

# **Twin Cities In Motion, MNy 250 - COVID Risk Mitigation Protocol**

## **Event Overview**

**Dates:** September 5

**Venue:** Thomas Beach (Bde Maka Ska), 3700 Thomas Ave S, Minneapolis, MN 55410

**Current (August 14) Maximum Number of Persons Allowed On-site For Outdoor Recreation in a Closed Venue:** 250

**Maximum Registrations Accepted:** 225

**Maximum event staff/volunteers/facilities staff on-site:** 25

## **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 Protocol is intended for a specific event held with a start/finish at Thomas Beach and run around Bde Maka Ska 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 future editions of 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.

## **The Basics**

Twin Cities In Motion safety measures include:

- Limiting the event size (participants and organizers) to 250 people
- Contact-free packet pick up and post-race walk-off
- Hand sanitizing stations and in-event sanitization of surfaces
- All race officials masked throughout the event, and gloved in interactive roles

Rules participants are expected to follow include:

- Submitting to touch-free body temperature check before admittance to venue
- Only registered runners allowed into the event venue
- Mandatory mask-wearing prior to and after the race itself
- Maintenance of physical distancing while in the venue
- Starting your race in small, staggered waves

Find comprehensive safety protocol information below.

## **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 a future edition of the MNy250 series at least 14 days in the future. This is intended to encourage attendees not to hide symptoms or risk factors during the screening, and to avoid the event site altogether if they have reason to believe they have been exposed to Covid-19.
- d. Contactless temperature checks of all entrants shall be performed at the venue entrance. Anyone with a temperature of 100.4 degrees Fahrenheit or greater will not be permitted to enter.
- e. Twin Cities in Motion will abide by current limit of people for outdoor recreation a closed venue (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 MNy250 events unless they are attending to accompany a participating minor.
- j. All staff and volunteers will wear a mask while on-site. Additional precautions, including wearing gloves, will be taken as needed in areas where staff or volunteers will regularly interact with participants.
- k. 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. 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. Transparent acrylic safety shields shall be set up on tables, where applicable, providing physical separation between event staff and customers, where person to person contact is necessary
- iii. 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.
- iv. Hand sanitizer will be readily available for staff, volunteers, vendors and participants at each Interactive Area.
- b. TCM will perform frequent cleaning and sanitization of customer touch points throughout Interactive Areas during the event.
- c. Increase the quantities of sinks, and sanitizer stands to limit lines, ensure adequate stock, and account for increased time for sanitization and restocking.
- d. There will be ample hand sanitizer/hand-washing stations in all Interactive Areas.
- e. Twin Cities in Motion will create as many “contactless” zones as possible inside venue, including:
  - i. Packet Pick Up
  - ii. Aid Station (if applicable, only in case of dangerously high heat or humidity)
  - iii. Post-Finish Food

### **3. Screening Checkpoint**

- a. “Face covering required” signage shall be prominently displayed in advance of and at the Screening Checkpoint, explaining policy
- b. The Screening Checkpoint will be located at the entrance to a clearly delineated area which will contain the Packet Pick-up Area.
- c. Everyone will be required to pass through the Screening Checkpoint in order to pick up their packet, and to be checked against a list to assure that they are either staff, registered participants, or registered volunteers.
- d. The Screening Checkpoint volunteers will conduct a screening which will consist of a touchless temperature reading, with anyone receiving a confirmed reading of 100.4 or greater being turned away.
  - i. 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

### **4. Packet Pick-up**

- a. Packet Pick-up will be a contact-less zone.
- b. Race packets are set out on tables, spaced 6’ apart or further. There will be twenty-five (25) packets per six-foot table, with nine (9) total tables.
- c. 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.
- d. There will be markings between and within participant check-in lanes to maintain 6’ of separation while queuing.

- e. 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 stage throughout the Thomas Beach area within earshot of Start Line announcements while wearing their mask but maintaining social distance.

## 5. Start Area

- a. After picking up their bibs, runners will be required to spread out in the general vicinity of the Start Area.
  - i. 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.
  - ii. 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.
  - 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 7:50am (10 minutes before the Wave 1 start time);
  - 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. 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.
  - v. 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.
  - vi. The first Wave 2 athletes will start 5 minutes after the first Wave 1 athletes, and the same timing will be maintained for Waves 3-10.
  - vii. Starts will be staggered, with each Waves consisting of no more than 25 runners to be sent off time trial-style to enable social distancing at the start and on course.
  - viii. The final start (Wave 9) will take place at 8:40am.
  - ix. 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.

## **6. 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.
- b. Face covering zone signage at exit of Finish Line
- c. Face covering distribution point set up at exit of Finish Line. Participants are required to re-mask before receiving Finishers' Food bag.
- d. 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.
- e. All Finishers' Food tables to be placed at least 6' apart, with markings on ground for 6' spacing as necessary.
- f. Increased square footage for Finish Line to allow for increased social distancing.

## **7. Post-Finish Area**

- a. There will be signage and staff enforcement of the face covering policy in the Post-Finish Area.
- b. Participants are required to wear a face covering when not eating or drinking once in the Post-Finish Area.
- c. Results will be posted online only, to eliminate gathering at results kiosk.
- d. There will be no post event awards ceremony.
- e. There will be no post event entertainment at venue.
- f. There will be no in-person sponsor/vendor activation at venue.
- g. Encourage participants wanting to "cool-down" to do so outside of defined venue area. To be communicated to participants prior to event day and during regular announcements on-site.

## **8. Medical Tent**

- a. To follow adjusted COVID protocols as deemed necessary by TCM Medical Director.

## **9. Logistics/Equipment Procedures**

- a. All staff/volunteers will be in masks and have gloves on at all times while on-site
- b. Hand sanitizer will be available at high traffic areas.
- c. Increased wipe down of highly touched areas.
- d. Each piece of equipment will have individual handling and cleaning procedures, per its specific nature.
- e. Volunteer supplies will all be pre-packed and picked up from the TCM office.
- f. At the completion of the event all equipment used will be disinfected as needed.