

New Race Protocols

These protocols have been developed in response to the Coronavirus pandemic and the City County Health Department Order of February 18, 2021

They are subject to modification based on new and/or updated orders, directives and regulations issued by the Governor's Office and the Missoula City County Health Department, Missoula County Commission and/or Missoula City Council.

Event

Race Name: Run for the Luck of It 7 Mile Race

Date: March 13, 2021

Location: Start – Bonner Park
Finish – Bonner Park

Registration

- Registration will be limited to Montana residents
 - Exception for Montana University System (MUS) students who have used their “home” address for registration
- Registration limited to 200 participants
- All registration to be conducted online
 - Online registration to close the Thursday prior to the race
 - Online opportunity allows us to require participants review race protocols before they can complete their race registration
 - Also allows the ability to collect digital payment with no exchange of cash or checks
- No paper registrations
- No late or in-person race day registration

Packet Pick Up

- In-person packet pick up will take place on Friday, March 12th from 10:00 AM to 6:00 PM. This will take place at Run Wild Missoula.
- No race day packet pick up
- For an additional fee, participants can elect to have their packet mailed to them
- Packet to include bib number, safety pins and race swag (tee shirt, socks, hat, etc.)
- For in-person packet pick up:
 - Volunteers, staff and participants will be required to wear masks/face coverings
 - Mask will be provided to those who need them
 - Volunteer & Staff symptoms checks & exclusions will follow the procedures outlined below
 - Tables, signs, arrows and floor markings will be used to create check in lanes and to provide for appropriate social distancing (similar in concept to grocery store checkout lanes)
 - Hand sanitizer stations will be provided for volunteers and participants
- Multiple communications to be provided to participants on registration & packet pick up processes

- Information will be placed on the race web page
- It will be required that participants review and acknowledge packet pickup process during registration
- Information will again be provided as part of their registration confirmation email

Course Management

- Loop only course
- Use candlesticks & flagging/rope/caution tape to separate participants from announcing stand, timing tent, refreshment area, etc.
- Spectators will not be allowed
 - Exception for parent/guardian of minors (under the age of 18)
 - If requested parent/guardian will be provided with a big number to allow access into the start/finish area(with the minor child)
 - Past RWM events suggest approximately 12.5% of participants are less than 18. At most, this could result in up to an additional 25 spectators
- Multiple signs will be placed at the venue with the following message/reminder
 - For The Safety Of Our Participants & Volunteers And In Compliance With Health Department Guidelines – NO SPECTATORS PLEASE
- Course Monitors
 - Reduce the number of course monitors/marshals (volunteers) by:
 - Plan courses that stay away from “busy” streets and street crossings
 - Utilize smaller residential streets, bike paths and trails
 - Use more course markings such as spray chalk, cones and signage
- Course Marking
 - As noted above, mark course in such a way as to minimize the need for course monitors/marshals
 - All marking and setting of signs to be done by individuals who travel in separate vehicles. Provide direction to maintain 6’ separation as much as possible
- Will communicate with participants via pre-race emails about the reduction in course monitors and the increase in course markings
- Aid Stations
 - No aid stations
 - All participants will be required to be self-supported
 - Hand-held bottles, hydration vest, waist belts, etc.
 - Participants will be advised of aid station status via the race website and via pre-race emails

Start Line

- Start line
- Start on Hilda Avenue
- Runners and walkers will proceed southerly along the bike path
- There will be two groups of 100 participants
 - Each group will be separated into pairs
 - 2 runners spaced 7 feet apart will be released onto the course every 5 seconds
 - It will take approximately 3 minutes and 25 seconds to get one group of 100 participants onto the course

- The first group will be released onto the course between 8:30 AM and 8:34 AM
- The second group will be released onto the course between 8:40 AM and 8:44 AM
- Participants will be asked to show up to the venue no more than 15 minutes prior to their assigned starting time
- Once they arrive, they will proceed to the start in the following order
 - 5 minutes to 20 minutes prior to their assigned start time – they may use the portable toilets and stretch & warm up within the open spaces of Bonner Park
 - Participants will be requested to wear masks or cloth face covering when outside of their vehicles
 - 5 minutes to 2 minutes prior to their assigned start time
 - Participants will enter the starting area and align with a cone in the road
 - They will be required to wear a mask or cloth face covering while in this box
 - They will be able to remove their mask/face covering once the race begins
- Announcements to be made reminding people to maintaining good social distancing
 - For making announcement Run Wild Missoula owns professional grade sound equipment
- Portable Toilets
 - We will provide 5 portable toilets in the start area
 - Toilet to be spaced 12' apart from each other
 - Candlesticks, rope, candles and signage will be used to create appropriate queuing/waiting zones
 - Vendor will be reminded of the need to ensure that hand sanitizers are filled before delivering
- We will provide additional hand sanitizer for participants
- Toilets will be regularly sanitized** throughout the race period
- Again, Participants will be advised of protocols via the race website and via pre-race emails

Finish

- Participants will finish at Bonner Park on Hilda Avenue

Post-Race

- No finish printouts – online results only
- No Awards – to be mailed post-race
- No post-race massage or recovery stations
- Pre-packaged race refreshments – available at southern end of Hilda Avenue
 - Using individual size, pre-wrapped food products and/or individual fruit pieces (i.e. bananas)
 - Placed in brown paper bags
 - One at a time placed on table and picked up by participants
- Water & Powerade/Gatorade available at south end of Bonner Park
 - Unopened bottles of water or Powerade/Gatorade
 - One at a time place on table and picked up by participant
- Volunteers manning refreshments must wear gloves and masks

- Tables to be regularly sanitized**
- Again, participants will be advised of protocols via the race website and via pre-race emails
- Again, regular announcements to be made during post-race activities reminding people to maintain good social distancing

Volunteers & Staff – Symptoms Check & Exclusions

- Prior to beginning of “shift”, temperatures of all staff and volunteers will be taken. If over 100.4° F, they will be excluded from “working” the event and sent home
- They will also be asked about any current symptoms such as cough, chills, sore throat, loss of taste or smell, etc. If they currently have any of these symptoms, they will be excluded from “working” the event and sent home
- RWM will keep a record of these evaluations

Participants – Symptoms Exclusions

- In prerace communications, advise that participants are to self-check for the following:
 - Fever over 100.4° F
 - As noted in the start line information, we will collect and record temperature reading of participants as they check in
 - Anyone with a temperature over 100.4° F will be excluded from the event
 - Chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue, muscle aches or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
 - If exhibiting any of these symptoms, suggest that they consider visiting with their physician
 - Traveled outside of the state in the last 14 days
 - Been in contact with anyone who has tested positive for COVID-19
- If they answer Yes to any of the above, we would ask that for the safety of the other participants, our volunteers, and the Missoula community that they **Do Not** take part in this event
- We will also provide race day signage with this same information

Other

- At 2 participants every 5 seconds, it will take 7 minutes to start 200 runners & walkers
 - This timeline will lead to a natural social distancing between runners
- We would expect finishers to arrive between 9:15 AM (assuming an 8:30 start for Wave 1) and 11:15 AM – approximately 2 hours
 - i.e. 200 runners and walkers spread out over 2 hours

Communications

- With Participants
 - As noted above, we will provide participants with communication via our race website, during the registration process, as part of their registration confirmation, and via regular pre-race emails
- With Volunteers
 - Notification of their duties and the protocols associated with such as part of their volunteer registration confirmation.
 - We will also provide them with information again via email prior to their “work” day
 - We will also provide verbal and written direction during pre-event briefings
- Consequences for non-compliance: Request to leave event area and removal from race

Contact Tracing Information

- If requested, RWM will provide the Health Department with information on who was included in which wave, start times and finish times to assist with contact tracing efforts.
- We will also be able to provide a report of our temperature checks if requested

Sanitation & Disinfection**

- Sanitation and disinfection procedures will follow the CDC’s “Cleaning & Disinfecting Tool”
- Commercially available products from the EPA-approved Disinfectants Against COVID-19 list will be used
 - If commercial products are not available, a bleach solution comprised of 1/3 cup of bleach to 1 gallon of water will be used
- Portable toilets, refreshment area tables and refreshment area pitchers will be sanitized in intervals not to exceed 30 minutes