



Arkansas Department of Health

4815 West Markham Street • Little Rock, Arkansas 72205-3867 • Telephone (501) 661-2000
Governor Asa Hutchinson
José R. Romero, MD, Secretary of Health

August 17, 2020

Nathan Spicer

LR Creep and Crawl Race

Dear Mr. Spicer:

The attached plan has been reviewed and accepted for implementation at all your venues listed above with comment:

Masks or face coverings are required for volunteers working the water stations as needed.

More information and signage about COVID 19 can be found on our public website at www.healthy.arkansas.gov

Adherence to the plan is the responsibility of the event.

Thanks Much!


J. Terry Paul, R.S.

Environmental Health Branch Chief

Arkansas Department of Health

Terry Paul

From: Wufoo <no-reply@wufoo.com>
Sent: Friday, July 31, 2020 2:45 PM
To: ADH Environmental Health
Subject: ADH Event Plan Submission Form [#439]

Applicant Name * NATHAN SPICER
Primary Contact Name * NATHAN SPICER
Phone Number * (501) 519-0313
Email * nspicer@littlerock.gov
Event Category * Outdoor
Type of Event * Racing Event
Facility or Event Name Little Rock Creep and Crawl Race
Starting Date * Saturday, October 24, 2020
Ending Date * Saturday, October 24, 2020
Address of the Event 
6900 Two Rivers Park Road
LITTLE ROCK, Arkansas 72223
United States

Please explain how you plan to screen employees. * Employees and volunteers will be temperature checked and screened using the standard City of Little Rock Screening Form.

Describe below how the facility will maintain 66% of total capacity. The following information must be included:

- What is 66% of the venue's capacity?
- Explain how 66% of capacity is calculated.
- How will seating and traffic flow be arranged to maintain the required 6 feet of physical distancing at all times?

· Describe how you will monitor the event to assure compliance, to include how many staff or volunteers will be assigned to this duty. *

⊞ Each event will be limited to a reasonable number of participants, which will allow for proper social distancing in the start/finish areas, as well as along the course. Those capacities are as follows:

→ 5K Run – 700

→ Half Marathon – 1000

Registration

⊞ All registrations will be required to take place online, to reduce the amount of face-to-face contact, as well as the number of transactions that take place involving money.

⊞ There will be no race day registration permitted.

⊞ Participants must also sign a “Social Contract” as part of the registration.

→ This social contract states the participant agrees to:

♣ Follow all social distancing guidelines set forth in Directive by the Arkansas Department of Health Regarding Large Outdoor Venues (effective June 15, 2020)

♣ Face coverings will be required for all persons present.

♣ Participants must wear face coverings where proper social distancing is not possible, which includes start/finish line areas and on the course.

♣ The participants are also agreeing that they are healthy enough to attend (following government guidelines for outdoor events).

Packet Pick-Up

⊞ For every running event there is a “packet pick-up” process that takes place, which is when the participant receives their race number, final race instructions and other items they are entitled to as a part of their registration (T-Shirt, etc.).

⊞ This will be handled via a drive-thru process at the Centre at University Park, which is a Little Rock Parks & Recreation facility.

→ Pick-up will take place on Thursday, Oct. 22 from noon to 7 p.m. as well as Friday, Oct. 23 from noon to 7 p.m.

→ Participants will pull up to a Little Rock Marathon staff person, who is wearing a face covering and cleaning their hands after every transaction.

→ The participant will provide the staff person with their identification. The staff will then retrieve the participant’s packet and deliver it to the vehicle.

→ The participant will never leave their vehicle.

- ⊞ Garbage cans will also be placed along the trail past the tables, so that the participants can deposit their used cups after drinking their water.
- ⊞ For the half marathon, Gatorade sports drink will also be available at the water stations.
- The set-up for the Gatorade will mimic the set-up for the water cups.
- The Gatorade tables will come first, followed by the water tables and then the trash cans.

Map of the Site

Please provide a map or floor plan of facilities and outdoor areas to be used during the event.

At a minimum, the following must be identified:

- **Entry and exit points; explain below how you plan to provide cues or markers to keep a distance of 6 feet between groups.**



[creep_n_crawl_operations_plan_2020.pdf](#) 914.74 KB · PDF

- **Flow of pedestrian traffic. Explain below how traffic will move in and out of the facility.**

- **Locations of required hand sanitation stations. These are required at or near the entrance of the facility, other appropriate areas for use by the public and employees, and in locations where there is**

Pre-Start Protocols

- ⊞ As participants are entering the front gate of Two Rivers Park, they will be screened and have their temperature checked by race staff, while still in their vehicles.
- Any vehicle that has an individual with a temperature at 100.4 or above will be asked to leave the premises and none of the individuals in the vehicle will be allowed to participate in the event.
- Each person in the vehicle will also be provided with a disposable mask and asked to wear them at all times when proper social distancing is not achievable.
- ⊞ After screening, the vehicles will proceed to the parking area.
- ⊞ Upon exiting the vehicle, all individuals will be required to wear a face covering.
- ⊞ At this point all participants will proceed to the start line queue and begin the process of lining up for the start of the race as directed by race staff.
- ⊞ Participants will be responsible for providing their own pre-race hydration and nutrition.

Start Line Protocol

- ⊞ All participants will queue with masks on and 6' apart. We will corral all participants in groups of 50 numerically coded for contact tracing purposes. Race bib will match corrals.
- ⊞ Each corral will start 30 seconds after the corral before.

If food service is offered, explain how you plan to comply with the Directive on "Resuming Restaurant Dine-In Operations".

***This directive can be found on on the ADH COVID-19 Directives page: <https://www.healthy.arkansas.gov/programs-services/topics/covid-19-health-guidances> ***

- ⊞ All participants will be encouraged to provide their own hydration while running, but staff will also be on hand to supplement this hydration, or to provide to those who do not bring their own.
- ⊞ Depending on the length of the race, there will be between one (1) and four (4) water stations along the course.
- ⊞ These water stations will consist of three (3) six-foot tables that are placed along the side of the trail. Each table will be spaced eight-feet apart.
- ⊞ Volunteers, wearing face coverings and gloves, will be using a plastic pitcher to fill small four-ounce cups half full. These cups will be placed on the three tables, so that the participants can each grab a cup as they pass the table.
- Cups will be placed approximately 8-10 inches apart on the tables
- ⊞ Traditionally, the volunteers would be handing the cups to the participants. Now the volunteers will stay at least four (4) feet back from the tables and re-stock the table as necessary with additional cups of water.

frequent employee
interaction with
members of the public.

- Seating areas and
location of the
contestants/participants.

- Square footage of
buildings.

- Locations of signage at
entrance explaining the
risks, notices, and who
should not enter. *

Please read this I Agree.

Agreement carefully. By clicking Submit, you confirm that you have read the terms and conditions of this Agreement, that you understand them and that you agree to be bound by your statements and by the terms of this document as well as any applicable Department of Health directives.

**Little Rock Marathon
2020 Creep 'N Crawl
COVID-19 Operations Plan**



Event Description

- ❖ The 2020 Creep 'N Crawl is hosted by the Little Rock Marathon, as a product of and in support of Little Rock Parks & Recreation.
- ❖ The event consists of a 5K run and a Half Marathon.
- ❖ The event is scheduled to take place on Saturday, October 24.
 - The Half Marathon will start at 5:00 p.m. There will be a four (4) hour time limit.
 - The 5K will start at 5:30 p.m. There will be a one (1) hour time limit.

Location

- ❖ The main location for the event will be Two Rivers Park, which is operated by Pulaski County. The permit was approved 1/2/2020 by Pulaski County. This will be where each of the races begin and finish.
- ❖ The course for each race will take participants along an outdoor trail that leads over the Two Rivers Bridge, past the Big Dam Bridge, along Murray Park and will also utilize Rebsamen Park Road.

Capacities

- ❖ Each event will be limited to a reasonable number of participants, which will allow for proper social distancing in the start/finish areas, as well as along the course. Those capacities are as follows:
 - 5K Run – 700
 - Half Marathon – 1000

Registration

- ❖ All registrations will be required to take place online, to reduce the amount of face-to-face contact, as well as the number of transactions that take place involving money.
- ❖ There will be no race day registration permitted.
- ❖ Participants must also sign a “Social Contract” as part of the registration.
 - This social contract states the participant agrees to:
 - Follow all social distancing guidelines set forth in Directive by the Arkansas Department of Health Regarding Large Outdoor Venues (effective June 15, 2020)
 - Face coverings will be required for all persons present.
 - Participants must wear face coverings where proper social distancing is not possible, which includes start/finish line areas and on the course.
 - The participants are also agreeing that they are healthy enough to attend (following government guidelines for outdoor events).

Packet Pick-Up

- ❖ For every running event there is a “packet pick-up” process that takes place, which is when the participant receives their race number, final race instructions and other items they are entitled to as a part of their registration (T-Shirt, etc.).
- ❖ This will be handled via a drive-thru process at the Centre at University Park, which is a Little Rock Parks & Recreation facility.
 - Pick-up will take place on Thursday, Oct. 22 from noon to 7 p.m. as well as Friday, Oct. 23 from noon to 7 p.m.
 - Participants will pull up to a Little Rock Marathon staff person, who is wearing a face covering and cleaning their hands after every transaction.
 - The participant will provide the staff person with their identification. The staff will then retrieve the participant’s packet and deliver it to the vehicle.
 - The participant will never leave their vehicle.

Pre-Start Protocols

- ❖ As participants are entering the front gate of Two Rivers Park, they will be screened and have their temperature checked by race staff, while still in their vehicles.
 - Any vehicle that has an individual with a temperature at 100.4 or above will be asked to leave the premises and none of the individuals in the vehicle will be allowed to participate in the event.
 - Each person in the vehicle will also be provided with a disposable mask and asked to wear them at all times when proper social distancing is not achievable.
- ❖ After screening, the vehicles will proceed to the parking area.
- ❖ Upon exiting the vehicle, all individuals will be required to wear a face covering.
- ❖ At this point all participants will proceed to the start line queue and begin the process of lining up for the start of the race as directed by race staff.
- ❖ Participants will be responsible for providing their own pre-race hydration and nutrition.

Start Line Protocol

- ❖ All participants will queue with masks on and 6’ apart. We will corral all participants in groups of 50 numerically coded for contact tracing purposes. Race bib will match corrals.
- ❖ Each corral will start 30 seconds after the corral before.

On-Course Water Stations

- ❖ All participants will be encouraged to provide their own hydration while running, but staff will also be on hand to supplement this hydration, or to provide to those who do not bring their own.
- ❖ Depending on the length of the race, there will be between one (1) and four (4) water stations along the course.
- ❖ These water stations will consist of three (3) six-foot tables that are placed along the side of the trail. Each table will be spaced eight-feet apart.
- ❖ Volunteers, wearing face coverings and gloves, will be using a plastic pitcher to fill small four-ounce cups half full. These cups will be placed on the three tables, so that the participants can each grab a cup as they pass the table.
 - Cups will be placed approximately 8-10 inches apart on the tables

- ❖ Traditionally, the volunteers would be handing the cups to the participants. Now the volunteers will stay at least four (4) feet back from the tables and re-stock the table as necessary with additional cups of water.
- ❖ Garbage cans will also be placed along the trail past the tables, so that the participants can deposit their used cups after drinking their water.
- ❖ For the half marathon, Gatorade sports drink will also be available at the water stations.
 - The set-up for the Gatorade will mimic the set-up for the water cups.
 - The Gatorade tables will come first, followed by the water tables and then the trash cans.

Restroom Facilities

- ❖ An adequate number of portable toilets will be provided to supplement the existing permanent restroom facilities located in Two Rivers Park
 - Using an industry standard of one (1) toilet for every 75 participants, a total of 14 toilets would be necessary
 - With the facilities available in the permanent restrooms (two (2) each in the men's and ladies room), an additional 10 portable toilets would need to be rented and placed
- ❖ The portable toilets need to be placed a minimum of eight (8) feet apart, based on best practices and guidance from Running USA and the National Center for Sports Safety and Security (NCS4)
- ❖ Lines for the portable toilets need to be in a straight line and be spaced 6-8 feet from the lines for other toilets
- ❖ All toilet facilities need to be frequently cleaned throughout the event, including frequent touch points (door handles, etc.)

Signage

- ❖ A comprehensive signage plan will be instituted leading up to Two Rivers Park, and within the park
 - Prior to entering the park
 - Requesting those with symptoms or exposure to not enter
 - Temperature checks will take place at the entrance – over 100.4 will be sent home
 - No congregating prior to or after the race
 - Inside the park
 - Masks are required for all
 - Please follow social distancing guidelines
 - Start Line
 - Do not remove mask until you cross the start line
 - Stay socially distanced, as marked on the road
 - Keep social distance while running
 - On Course
 - Please keep 12-feet from other runners, except when passing
 - Water station ahead – self service
 - Finish Line
 - Please re-apply mask once you cross the finish line
 - Stay socially distanced, as you move through the finish area
 - Please exit the finish area immediately and move to your vehicle

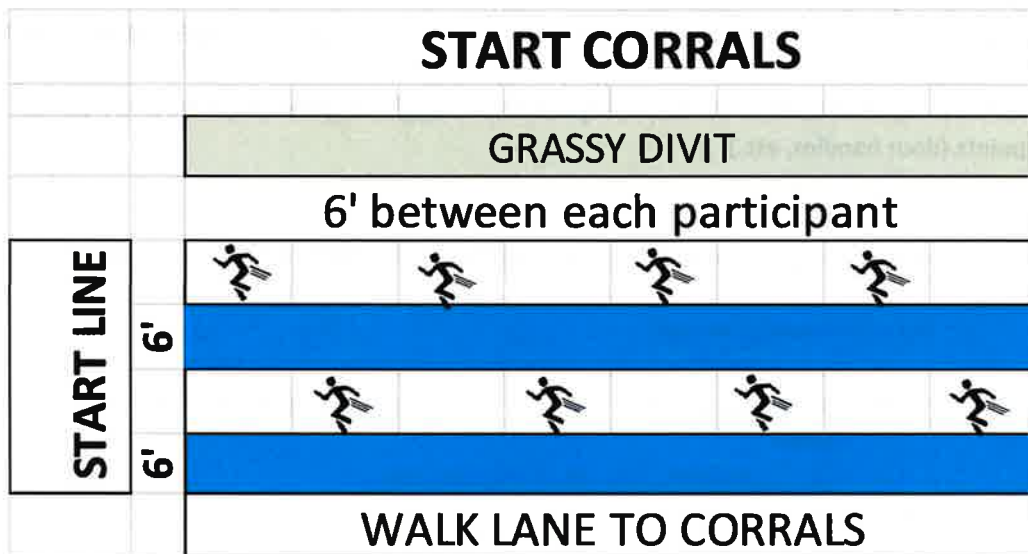
CREEP N CRAWL HALF MARATHON & 5K

OCTOBER 24, 2020

TWO RIVERS PARK

START LINE/ CORRALS RECOMMENDED GUIDELINES

- ❖ Two Chutes. Runners line up in two rows staggered and spaced 6' apart, MASK ON
- ❖ Blue lines indicate 6' between each runner
- ❖ Walk lane is get to proper corral and 6' away from another runner
- ❖ Corral in groups of fifty (50) by the Number on their race bib, still staggered and 6' apart
- ❖ Signs posted will indicate each corral number, very similar to our marathon corrals
- ❖ Groups start once they reach the start line. We will progress each group as one starts
- ❖ Masks can be removed while running. Mask on when passing another runner



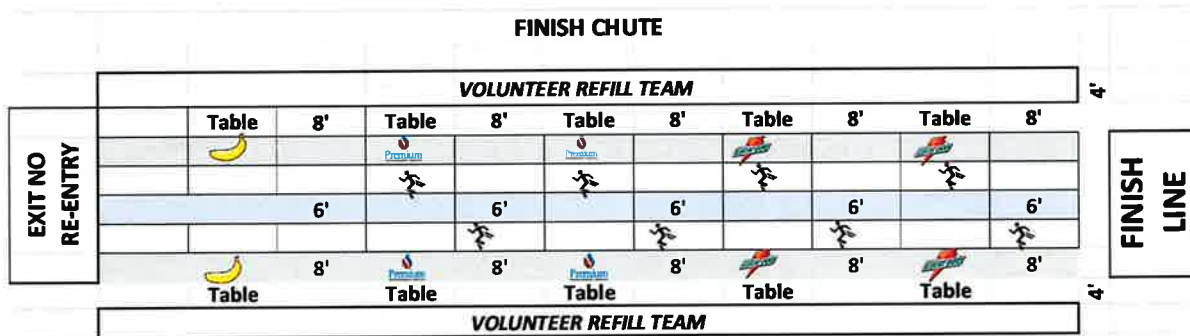
PORTABLE RESTROOMS RECOMMENDED GUIDELINES

- ❖ Face coverings on
- ❖ Each portable toilet will be set 8' from the next
- ❖ Ratio of 1/50. At the marathon we use 1/100. Object is to increase ingress and egress flow to avoid long lines
- ❖ Stage portable toilets to allow 6' distancing lines to form in a straight line, four square and or back to back.
- ❖ Handwashing stations, hand sanitizing stations will be directly available by restrooms

- ❖ Wash touch points of each unit periodically during event

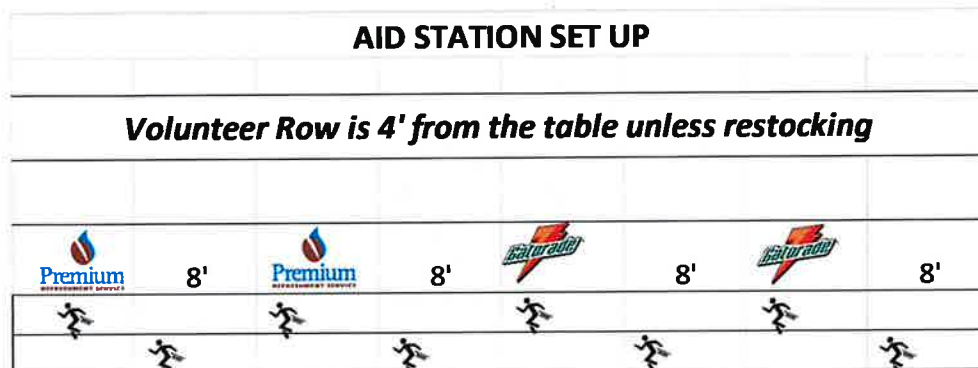
FINISH LINE RECOMMENDED GUIDELINES

- ❖ Face coverings on upon finishing, if they do not have one we will provide it
- ❖ 2 chutes approximately 50' in length and 6' apart
- ❖ Gatorade, water and a banana all self-service. Tables set 8' apart each
- ❖ Pickup medal that is wrapped in the casing it came in
- ❖ Signs posted "Thank you and please leave the immediate area"
- ❖ Stage an area for waiting purposes with social distancing in place
- ❖ Awards will be mailed. No onsite ceremony
- ❖ No post-race party

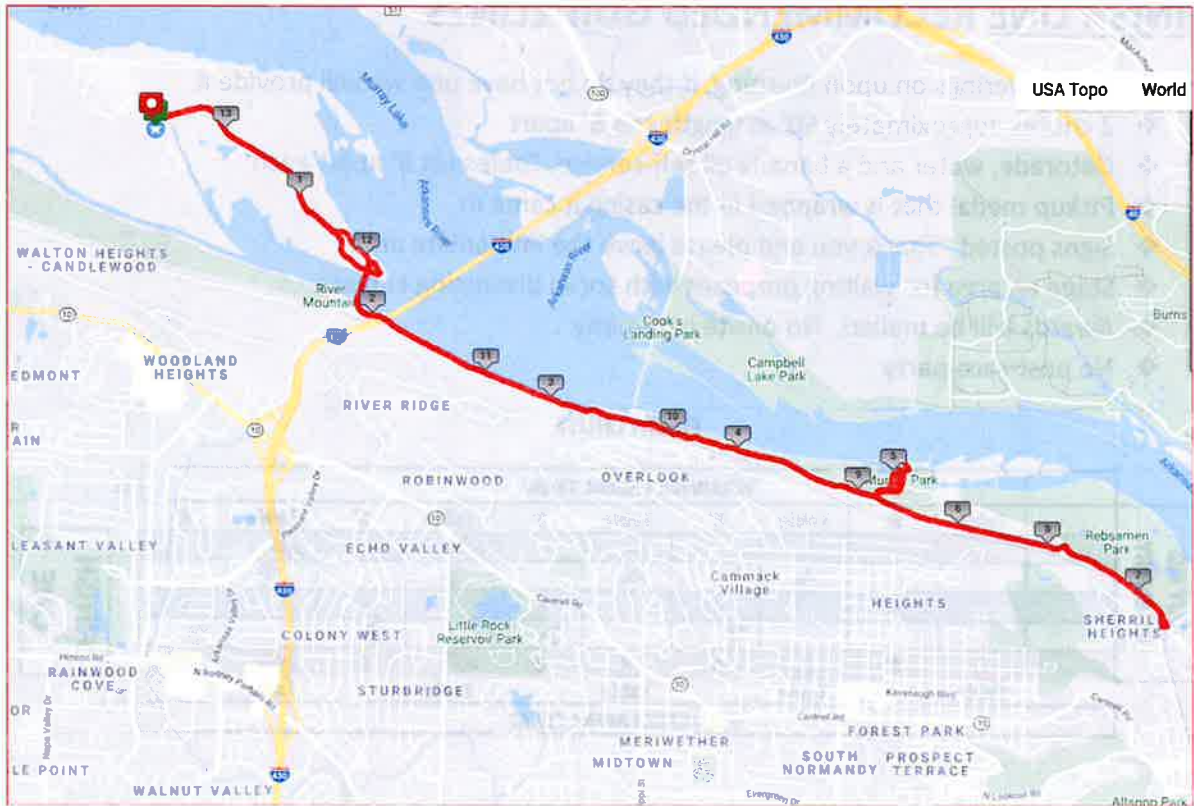


AID STATION/VOLUNTEERS RECOMMENDED GUIDELINES

- ❖ Face coverings on
- ❖ Gatorade & water are self-service- No handing off
- ❖ Tables set 8' apart each
- ❖ Volunteers stand 4' behind the beverage table unless restocking
- ❖ Trash cans provided



HALF MARATHON MAP



5K MAP

