

March 15<sup>th</sup>, 2021

# RUN WILD MISSOULA

## Tuesday Track COVID-19 Guidelines

\*\*Tuesday Track will return on Tuesday, March 16<sup>th</sup>. Unless otherwise notified, the following restrictions will be in place. \*\*

- Tuesday Track will be limited to **Run Wild Missoula members only**
- Will be limited to **25 participants max**. No exceptions
- Please **be respectful** of Coach Courtney as she enforces these restrictions
  - If you have any questions or concerns, please email Ashley Cossairt at [AshleyC@runwildmissoula.org](mailto:AshleyC@runwildmissoula.org)
- Use the bathroom before you go to or get to the track. The track bathrooms **will not** be open
- Please use the gate at the **southwest corner** of the track. (Near the pit for the shot put)
  - Park in the parking lot on the south side of the track just off Higgins
- Please provide at least a 6' of distance from Coach Courtney
  - If she uses cones to create a coaching box, please respect the boundaries of the coaching box.
- Please be respectful of other at this workout and practice good social distancing to the greatest extent possible
- Please do not attend if you have a cough or do not feel well
- Please continue to use good hygiene practices
- Please be supportive of those people who have made the choice to use face masks during their activities
- If you've been vaccinated, we still require that you uphold our COVID-19 guidelines

\*\* Restrictions may be modified at any time based on the direction from the University of Montana; on input from Coach Courtney; or, at the discretion of the RWM executive director and/or RWM board of directors\*\*