

Recommended Guidelines for Outdoor Recreational Run/Walk/Cycling Race Events for Pikeville KY

PURPOSE for Guidelines

This guidance is for outdoor organized recreational racing events (e.g. running races, “fun Runs” / walks, Duathlons, Triathlons, Bicycle races/rides, charity walks).

This guidance is not applicable to motorized races. For these events, please use the [Healthy at Work Guidance – Requirements for Automobile Racing Tracks](#) [Healthy at Work](#) [Click here for Guidance](#)

This guidance outlines the recommended requirements for holding organized recreational race events (e.g., run/walk races, triathlons, bicycle races, or cross-country skiing) during the COVID-19 Peacetime Emergency. Unless this guidance imposes a different or additional requirement, any organized race event must also follow the recommended requirements in other sections of this guidance document. Certain race events may have spectators and any event with spectators must follow the requirements of the [Healthy at Work – Educational and Cultural Activities](#) [Click here for Guidance](#) with respect to how many spectators are allowed and the steps that must be taken to protect the health and safety of spectators and workers or volunteers.

The Race Director or individual or entity responsible for organizing the race **MUST** incorporate applicable recommended requirements from these guidance documents into the COVID-19 Preparedness Plan for the event. These **key elements of an organized race plan** are recommended to be put in place in order to prevent COVID-19 transmission at an organized race, to maintain control over the event, and to facilitate social distancing between participants, volunteers, and employees, all organized races must adhere to the following recommended requirements:

- **Registration:** Should be contact-less. Although advance registration is recommended prior to the race through online or other contact-less methods, It would be acceptable to do day-of registration as long as its via online or contact-less.
 - It is highly recommended that the Race Director, Individual, or Entity put in their Registration the COVID 19 Check-list, and ask that any participant that have or has had any of the following symptoms (fever or chills, cough, shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea) in the last 48 hours not participate in the event.
 - It is required that each participant checks their temperature the day of before the event and if they have a temperature about 100.4F that they do not participate and stay home.
 - It is highly recommended that any participant that does not live in the county of which the race is held (in this case Pike County) and dwells in a County that is Orange or Red according to the [John Hopkins COVID 19 Map](#) that they voluntarily do not participate in the event or provide a Negative COVID 19 test that was taken with-in 48 hour of the event date.
 - If any participant that lives in Orange or Red County and shows up for the race (due to lack of knowledge of regulations), The Race Director, Individual, or Entity is responsible to isolate any participant or participants into their own pod.
- **Racing Materials:** The Race Director, Individual, or Entity are encouraged to give out racing materials (such as shirts, promotional products, hand-outs, or NON-timed racing bibs) in advance. But if race is timed The Race Director, Individual, or Entity is required to hand out racing materials and timed racing bibs with recommended PPE, while maintaining social

distancing with the 6th spacing (Markers such as tape, traffic cones, or stickers should be placed on the ground to aid participants in maintaining social distancing)

- **Participant attendance:** The number of participants on the race course at any one time depends on the size and structure of the course & the area of the start/finish line:
 - The “Course Maximum” - meaning the number of persons allowed on the course at one time for any race held in Pikeville, KY is 150 participants – unless otherwise approved by the 5k Committee. This is mainly due to the area of the start/finish line for the designated approved routes do not allow for safe social distancing.
 - The “Course Maximum” ensures that there is at least 113 square feet for each person for the start/finish line area and/or the course length divide by 12 feet for the actual number of people on course.
 - Participants must be divided into completely separated participant groups to ensure the number of participants on the course at one time never exceeds the course maximum.
 - Further, races that choose to exceed the course maximum must ensure an entire participant group has completely finished the race and vacated the course / start-finish area before releasing or have a new group of participants enter the course or start/finish area.
 - Workers are not counted toward the “course maximum” for the purpose of this guidance.
- **Participant pods:** Event participants must be further divided into “pods” of no more than the Governor’s Social Distancing Recommendations are at the time of the race- [Healthy at Work Gatherings](#), (meaning, whether its 10, 25, or 50 Participants, there must be 6 feet of distance maintained between people from different households) within the pods.
 - Each pod should be released in a staggered manner to avoid clustering on the course and intermixing of pods.
 - As each pod is released, individuals participants should also be released in a staggered manner or positioned to allow for proper social distancing within the pod
 - A pod for all participants that dwell in a Orange or Red County according to [John Hopkins COVID 19 Map](#) and the Race Director, Individual, or Entity is solely responsible for checking registrations and putting these participants in said pods.
- **Face Coverings:**
 - Staff and volunteers must wear face coverings and maintain social distancing.
 - Participants are required to wear face coverings before and after race, but not required to wear them during the race as long as they remain 6 foot social distancing between other participants in the race.
 - Spectators are required to wear face coverings at all times according to the Governors mandate [Healthy at work minimum requirements](#).
 - For more information about face covering requirements refer to Governors Executive order [Healthy at work minimum requirements](#).
- **Social Distancing measures:** Participants must maintain social distancing from other participants, volunteers, and employees through the entire event, including at the starting line, throughout the race, and at the finish line. Staff and volunteers must also maintain social distancing form other staff, volunteers, and participants.
 - Social Distancing measures should take into account the size and structure of the venue / Course (using the above mentioned calculations for safe social distancing)
 - Markers such as tape, traffic cones, or stickers should be placed on ground to aid participants in maintaining social distancing.

- Participants should be given staggered arrival times, based on their pod's start time to avoid congregating at the starting line.
- Participants are strongly encouraged to leave the course immediately after finishing the race, and employees and volunteers must ensure participants do not loiter or gather in groups at the finish line area.
- **Spectators:**
 - if a race event is not being held in a venue with a defined perimeter (for example, if a course is located on a public roadway, trail, or other public right of way), spectators should be strongly discouraged. The event should not set up seating or other areas that will encourage congregation of spectators. Any persons who do watch the race must adhere to social gather limits- I.E., groups of no more than the Governors recommend social gathering limits at the time of the race - [Healthy at Work Gatherings](#), and spaced out along the course in such a way that they maintain social distancing form other groups and from any participants, staff, or volunteers.
 - Secluded courses (roads or trails/parks in areas with low foot and road traffic congestion) are preferred to discourage attracting crowds.
 - If the race is held in a defined outdoor venue (for example, at a track or stadium), spectators are permitted, but must follow the capacity limitations and all other requirements outlined in the [Healthy at Work Venues and Event Spaces](#).
- **Vendors and Attractions:** Vendors and Attractions are sometimes Vital to the success of an event due to sponsorship and nature of the event, whether is it is a fundraiser or an event for a promotional cause. The Race Director, Individual, or Entity is responsible that all vendors and attractions adhered to all [Healthy at Work - Minimum Guidelines](#) . and all [Healthy at Work – Retail](#) where applicable.
 - The Race Director, Individual, and Entity is responsible for placing vendors and attractions in locations that does not impede on the course or interferes with the start/ finish line area.
 - Vendors and attractions should be limited due to capacity of the location of the event, whether or not there is enough space to maintain social distancing and does not exceed the maximum of the start / finish line and/or course capacity.