



## **North Canton YMCA July 4<sup>th</sup> Race 2021**

### **General Guidelines for all Participants at Packet Pick Up and Race Day.**

#### **COVID-19 Mandates**

Self-monitoring under COVID-19: If you are experiencing the below symptoms of COVID-19 - Do not report to the race!

- Those participants experiencing COVID-19 symptoms found at the event will be asked to leave.
  - At least one of the following:
    - New cough
    - Shortness of breath or difficulty breathing
    - Loss of taste and/or smell
  - Or at least two of the following:
    - Fever or chills (100F or Higher)
    - Fatigue
    - Muscle or body aches
    - Headache
    - Abdominal pain
    - Sore throat
    - Congestion or runny nose
    - Nausea or vomiting
    - Diarrhea
  - Participants must check their temperature prior to entering race

#### **Registration**

- Registration limited to (1500 participants) (If orders change, so to will the limit)
- Online & at North Canton Community Bldg YMCA prior to race day
  - In the facility: 6' spacing between people. MASKS MUST BE WORN!
- Day before race we will have registration available at limited stations that will have plexiglass barrier between volunteer and race participants. Limited to 20 people registering at one time, 4 registration stations spaced 6' apart minimum, with 5 participants per line spaced 6' apart minimum. MASKS MUST BE WORN.
- Day of race we will have registration available at limited stations that will have plexiglass barrier between volunteer and race participants. Limited to 10 people registering at one time, 2 registration stations spaced 6' apart minimum, with 5 participants per line spaced 6' apart minimum. MASKS MUST BE WORN.

#### **Packet Pickup**

- Packets will be pre-sorted alphabetically and distributed in an outdoor location as a drive through method (participants will not leave their vehicle)
  - Enclosed in the participant packet will be printed, easy to follow guidelines on our requirements for race day including: COVID symptoms, social distance and mask wearing mandates and race line up information.
- MASKS MUST BE WORN (Signs will be posted)
- If a participant does leave their vehicle, they MUST adhere to the following:
  - 6' minimum spacing between pickup locations
  - 6' minimum spacing between people in line

## **Race Day**

- PRIOR TO RACE
  - Participants (MASKS MUST BE WORN)
  - Participants will be encouraged to stay in their cars until race time.
    - If need for warm up prior to start of race, participant must stay socially distanced.
  - No congregating
  - No water sharing
  - No spitting at any time
- START LINE
  - Staggered start times with 50' wide start area
  - Groups of 8 runners spaced 6' apart side to side by 5 rows for a total of (40 runners per group) MASKS MUST BE WORN UNTIL YOU CROSS THE START LINE.
  - N. Main Street will be marked temporarily (chalk/contractor tape) to show spacing for participants with volunteer guides with masks on.
  - New group released every 30 seconds-Rolling Starts
- COURSE
  - Water stops will have cups available for water – all volunteers will have masks and gloves. Hand Sanitizer will be available at water tables.
  - Bottled water will be handed out at Finish Line – volunteers will have masks and gloves.
  - MASKS MAY BE REMOVED AFTER CROSSING THE START LINE
  - MASKS MUST BE PUT BACK ON AFTER FINISHING RACE
  - No congregating after race.
  - Awards will be mailed
  - Spectators limited to direct family only (Masks must be worn by those in attendance)

## **Restrooms**

- Outdoor Restrooms will be marked for 6' distancing for those waiting (hand sanitizer available)
- Indoor Restrooms will be available – MASKS MUST BE WORN.