYj32tMEPGlu/view

- https://drive.google.com/file/d/1EILFrjO31KmOLw0F_Djbl0cHSFjul6gk/view

This document has been prepared with a collaboration of race directors, timing company and race management personnel with the MRITF.

Goal Summary

The Healthy Human Race Committee believes this plan will help execute a successful and socially responsible race event. We believe it will provide a safe, comfortable experience for runners to participate in an event within CDC and MDH guidelines. We have judiciously looked for ways to reduce risk and hope for it to become a prominent model for other organizations to host beneficial community events safely during the COVID-19 pandemic.

Certified by:

[Signature]

[Date]

Race Director Scheels Healthy Human Race

Rochester Running Club
P.O. Box 6711
Rochester, MN 55903

Scheels - Rochester
1220 12th St SW
Rochester, MN 55902

Scheels Healthy Human Race

COVID-19 waiver for Participants

By signing (or electronic submission via email) below, I acknowledge that I understand the inherent risks associated with exposure to COVID-19 and am voluntarily assuming such risks in order for me and/or my child to participate in the Scheels Healthy Human Race 5K, half marathon relay, or half marathon. I hereby release and waive, and further agree to indemnify, hold harmless, or reimburse the Scheels Healthy Human Race and the Rochester Running Club and its individual committee/board members, agents, employees, and representatives, from and against any claim which I, my child, or any other party, may have or claim to have, for any losses, damages, or injuries arising out of or

relating to exposure to COVID-19 in connection with my or my child's participating in the Scheels Healthy Human Race.

Participant or parent/guardian certifies that they will comply with any applicable Executive Order from the Governor of Minnesota regarding participating in the Scheels Healthy Human Race.

Participant and parent/guardian understands that if participant displays any of the symptoms of COVID-19 they are NOT to participate in the Scheels Healthy Human Race and must quarantine for 14 days. For symptoms: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

If you do not complete this form you are not permitted to participate in the Scheels Healthy Human Race. **Please fill out and/or circle every question. Every question must be completed.**

Name*

Email address *

Signature of Participant or Guardian (if under participant is under 18)*

We/I agree to all of the above information. (If you cannot answer 'Yes' you are unable to participate in the Scheels Healthy Human Race) * Yes

We/I understand the signs and symptoms of COVID-19 and will NOT participate in the Scheels Healthy Human Race if any of them are present in the participant. This includes daily temperature monitoring as the participants responsibility. Symptoms can be found: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html> (If you cannot answer 'Yes' you are unable to participate in the Scheels Healthy Human Race) * Yes