



## **2021 Sylamore 50K/25K COVID Safety Plan**

### **Welcome**

These changes/modifications were required by Arkansas Department of Health. Please adhere to these guidelines. We must have 100% compliance with these ADH requirements. My number one priority is keeping our volunteers and runners safe. **If you can't or won't follow these safety guidelines, please stay home and join us when these COVID restrictions are relaxed.**

Please stay home IF you:

- Are running a fever
- Have tested positive for COVID yourself or been exposed to someone diagnosed with COVID within the last 14 days
- Are not feeling well or experiencing new or abnormal symptoms of COVID

Masks and hand sanitizer will be available at aid stations, registration and start/finish lines. Please always maintain social distancing.

### **Packet Pick up/Check In – Mask/Face Covering Required**

**FRIDAY NIGHT Check In** – We will be operating a drive thru FRIDAY NIGHT ONLY for bib/hoodie packet pickup up this year in the parking lot at Anglers. Please review the map of Anglers showing the designated flow. Enter at the NORTH entrance off Hwy 5 and follow the arrows to the first tent. If you are participating in the race, you must personally check in to ensure proper required COVID screening.

- Tent #1 – Temperature check, COVID Screening and waiver release
- Tent #2 – Bib and timing chip pickup – bibs given to the individual racer
- Tent #3 – Hoodie pickup. If someone in your group is not able to race, you may pick up their hoodie but not their bib or timing chip.

You will not be permitted to walk up Friday night to pick up your bib and hoodie. Hand Sanitizer will be provided at each check point.

**Saturday Morning Check In** – If you are unable to pick up bibs/hoodies Friday night, we will have registration tables for Temperature Check/COVID Screening, Bib/Timing chip Pickup, and Hoodie Pickup under the porch at Anglers. If you are participating in the race, you must personally check in to ensure required COVID screening. If someone in your group is not able to race, you may pick up their hoodie but not their bib or timing chip. Hand Sanitizer will be provided – please use and stay 6 feet apart - wear your mask.

### **Mask/Face Coverings**

Face masks/buffs/bandanas will be required, and please wear them correctly (cover nose and mouth). This is not negotiable.

Masks are to be worn:

- During check in

- At start of race
- During the race when approaching/passing other runners
- At the Aid Stations around food and volunteers (step 6 feet away and remove to eat/drink)
- At finish line
- At pizza station

### **Start of Race/During the Race – Masks Required**

Prior to the start of the race, stay in your cars or avoid large gathering – Anglers lobby will be limited to 15 customers at one time. Anglers parking lot is large enough for all of us to practice social distancing.

We will have a staggered start this year. Signs will be posted at starting line. Your time does not start until you cross the start line so don't be worried about getting penalized.

Wear mask/face covering at the start of the race and it may be lowered as you practice social distancing with other runners.

Wear your mask/face covering if/when you are unable to stay 6 feet apart from other runners. This includes approaching or passing runners on the trail, and the creek crossing.

### **Aid Stations – Masks Required**

Food served at Blanchard, Barkshed and Gunner Pool Aid Stations will not be in communal bowls this year.

Volunteers will provide the food items for you and it will be packaged/served in single serve portions.

Runners may not touch water/hydration jugs or pitchers. The volunteers will pour these items for you. Volunteers will not touch your water/hydration bottle/bladders, so please have the tops off.

You must wear a mask/face covering when entering the aid station area and at the food/water stations. Masks may be lowered to eat when you have cleared the food/water area by at least 6 feet.

### **Finish Line – Masks Required**

Wear your mask/face covering as you cross the finish line. Unfortunately, I will not be able to shake hands this year as you cross the finish line, but I will still provide a sanitized pint glass to each finisher and congratulate you on an awesome race.

Please be respectful and do not linger around the finish line or congregate in large gatherings after the race. This year we ask that you wait for friends and family in smaller groups.

Hand Sanitizer will be provided – please use and stay 6 feet apart - wear your mask.

### **Pizza Station at Finish Line – Masks Required**

Pizza and water will be served to you after you finish. You must wear a mask/face covering when entering the Pizza Station. Masks may be lowered to eat when you have cleared the food/water area by at least 6 feet. Hand Sanitizer will be provided.

Thank you all for supporting this amazing race and understanding the changes we had to implement due to COVID safety. Stay safe and warm.

Greg - RD