

## 2020 Race Protocols for Run Niagara Last updated: July 29<sup>th</sup>, 2020

Please note that these protocols may be adjusted, based on requirements by the Province of Ontario, the City of St. Catharines, Welland or Niagara Public Health as the pandemic evolves.

- Waves of 25 runners (Note: August 8<sup>th</sup> will only allow one start of 25 runners total)
- Staggered start times by 5 minutes (once more than 25 people are allowed)
- Pre-registration is required for contact tracing
- No day-of registration on site
- Weekly signups on website are required to claim a spot to race in order to limit the numbers
- Runners pickup bibs at first race, take home & bring with them for each race
- At this time, masks are recommended at the start and finish but not required
- No littering
- Start time is 9 a.m. and once multiple waves are in place, 9:05 a.m.
- Please do not arrive any earlier than 30 minutes prior to your start time
- Pylons will be setup at bib pickup, on the lawn waiting area & at the start line to enforce social distancing
- If bringing support to watch you race, they must respect social distancing rules
- Disinfectant spray will be available at the start line area
- Please do not attend a race if any of the following conditions apply:
  - You are experiencing any of the following symptoms which are new or worsened if associated with allergies, chronic or pre-existing conditions: fever, cough, shortness of breath, difficulty breathing, sore throat, and/or runny nose
  - In the past 14 days, at work or elsewhere, while not wearing appropriate personal protective equipment:
  
- You have had close contact with a person who has a probable or confirmed case of COVID-19
  
- You have had close contact with a person who had an acute respiratory illness that started within 14 days of their close contact to someone with a probable or confirmed case of COVID-19
  
- You have had close contact with a person who had an acute respiratory illness who returned from travel outside of Canada in the 14 days before they became sick
  
- You have had laboratory exposure to biological material (i.e. primary clinical specimens, virus culture isolates) known to contain COVID-19