



## RETURN TO RACING GUIDELINES

For over 50 years, the Chattanooga Track Club has taken pride in providing safe, quality and challenging race experiences. The importance of how we safely return to racing in 2021 is our top priority and here is what you can expect from us. In these ever changing times, we will continue to adjust our guidelines to ensure a safe and healthy race environment.

*Consider these guidelines as “living guidelines,” meaning the included criteria and recommendations are based on known factors at the time of writing and may be amended periodically. We will release updates as they are made.*

**OUR PLEDGE:** The Chattanooga Track Club has established the necessary protocol for a safe race environment and will act responsibly by following recommended state and local guidelines for social distancing, hygiene and wearing of PPE and by setting clear participant expectations and communicating those expectations often to ALL PARTICIPANTS\*

For races to be successful, all participants are asked to do their part by respecting and following the guidelines that are specifically designed to protect the health and well-being of all involved, to include our host communities. All participants will be asked to review the Return to Racing Guidelines prior to the event and sign a waiver to that effect to ensure their understanding of what will be expected of them in order to participate. Guidelines will be posted on the event websites, included in all participant communication and announced during all race activities.

## OUR COMMITMENT

### **SAFETY AND SCREENING**

1. All participants are required to wear a face mask in accordance with state and local rules. Volunteers are also required to wear gloves if they are coming in direct contact with participants.
2. Racers may only remove their mask while racing.
3. We will have extra face masks on hand to distribute as needed.
4. All participants are asked to self-assess their health. Racers and volunteers must present a signed Pre-Race Health Questionnaire at check-in. Staff, volunteers and racers will have their temperature checked at packet pick up and on race morning. Anyone experiencing any of the following will be asked to stay home:
  - have been tested for COVID-19 and are awaiting test results
  - have been exposed to and are experiencing symptoms consistent with COVID-19 (fever, cough, difficulty breathing), whether or not you have been tested.
  - have tested positive for COVID-19 and have not completed a minimum 10 days of quarantine and/or you are still experiencing symptoms.
  - live with, or been in direct contact with anyone who has tested positive for Covid-19 in the past 72 hours.
5. Spectators are discouraged from attending in order to ensure local event size restrictions are not exceeded and to discourage group gatherings.
6. Signage will be posted throughout venue to encourage regular hand washing, sanitizing and social distancing.
7. Hand sanitizing / washing stations will be available at the event venue and high touch point areas will be regularly cleaned.
8. Use of other people’s equipment, phones, etc. will be discouraged.
9. Physical contact, including but not limited to, high five’s, hugs, and handshakes will be discouraged.
10. The number of portable toilets and spacing between each unit will be increased as well as 6-foot markings to assist participants with proper social distancing. Usage of indoor restroom facilities (when applicable) will be controlled to maintain social distancing.



**RACE SITE:** The race site is designed to accommodate the health and safety needs of all participants. Social distancing guidelines will be observed and enforced in accordance with local and state directives and in the best interest for all. Groups will be discouraged from congregating and participant traffic will be designed to flow in one direction. While we value the energy and support of spectators, we will encourage minimal attendance. There will be no Expo or club/team area for 2021 races.

**PACKET PICK-UP:** Participant items (bib, shirts) will be pre-packed. Race packet pick up will take place using a controlled check in point, one-way flow and touch-free contact with racers.

**COURSE CONSIDERATIONS:**

- Courses will be set so as to minimize opportunities for racers to cross paths, where possible.
- Racers will be asked to leave plenty of space when passing other runners and refrain from drafting directly behind other runners.
- While face coverings will not be required while running, we encourage all runners to take a face covering with them in case they have an interaction with the course support team during their run.

**START LINE:** Runners will start in time trial fashion, based on estimated finish times they submit during the registration process. Racers will be lined up at the start in two queues and runners will be sent off onto the course one at a time, about 1-3 seconds apart. Face masks will need to remain on until time to run.

**AID STATIONS:** Stations will provide self-serve cups of water and energy drink only. Participants will be encouraged to bring their own hydration and nutrition. Cups will be separated to ensure runners only grab / touch their cup(s). Volunteers will replenish as needed and keep area clean.

**FINISH LINE:** Participants will not be allowed to congregate in the finish line area. Volunteers will manage grab and go bottled water and Powerade and direct racers to a grab and go food and finisher prize area.

**POST RACE:**

- There will be no awards ceremony on race day.
- Results will be texted to each runner as they cross the finish line
- Results will be posted online shortly after the race via Facebook and CTC web site
- Physical awards will be available for pickup after the event at scheduled times that will be posted and sent via email to all participants.

*\*ALL PARTICIPANTS is defined as race staff, volunteers, racers, vendors, spectators, sponsors and partners, and supporting organizations and agencies.*