

# Syracuse Chargers Track Club, Inc.

## COVID-19 Safety Precautions

### 2021 Thursday Night Fun Runs

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#### Registration

1. All runners/walkers will register weekly in person at the start of the event near the Yacht Club and will provide a phone number that could be used in the event that contact tracing is required.
2. The events will follow current New York State and Onondaga County health department guidelines.
3. As part of registration, all participants must agree to the following statements:
  - *On the day of the event I will check my temperature and not participate if my temperature is above normal.*
  - *I will stay home and not participate if I have felt ill within 7 days of the event.*
  - *I will stay home and not participate if I have traveled outside New York State or to any hotspots within New York State within 14 days\* of the event.*
  - *I will stay home and not participate if I have been exposed to a person who has tested positive for COVID-19 within 14 days\* of the event.*
  - *I will stay home and not participate if I have tested positive for COVID-19 unless it has been at least 14 days\* and I have subsequently tested negative.*
  - *I will bring a mask and wear it before and after the event, and to the start until I am no longer near others.*
4. Registration forms will include this additional waiver text:

*In addition to the foregoing, I agree to abide by all of Syracuse Chargers instructions aimed at preventing the spread of COVID-19 at SCTC events. I understand that, even with these instructions in place, there remains a risk that I could contract COVID-19 at an SCTC event. I further understand that contracting COVID-19 may lead to serious illness or death. I voluntarily assume these risks, and I hereby release and discharge*

*SCTC from any claim, cause of action, or demand relating to any injury or loss connected to COVID-19 or any other illness that I may contract at an SCTC event.*

5. If state, county, or other guidelines require it, or if the SCTC board or the event director feels that local infection rates warrant it, the event will be canceled.

### **Before Coming to the Event**

1. Everyone is encouraged to install New York State's free [COVID Alert NY](#) app—there are versions for the iPhone and for Android.
2. If participants or volunteers feel the slightest bit ill, and particularly if they're running a fever, they should stay home.
3. Everyone should bring their own hand sanitizer or sanitizing wipes.
4. Everyone should try to use the bathroom before leaving home for the event.
5. Everyone must bring a mask.
6. People who are not members of the same household should not carpool to the event.

### **Before the Start**

1. During event setup, volunteers must wear a mask and stay at least 6 feet\* away from other volunteers. If driving to different parts of the course is necessary, volunteers will drive separately.
2. At all times before the event, participants must wear a mask and maintain a minimum of 6 feet\* from others.
3. Registration and timing will take place under the open sky for maximum ventilation. Entirely enclosed spaces will be avoided.  
A masked and gloved volunteer will hand out bibs while maintaining as much distance as possible. Participants must maintain the appropriate 6-foot\* distance if a line starts to form. Hand sanitizer will be provided at the registration table.
4. Signage at registration will reiterate the statements from the registration forms.
5. All volunteers aiding participants will be directed to do so while maintaining that 6-foot\* distance.
6. The event director will, to the best of his/her ability, ensure that whoever is responsible for providing access to bathrooms is cleaning and disinfecting them according to New York State guidance.
7. At any time, if a participant or volunteer doesn't comply with these guidelines, the event director should be notified and will reiterate the guidelines to the person in question. Any non-compliant person will be asked to leave. If the person continues to

defy the event director's request, the person will not be allowed to participate and will be reported to the SCTC board for possible banning from future club events.

## **During the Event**

1. At the start, the event director will line up participants by anticipated speed and event distance with the faster persons in the front to reduce passing during the event. To the extent possible, participants should maintain the 6-foot\* distance from one another at the starting line.
2. If the event has more than 50 participants a wave start approach may be used.
3. Participants should continue to wear their masks after the start and until they have established some distance from others around them. At that point, they may remove their masks, but must keep them available for quick re-application as needed. Participants must carry their own water and food and at the conclusion of the event should carry any waste out of the park when they leave.
4. To the extent possible, participants should try to avoid running/walking directly behind another person. When possible, they should run/walk side-by-side or leave space between those in front.
5. All volunteers must wear masks and always maintain 6 feet\* of distance from one another.

## **After the Event**

After the event, participants must wear a mask, maintain a minimum of 6 feet\* from others, and will be encouraged to move away from the finish area.

1. Refreshments will not be made available by SCTC and everyone must bring their own post-event beverages/snacks.
2. Any ribbons for children will be given out individually and as soon as possible after the event.
3. No run/walk times will be posted at the finish.
4. During event clean-up, volunteers must remain masked.
5. SCTC will maintain a list of all registered participants who attend each event along with phone numbers that can be provided to public health authorities in case contact tracing is required.

\*Comments marked with \* are subject to change based on the current CDC, state, and/or county COVID-19 guidelines.