



# Running Club COVID-19 Guidelines

## Guidelines and Modifications

Category	Guidelines and Modifications
<b>General</b>	<ul style="list-style-type: none"> <li>All requirements to be shared with runners and organizer prior to first run.</li> <li>Runners must certify having read and understood guidelines and rules prior to first run through online form.</li> <li>One organizer will always be present to take attendance, ensure everyone has signed waivers and help everyone follow social distancing guidelines</li> <li>Organizers must take attendance and make sure everyone has signed waivers to participate. Organizers will receive notice for all registrants to help them track.</li> <li>Running Club webpage will have posted signage with requirements and directions to follow guidelines.</li> </ul>
<b>Rules for Runners &amp; Organizer</b>	<ul style="list-style-type: none"> <li>Everyone must adhere to six-foot social distancing.</li> <li>Everyone must conduct daily symptom assessment. Anyone experiencing symptoms or has come into contact with someone who has tested positive for COVID-19 in the last 10 days must stay home. *</li> <li>If anyone develops symptoms while at a run, the person must immediately isolate and/or seek medical care.</li> <li>All runners must sign a waiver in order to attend a run</li> </ul>
<b>Recommendations for Runners &amp; Organizer</b>	<ul style="list-style-type: none"> <li>Runners should wear a mask when they are unable to maintain a social distancing of at least 6 feet to all other individuals, except for those who live in their household.</li> <li>Masks are recommended at all other times</li> <li>Runners should bring and use their own water and water bottle.</li> <li>All personal items should be kept in separate space (car, bike)</li> <li>No spitting, sunflower seeds, snot rockets, etc.</li> <li>Runners are encouraged to bring and use hand sanitizer as needed</li> <li>No touch rule – runners should refrain from high fives, handshake lines, and other physical contact with other runners and organizers. A “tip of the cap” can be used following the run in lieu of touching.</li> <li>Anyone who tests positive for Covid-19 or has come into contact with someone who has tested positive for Covid-19 in the last 10 days must notify us by emailing <a href="mailto:Greg@pump.org">Greg@pump.org</a> and/or filling out our <a href="#">tracking form</a>.</li> <li>Runners are strongly recommended to travel to the runs alone or with a member of their immediate family.</li> </ul>

\*Per the CDC, symptoms include cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, and new loss of taste or smell.