Twin Cities In Motion COVID Mitigation Plan for MNy 250: Halloween Edition

Event Overview
Date: October 31, 2020
Venue: Thomas Beach (Bde Maka Ska), 3700 Thomas Ave S, Minneapolis, MN 55410
Current (October 2) Maximum Number of Persons Allowed On-site For Outdoor Race Events: 250
Maximum Registrations Accepted Per Session: 250

Introduction
As Minnesota gradually and safely reopens, Twin Cities In Motion understands that events during and even after the pandemic won’t look like they did before. This COVID Risk Mitigation Plan is intended for a specific event held with a start/finish at Thomas Beach and run around Bde Maka Ska and Lake of the Isles under the conditions specified above and to adhere with all current federal, state, and local restrictions and guidance. Twin Cities In Motion will continue to monitor industry best practices, public health guidance, and governmental restrictions and reserves the right to adjust this plan for this or other events as restrictions, guidance, or best practices evolve in order to best assure the safety of all event participants, staff, volunteers, and (if relevant) other attendees.

1. General Measures
   a. Twin Cities In Motion shall distribute this reopening protocol to all participants, staff, venue owners, stakeholders, permitting officials, and volunteers prior to the events.
   b. Anyone demonstrating signs or symptoms of COVID-19, including staff, volunteers, or participants, will be asked not to attend the MNy 250 event. This will be communicated by email prior to the event, and with signage at the entrance to the event.
   c. Any participant demonstrating signs or symptoms of COVID-19 when screened at the event site or self-reporting them in advance will be offered to defer their entry, free of cost, into another MNy250 at least 14 days in the future (“COVID Deferral Policy”). This policy is intended to encourage attendees to proactively report symptoms, answer screening questions truthfully, and to avoid the event site altogether if they have reason to believe they have been exposed to COVID-19.
   d. All participants are required to answer COVID-19 screening questions before picking up their packet. Anyone answering that they have been exposed to a known case or experienced symptoms of COVID in the last 14 days may not be allowed to pick up their packet and will be able to utilize the COVID Deferral Policy.
      i. Anyone who answers yes to either question but knows their source of exposure, has received a negative test since that exposure, and is more than 14 days removed from any symptoms, as discerned in follow-up
questions, will be allowed to pick up their bib. All others answering yes will not be allowed to pick up their bib.

e. Twin Cities In Motion will abide by current limit of people for outdoor race events (currently: 250), and social distancing will be maintained at the race start and staggered start times utilized to reduce density of runners on-course.

f. Runners shall be required to bring their own face covering to the event, which they must wear while in the designated face covering zones at the event.

g. Twin Cities In Motion will have quantities of face coverings sufficient to provide to anyone who fails to bring their own face covering with them to the event.

h. Twin Cities In Motion shall follow state and local guidelines to determine the safe number of attendees allowed at any given time.

i. Spectators will not be allowed entry to participant-only areas at MNy250 events unless they are attending to accompany a participating minor.

j. The MNy 250 events series is held exclusively outdoors, where the risk of transmission is dramatically reduced.

k. All staff and volunteers will be required to answer COVID-19 screening questions before beginning work. Anyone answering that they have been exposed to a known case or experienced symptoms of COVID in the last 14 days may not be sent home.

   i. Anyone who answers yes to either question but knows their source of exposure, has received a negative test since that exposure, and is more than 14 days removed from any symptoms, as discerned in follow-up questions, will be allowed to work. All others answering yes will be sent home.

l. All staff and volunteers will wear masks at all times while on-site. Additional precautions will be taken as needed in areas where staff or volunteers will regularly interact with participants.

m. Twin Cities In Motion planning staff will continually monitor state, local, and CDC guidance leading up to the event and may amend this plan as necessary.

2. Sanitary Measures

   a. Interactive Areas are areas inside the event where customers and staff must interact. These areas include:

      i. Advance Drive-Thru Packet Pick-up
      ii. Race Day Packet Pick-up
      iii. Start Staging Area Entrance
      iv. Course (Aid Station, if applicable)
      v. Post-Finish Food
      vi. Medical

   b. In all Interactive Areas there shall be reduced customer touchpoints, and other safety measures in place to mitigate the risk of airborne and touch surface disease transmission. The following measures will be taken to ensure increased safety in each Interactive Area:

      i. Pre-marked spacing on the ground where queues are expected to form of at least six feet of separation.
ii. Participants are required to wear face coverings in all Interactive Areas.
   1. Participants only allowed to remove face covering once they have crossed the
      start line and must put face covering on once they exit the finish line and enter
      the post-finish area.
iii. “Face Covering Required In This Area” signage shall be prominently displayed in all Interactive Areas.
iv. Hand sanitizer will be readily available for staff, volunteers, vendors and participants at each Interactive Area.
c. TCM will perform frequent cleaning and sanitization of customer touch points throughout Interactive Areas during the event.
d. Twin Cities In Motion will provide ample hand sanitizer/hand-washing stations in all Interactive Areas.
e. To prevent crowding and overuse, Twin Cities In Motion will encourage participants to use multiple banks of portalets, including:
   i. Thomas Beach
   ii. Bde Maka Ska East
   iii. Bde Maka Ska North
f. Any On-Course Aid Stations will provide sealed, bottled fluids placed on tables and taken by runners “self-serve” style.
g. Twin Cities In Motion will create as many “contact-less” zones as possible inside venue, including:
   i. Advance Drive-Thru Packet Pick-up
   ii. Race Day Packet Pick-up
   iii. Course (Aid Station, if applicable)
   iv. Post-Finish Food

3. Packet Pick-up
   a. Packet Pick-up shall follow the rules set forth in Section 2 of this document and will be a contactless zone.
   b. Packet Pick-up volunteers will wear gloves at all times while interacting with customers.
   c. Runners may only pick up their own bibs—all participants must go through the COVID screening personally in order to pick up their own bib.
   d. Advance Drive-Thru Packet Pick-up
      i. “Please Stay In Your Car” and signage shall be prominently displayed in advance of the Drive-Thru packet Pick-up
      ii. Before runners are given their bib, Packet Pick-up volunteers will ask two COVID screening questions:
         a. Have you been exposed to a confirmed case of COVID-19 in the last 14 days?
         b. Have you experienced symptoms of COVID in the last 14 days?
            i. Anyone who answers yes to either question but knows their source of exposure, has received a negative test since that exposure, and is more than
14 days removed from any symptoms, will be allowed to pick up their bib; this will be discerned in follow-up questions. All others will not be allowed to pick up their bib.

ii. Anyone turned away will have their name captured and be sent an email from TCM on how to defer their entry to a MNy 250 14+ days in the future.

iii. After the participant has successfully completed the screening, Packet Pick-up volunteers will safely deliver participants their safety pins and bib.

1. This tray will be wiped down between uses.

e. Race Day Packet Pick-up

i. Runners will enter Race Day Packet Pick-up through a single designated entry point.

ii. Before runners are allowed to enter the Packet Pick-up Area, Packet Pick-up volunteers will ask two COVID screening questions:
   a. Have you been exposed to a confirmed case of COVID-19 in the last 14 days?
   b. Have you experienced symptoms of COVID in the last 14 days?

i. Anyone who answers yes to either question but knows their source of exposure, has received a negative test since that exposure, and is more than 14 days removed from any symptoms. This will be discerned in follow-up questions, will be allowed to pick up their bib. All others will not be allowed to pick up their bib.

ii. Anyone turned away will have their name captured and be sent an email from TCM on how to defer their entry to a MNy 250 14+ days in the future.

iii. After the participant has successfully completed the screening, they will be allowed to enter the Packet Pick-up Area to pick up their bib.

iv. Race packets are distributed behind tables, spaced 6’ apart or further. Staff will have gloves and masks and a tray to deliver each person their bib and pins.

v. Race packets are packaged in advance at a safe and sanitary facility, and transported to the event, set out on each table, with clear markings as to who is at each table.

vi. There will be markings between and within participant check-in lanes to maintain 6’ of separation while queuing, if needed.

vii. After picking up their packets, runners will be instructed to leave the Packet Pick-up Area through a separate entrance than the Screening Checkpoint and head to the Start Staging Area while wearing their mask and maintaining social distance.

viii. Packet Pick-up staff and volunteers will wipe down high-touch surfaces when possible between pick-ups.
ix. If any MNy 250s ever have multiple sessions, Packet Pick-up for the second session will not begin until 15 minutes after the Start Line of the previous session has cleared, to allow ample time for cleaning between sessions.

4. Volunteer Check-in
   a. TCM to provide all volunteers with vest, mask, and gloves (if needed), to be distributed directly from their area lead. There is no centralized volunteer check-in/volunteer equipment distribution area.
   b. Area leads will ask their volunteers COVID screening questions before allowing them to begin work, and will send home any volunteers as required per Section 1 of this document.
   c. Volunteer/staff instruction will occur via email, phone or video call prior to each event. In-person gathering, and instruction will be minimized as much as possible.

5. Start Area
   a. After picking up their bibs, runners will be required to spread out throughout the Start Area.
      i. The Start Area will open at 8:00am for the 9:00am session and 10:00am for the 11:00am session
      ii. The Start Area will be enclosed and will have an entrance and exit controlled by Start Area staff and volunteers, and no one who does not have a bib or who is not a race staff or volunteer (identified by their vest) will be allowed entry.
      iii. Runners will be required to maintain social distance at this time.
      iv. The space designated for this congregating is over 100,000 ft² and has ample space for 250 people to maintain social distance.
      v. Signs and announcements will be regularly placed around this area reminding participants to maintain social distance and that masks are required until their wave’s start.
   b. The Start Corral will:
      i. Be a fully-enclosed area with an entrance staffed by volunteers.
      ii. Be a large enough space to maintain social distancing of at least 6’ for over 25 runners.
      iii. Have at least 25 markings 6’+ apart that runners will be required to stand on during staging within each wave.
         1. Markings will be placed in a grid two across and thirteen deep
      iv. Have signage saying and be within earshot of regular announcements telling runners they must wear their mask until their wave’s start.
   c. Start procedures will consist of:
      i. Athletes’ wave will be determined by their bib number;
      ii. The Start Corral will open at 8:50am (10 minutes before the Wave 1 start time) (all times given for 9am session; to be exactly two hours later for the 11am session);
iii. Wave 1 athletes (identified by their bib range) will stage on the markings in the Start Corral upon an announcement audible in the entire Start Area;
iv. All other athletes will maintain social distance in the Start Area outside of the Start Corral;
v. Athletes will be started time trial-style in pairs every 3-10 seconds and each Wave will clear the Start Line within 1-2 minutes of the start of their Wave.
vi. Wave 2 athletes will be called into the Start Corral after the previous Wave has cleared the Start Line to stage on the markings in the Start Corral upon an announcement audible in the entire Start Area.

The first Wave 2 athletes will start 5 minutes after the first Wave 1 athletes, and the same timing will be maintained for subsequent Waves.

viii. Starts will be staggered, with each Wave consisting of no more than 25 runners to be sent off time trial-style to enable social distancing at the start and on course.
ix. All 5k waves will be started based on estimated finish time (fastest first to slowest last), and then all 10k waves will be started based on estimated finish time (fastest first to slowest last)
x. The final start possible (Wave 10) will take place at 9:45am.

xi. Signage and announcements will inform runners that they are allowed to remove their mask, but are not allowed to discard their mask once the race starts.

d. Staff and volunteers will be present at the Start Corral Entrance to assure the area does not exceed capacity, that only athletes from the correct Wave enter at any time, and that runners maintain social distancing and wear their masks while staging in the corrals.

6. Course

a. The start sequence will be such that there should be minimal overlapping between runners in different waves on course
b. The pedestrian trail will be open to non-participant pedestrians during the event
c. Participants should maintain 6’ distance from both participants and non-participants when passing whenever possible, and stay right except when passing or avoiding other participants or non-participant trail users.
d. Non-participants will be alerted by signage and course marshals that there is a race going on, but participants should not rely on non-participants to yield the right of way
e. All participants will be encouraged in pre-event communications to carry their own source of hydration throughout the event.
f. There will not be a Fluid Station on the 5k course. The only exception would be if there is dangerously high heat or humidity.
g. The 10k will have a single Fluid Station on course. The Fluid Station operation will consist of:
   i. Multiple tables set up at least 6’ apart from each other.
   ii. Each table will hold 20 – 30 single use, unopened bottles of water
iii. Volunteers wearing gloves and face masks will place the unopened bottles on the tables 1’ apart
iv. As runners take bottles of water the volunteers will replenish the tables throughout the event
v. Recycling bins will be set up 100 – 200 meters past the fluid station for participants to dispose of their bottle.
vi. Despite there being no direct contact, Fluid Stations are considered Interactive Areas and as such Fluid Station volunteers will wear gloves at all times while interacting with participants and wipe down high-touch surfaces when possible between uses.

1. Runners will not be required to wear their mask at Fluid Stations, as they will not interact directly with volunteers at Fluid Stations.

7. Finish Line

a. Finish Line is defined as the enclosed area after the physical finish line and before exit into Post-Finish Area. TCM have only minimum of staff/volunteers in this area to keep people moving and maintain social distancing.
   i. TCM considers this an Interactive Area for volunteers/staff and will follow the rules set forth in Section 2 of this document wherever possible (runners will not be required to put on their masks immediately after finishing, but will be required to before collecting their Finishers’ Food).
   b. Face covering zone signage shortly after Finish Line.
   c. Runners are encouraged to keep moving, not congregate in Finish Line Controlled Zone.
   d. Face covering distribution point set up before Finishers’ Food pick-up. Participants are required to re-mask before receiving Finishers’ Food bag.
   e. Finishers’ Food consists of tables with basic nutritional needs of runners, all individually wrapped and pre-packed into bags with all items, placed on tables by staff. Runners will pick up their food bag off a table themselves, and not be handed the bag by staff.
   f. All Finishers’ Food tables to be placed at least 6’ apart, with markings on ground for 6’ spacing as necessary.
   g. Increased square footage for Finish Line to allow for increased social distancing.

8. Post-Finish Area

a. There will be no Finish Festival. Once runners have exited the Finish Line Controlled Zone they will be considered to be outside of the event.
   b. Results will be posted online only, to eliminate gathering at results kiosk.
   c. There will be no post event awards ceremony.
   d. There will be no post event entertainment at venue.
   e. There will be no in-person sponsor/vendor activation at venue.
   f. Staff and volunteers will discourage runners from remaining near the event site and gathering in large groups to cheer on finishers.
   g. Encourage participants wanting to “cool-down” to do so away from the course or event site (to be communicated to participants prior to event day and during regular announcements on-site).
9. Medical Tent
   a. Two (2) total medical staff at event:
      i. One (1) on course
      ii. One (1) at Finish Medical Tent
   b. To follow adjusted COVID-19 protocols as deemed necessary by TCM Medical Director.