

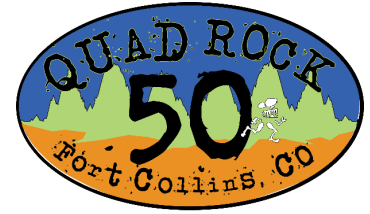
# QUAD ROCK 50/25MI 2021

## COVID-19 SAFETY PROTOCOLS

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

We appreciate you and your crew following all final safety protocols. Those choosing not to will be asked to leave and may be subject to disqualification.

These protocols are in line with current state and local regulations. They are subject to change if regulations are updated.



### **ALL ATTENDEES (runners, volunteers, crews, etc) are required to:**

**WEAR A MASK** at all times, except when 1) running 2) eating/drinking (and please socially distance 6'+ by household when eating/drinking)

**NOT ATTEND** if they have had symptoms or exposure to a COVID-19 positive individual within the past 2 weeks. Runners are responsible for the actions of their crew.

Contact Gnar Runners ([racedirector@gnarrunners.com](mailto:racedirector@gnarrunners.com)) if they receive a positive COVID test within 2 weeks after the race. Personal information will be kept confidential.

### **RACE START:**

- **UPDATE 4/23: We WILL be able to start both races in their normal format - all 50mi runners at 5:30a, all 25mi runners at 7:00a**

### **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 may stay at the finish area to eat/socialize post-race, but must maintain social distancing and wear masks when not actively eating/drinking

### **AID STATIONS:**

- Volunteers must be masked while working aid stations. Runners lingering for more than a ~60 second water/food grab must also mask up
- No communal food bowls. Runners will not have direct access to the food. A masked/gloved volunteer will plate/cup individual servings of food
- Fluid service is no-touch. Runners open their own bottles/bladders, and a masked/gloved volunteer pours. If contact is made, serving pitchers will be sanitized
- A hand-sanitizer station will be set up at the entrance to each aid station

**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.**