

# BLUE SKY MARATHON 2020

## COVID-19 SAFETY PROTOCOLS

### Goals:

1. A safe yet fulfilling race experience
2. Reduce contact points by 90%
3. Avoid mass gatherings of 50+

We all look forward to a fun, relaxed atmosphere celebrating a return to racing, yet we all also know things will be different.

Our approval to hold this race is contingent on following the protocols below, and we appreciate you playing your part.

Those not cooperating will be asked to leave and could be subject to disqualification. Runners are responsible for the actions of their crew/pacers. The intent of these protocols matters more than exact wording – loopholes and technicalities will not fly.

These protocols have been approved by the Larimer County Dept of Public Health, and are in line with current state and local regulations. They are subject to change if regulations are updated.



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### **ALL PARTICIPANTS (runners & volunteers) are required to:**

**SIGN OUR COVID-19 WAIVER.** To ensure contact tracing. This includes signing an electronic waiver certifying:

- You have not had symptoms of COVID-19 or been exposed to COVID-19 within the past two weeks,
- You will notify us if either occurs between your signing and arrival at the race
- You agree to contact us if you test positive within 2 weeks after the race
- You acknowledge the changes and additional restrictions on this year's race

Personal information will be kept confidential.

**WEAR A MASK** at all times, except when 1) running 2) eating/drinking

**TEMPERATURE CHECK** (contactless) upon arrival. Those with temperatures above 100.4F will be required to leave

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### **MAJOR CHANGES:**

- Limited Menu & Service at Aid Stations
- Crew and Spectators Discouraged
- Wave Starts
- No Awards Ceremony, Finish Food & Drinks served in To-Go Boxes

## RACE BRIEFINGS:

A pre-recorded video Race Briefing will be offered. At least one live pre-race Q&A session will also be scheduled.

## RACE START:

Runners will be divided into **waves of 25**, starting every 15 minutes, beginning at 7:00a.

- Runners must stay away from the start area until the previous wave has departed
- Runners will be assigned into waves based on UltraSignup predicted finish times, with expected fastest finishers starting first. **Wave swap requests are open through October 11**

## CUT-OFFS:

Cut-Offs will be enforced by wave. All runners will have the same amount of total time on course and between aid stations.

## CREWS/PACERS:

Crews and Spectators are Discouraged. There will be no expo or post-race BBQ – runners will get food & drinks to go, and will be expected to leave very soon after finishing. Celebrate with your family & friends post-race at a great local restaurant.

## DROP BAGS:

As usual, drop bags can be placed at the Start/Finish/Blue Sky Aid Station (mile 9.2). We are considering adding additional drop bag(s) as a safety allowance for runners with significant special needs, and will make an announcement at least 2 weeks before race day.

- Drop bags need to be a reasonable size (small duffel bag / gallon ziplock), soft-sided, and contain no breakable items or valuables
- Drop bags need to be clearly labeled with runner Name, Bib Number and Location
- Drop bags cannot be protected if rain/hail occurs. Prepare accordingly
- Sanitizing spray/wipes will be available for runners & volunteers who handle drop bags

## RACE HEADQUARTERS:

- Porta-Potties and Hand Wash station numbers will be increased. All portos will be stocked with hand sanitizer and disinfectant spray or wipes
- Runners will receive their finisher award when they cross the line
- Finish line food will be served throughout the morning, available in to-go boxes along with drinks
- No Awards Ceremony
- Runners are expected to depart shortly after finishing

## AID STATIONS:

*Expect slower service at aid stations as we all navigate the new guidelines*

- **Masks** are required in aid stations. Boundaries will be set between the service area (wear masks) and eating/drinking area (mask removal is fine with 6' distancing)
- **No communal food bowls.** Runners will not have direct access to the food. A masked/gloved volunteer will plate/cup individually servings of food and sanitize the serving table between each runner
- **Fluid service is no-touch.** Runners must open their own bottles/bladders, and a masked/gloved volunteer pours into their container. If contact is made, serving pitchers will be sanitized
- Menus will be posted 1/2mi before each aid station to encourage runners to consider their requests ahead of time and not linger
- A hand-sanitizer station will be set up at the entrance to each aid station

- The food selection will be simplified. Priority will be given to foods runners are unable to provide in their drop bags (ice, popsicles, fruit, hot sandwiches). A full menu list will be published pre-race
- Volunteers will NOT provide the personal, one-on-one service Gnar Runners prides itself on. Contact minimization is the goal. Runners should be self-sufficient as much as possible

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**In the event that someone associated with the race tests positive for COVID-19 in the two weeks post- event, we will follow strict CDC guidelines on reporting and communication to all potentially exposed parties. The individual's identification will be protected.**

These guidelines were prepared in consultation with Lory State Park, Larimer County Natural Resources, Larimer County Public Health, and innumerable gracious people and resources. Special Thanks to:  
Kristen Fedak - Epidemiologist with CO Department of Public Health & Education COVID-19 Response Team  
Eric Lee, Immunologist  
Johanna Bishop, M.S. RDN