

# Twin Cities In Motion COVID Mitigation Plan for 2021 MNy 250s

## Introduction and Purpose

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 to provide universally-applicable guidelines for all 2021 MNy 250 events to assure they are conducted in compliance with all relevant 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 these 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 on the event website, by email prior to the event, and with signage at the entrance to the event.
- c. Any participant demonstrating symptoms of or reporting exposure to COVID-19 when screened at the event site or self-reporting symptoms or exposure to TCM in advance of coming to the event site will be allowed to convert their entry to a virtual entry—or, if the event doesn't have a virtual component, to have their participant gear and medal mailed to them.
- 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 bib and will be able to convert their entry to a virtual entry if the event has a virtual component — or, if the event doesn't have a virtual component, to have their participant gear and medal mailed to them.
  - i. Anyone who answers "no" to exposure to a known case in the last 14 days but "yes" to symptoms in the last 14 days will be allowed to pick up their bib only if ALL of the following are true (as discerned by follow-up questions):
    1. They know their source of exposure.
    2. They have received a negative test since that exposure.
    3. They are more than 14 days removed from the exposure.
    4. All others answering "yes" to either question will not be allowed to pick up their bib and will be able to convert their entry to a virtual entry if the event has a virtual component — or, if the event

doesn't have a virtual component, to have their participant gear and medal mailed to them.

- e. Twin Cities In Motion shall follow state, local and venue guidelines regarding number of event attendees and runners allowed on the course at any given time, only exceeding that number by fully clearing the course and event site of participants in one session before participants in the next session begin to arrive.
- f. Social distancing will be maintained at the race start and staggered start times utilized to reduce density of runners on-course
- g. 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.
- h. 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.
- i. Spectators will be discouraged from attending and will not be allowed entry to participant-only areas at MNy250 events unless they are attending to accompany a participating minor.
- j. 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 be sent home.
  - i. Anyone who answers "no" to exposure to a known case in the last 14 days but "yes" to symptoms in the last 14 days will be allowed to remain at the event only if ALL of the following are true (as discerned by follow-up questions):
    - 1. They know their source of exposure.
    - 2. They have received a negative test since that exposure.
    - 3. They are more than 14 days removed from the exposure.
    - 4. All others answering "yes" to either question will be sent home.
- k. 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.
- l. 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 without notice.

## **2. Sanitary Measures**

- a. Interactive Areas are areas inside the event where customers and staff must interact. These areas may vary event to event, depending on event site layout.
- b. 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 promptly upon crossing the finish line (before first post-finish point of interaction with race staff or volunteers).
- 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. Any On-Course Aid Stations will provide sealed, bottled fluids placed on tables and taken by runners “self-serve” style.
- e. TCM will reduce customer touchpoints whenever possible at the event site.

### **3. Packet Pick-up and Runner Screening**

- a. Packet Pick-up shall be considered an Interactive Area and follow the rules set forth in Section 2 of this document.
- 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. Runners will enter Race Day Packet Pick-up through a single designated entry point
- e. All participants are required to answer two COVID-19 screening questions at the entry point before picking up their packet:
  - i. Have you been exposed to a confirmed case of COVID-19 in the last 14 days?
  - ii. Have you experienced symptoms of COVID-19 in the last 14 days?
- f. 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 bib and will be able to convert their entry to a virtual entry if the event has a virtual component — or, if the event doesn’t have a virtual component, to be given their participant gear and medal — free of charge.
  - i. Anyone who answers “no” to exposure to a known case in the last 14 days but “yes” to symptoms in the last 14 days will be allowed to pick up their bib only if ALL of the following are true (as discerned by follow-up questions):
    1. They know their source of exposure.
    2. They have received a negative test since that exposure.
    3. They are more than 14 days removed from the exposure.
    4. All others answering “yes” to either question will not be allowed to pick up their bib and will be able to convert their entry to a virtual entry if the event has a virtual component — or, if the event

doesn't have a virtual component, to have their participant gear and medal mailed to them — free of charge.

- g. After the participant has successfully completed the screening, they will be allowed to enter the Packet Pick-up Area to pick up their bib.
- h. Race packets are distributed behind tables, spaced 6' apart or further. Staff will have gloves and masks to deliver each person their bib and pins.
  - i. 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.
  - ii. There will be markings between and within participant check-in lanes to maintain 6' of separation while queuing, if needed.
  - iii. After picking up their packets, runners will be instructed to leave the Packet Pick-up Area through a separate entrance than the Screening Checkpoint while wearing their mask and maintaining social distance.
    - 1. After picking up their packet, runners will be instructed to wait in their cars or warm up off-site until it is time for their session and wave to enter the Start Staging Area.
  - iv. Packet Pick-up staff and volunteers will wipe down high-touch surfaces when possible between pick-ups.
  - v. In any MNy 250s with multiple sessions, Packet Pick-up for the second session will not begin until the Start Line of the previous session has cleared.

#### **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. 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.
- b. In any MNy 250s with multiple sessions, runners from a later second session will not be allowed into the Start Area until the Start Line of the previous session has cleared.
  - i. What session a runner is in will be discernible by their bib number; different sessions will be assigned different ranges.

- ii. Runners will be encouraged to not enter the Start Area until within 15 minutes of their wave's start time, although the Start Area will have enough room for all runners within a session to safely stage while maintaining social distance.
  - iii. Runners' will be communicated their wave's assigned start time in a pre-race instructions email 1-3 days before the race.
- c. Once in the Start Area, runners will be required to wear a mask and maintain social distance at all times.
  - i. 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.
- d. Runners will be called into the Start Corral by wave. Wave size will be determined by state, local, or venue guidance, whichever is the most restrictive.
- e. 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 at least as many runners as are assigned to the event's largest wave.
  - iii. Have at least at least as many ground markings 6'+ apart as runners as are assigned to the event's largest wave; runners will be required to stand on these markings while staging in the Start Corral for their wave's start.
  - iv. Have signage saying and be within earshot of regular announcements reminding participants to maintain social distance and that masks are required until their wave's start.
- f. Start procedures, including whether a wave will be sent off en masse or in smaller groupings, will be determined by state, local, and venue guidance, whichever is the most restrictive.
- g. Athletes from a subsequent wave will not be called into the Start Corral until the previous wave has entirely cleared the Start Line.
- h. There will be enough time between waves to substantially reduce on-course passing between runners in different waves.
- i. 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 corral.

## **6. Course**

- a. The start sequence will be such that there should be minimal overlapping between runners in different waves on course
- b. The course may 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 follow any instructions given in pre-start announcements about which side of the trail to use or any other safety instructions.

- 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; there may or may not be a Fluid Station on-course depending on the conditions and distance of the event.
  - i. Any On-Course Aid Stations will provide sealed, bottled fluids placed on tables and taken by runners “self-serve” style.

## **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 to have only minimum needed 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.
  - ii. Runners must put on face covering on promptly upon crossing the finish line (before first post-finish point of interaction with race staff or volunteers).
- 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 first post-finish point of interaction with race staff or volunteers; participants are required to re-mask before first point of post-finish interaction with race staff or volunteers.
- e. All finish items for all finishers to be consolidated into as few bags as possible (one, whenever possible), to be picked up from tables in the post-finish area. Event staff and volunteers will not hand to runners, but are present to help with table inventory and participant movement.
- f. Any items that are to be distributed to only a subset of runners will be distributed at a separate set of tables, with items to be picked up from tables in the post-finish area. Event staff and volunteers will not hand to runners, but are present to help with table inventory and participant movement.
- g. All finish items tables to be placed at least 6’ apart, with markings on ground for 6’ spacing as necessary.
- h. Increased square footage for Finish Line to allow for increased social distancing will be provided, if needed.

## **8. Post-Finish Area**

- a. Unless approved by state, local, and venue guidance, 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**

- a. To follow adjusted COVID-19 protocols as deemed necessary by TCM Medical Director and on-site medical staff.