



**Guidelines for Preventing Spread of Covid -19 and Airborne Viruses and Protecting Participants at 2020 Ironmaster's Challenge**  
**Event Date: Saturday, September 26, 2020**

**Objective:** Staged or staggered trail and mountain events are considered 'low-risk' by the USA Track and Field Association. It is the Central Pennsylvania Conservancy's goal to provide and secure a reasonably healthy environment for hosting the rescheduled 2020 Ironmasters Challenge 15k Race. This document will serve as pre-event instructions for all participants, competitors, staff and volunteers regarding their participation during COVID-19.

**1. Communications**

- Initiate early and frequent communication of guidelines and COVID-19 mitigation strategies to participants, including requirements for masking and social distancing, and advise attendees prior to the event that they should stay home if they have symptoms of or a positive test for COVID-19.
- Masks are required for staff, volunteers, and attendees at registration, the start line, the finish line, and attendees may use their own judgment on the trail. Volunteers will be masked and gloved at the two aid stations and finish line.
- Include signage at registration, checkpoints, and the finish line to remind attendees of appropriate social distancing and hygiene. CDC Posters will be posted at each station.
- Integrate reminders into race instructions about appropriate trail etiquette (distancing between runners, passing safely, giving space at aid stations)
- Hand sanitizer and hand washing stations will be available at registration, aid stations, and the finish line

**2. Volunteer Screening and Requirements.** All staff and volunteers will wear face masks and shall report to the Volunteer Coordinator for screening of symptoms with the following questions:

- Have you been in close contact with a confirmed case of COVID-19 in the past 14 days? (Note: This does not apply to medical personnel, first responders, or other individuals who encounter COVID-19 as part of their professional or caregiving duties while wearing appropriate PPE.)
- Are you experiencing a cough, shortness of breath or sore throat?
- Have you had a fever in the last 48 hours?
- Have you had new loss of taste or smell?
- Have you had vomiting or diarrhea in the last 24 hours?

- **Temperature screening staff and volunteers:**
  - take temperatures onsite with a no-touch thermometer each day upon arrival
  - Normal temperature should not exceed 100.4 degrees Fahrenheit
- **Direct any anyone who exhibits COVID-19 symptoms** (i.e., answers “yes” to any of the screening questions or who is running a fever) to return home immediately and seek medical care and/or COVID-19 testing, per Department of Health and [CDC guidelines](#). All health information shall remain confidential.
- **All participants should stay home if feeling ill.**

### 3. **Registration and Start Line.**

- Registration stations will be Six (6) feet apart and markings on the pavilion floor and grass will indicate 6 ft. distances.
- Restroom lines will be monitored and restricted. Attendees will be encouraged to spread out into other areas of the Furnace Stack Pavilion before the start of the race.
- Hand sanitizer and hand washing stations will be available.
- Attendees will be asked to voluntarily place themselves in groupings: the first grouping who expects to finish in under two hours, the second grouping who will finish in under 3 hours, and the third grouping who will finish in under 5 hours. By grouping runners of similar pace, we will reduce passing on the trail and spread folks out earlier in the race.
- Only packaged food will be available at registration as “grab n go.” Attendees are encouraged to bring their own food.
- Every Attendee is required to bring a water bottle, which may be filled up by volunteers at the two aid stations. Volunteers, masked and gloved, will have pitchers of water ready to go
- Medical experts warn against the dangers of wearing a face covering while undertaking cardiovascular exercise. Therefore, face masks will not be required of entrants. Participants should use their own judgment regarding face covering.

All registrants shall be screened when obtaining race bibs with the following questions.

- Have you been in close contact with a confirmed case of COVID-19 in the past 14 days? (Note: This does not apply to medical personnel, first responders, or other individuals who encounter COVID-19 as part of their professional or caregiving duties while wearing appropriate PPE.)
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#### **4. Food and Refreshment Preparation and Service**

- At aid stations, pre-packaged foods and beverages (pretzels, candies, granola bars, bananas, and water) will be provided. We recommend that participants supply their own if they want alternatives.
- Finish line picnic: we will serve boxed lunches and beverages.
- We will encourage folks to spread out into groupings around the grassy area of the Mansion, remaining 6 ft. apart. All seating areas will be arranged 6 feet apart.
- All personnel in the kitchen and in picnic area preparing, delivering, and/or serving food and refreshments **shall** wear face masks and gloves. Masks used by kitchen personnel must be changed out every 2 hours. The kitchen shall be cleaned/disinfected every 2 hrs.
- Hand sanitizer and hand washing stations will be available at the finish line.

#### **5. Ironmaster's Mansion.**

Occupancy at the Ironmaster's Mansion shall be limited to 25 occupants at any one time. The inside of the Mansion will be closed to attendees. Overnight lodging will not be provided at the Mansion. The Mansion shall not be used for changing, or bag drop off or clothing storage. Hand sanitizer stations will be available inside and outside the Mansion.

In the event that a cancellation becomes necessary, Central PA Conservancy will put a notice on the event Facebook Page, Website, and via Email distribution, providing options to defer registration to 2021. All sponsors will be contacted for a deferral of support. All volunteers will be given notice of the cancellation as soon as possible.

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#### References:

"Access Guidance for Non-Contact Sports:" Office of the Governor, State of Tennessee

"Considerations for Events and Gatherings," Centers for Disease Control (CDC)

"Guidance for Parks and Recreation Facilities" Centers for Disease Control (CDC)

"LOGISTICAL INFORMATION AND GUIDANCE FOR EVENT DIRECTORS AND LOCAL ORGANIZING COMMITTEES" USATF

"RETURN TO TRAINING GUIDANCE FOR ATHLETES, COACHES, CLUBS, AND ASSOCIATIONS POST-COVID-19" USATF

"Visiting Parks and Recreational Facilities" Centers for Disease Control (CDC)