



## RUNNER PROCEDURES

### **COVID-19 GUIDELINES AND PROCEDURES** **Billings Family YMCA Montana Marathon, 2020**

**We politely but strongly ask that every runner, spectator, volunteer and staff, follow these guidelines exactly. We ask anyone not willing to follow the guidelines to not come.**

The Billings Family YMCA will abide by strict guidelines and restrictions provided by the Centers for Disease Control & Prevention (CDC), state government and city officials to ensure that participants, staff and volunteers follow social distancing to the extent we are able to and cleaning protocols during all aspects of the Montana Marathon event.

#### **Packet Pick up**

- Runners are required to use the west entrance of the Y for packet pick up. (4<sup>th</sup> Avenue North and 33rd Street, Youth Center Entrance).
- Face coverings are required to enter the Billings Family YMCA, and face coverings must remain on while in the Y. **NO EXCEPTIONS!**
- We ask runners not to bring family/guests with you to packet pick up. We do allow runners to have their packet picked up by someone else.
- Runners must follow social distancing guidelines during packet pick up.

#### **Shuttle**

- Marathon runners signed up for the bus and **ALL** half marathon runners are required to ride the bus to the start of the race.
- Runners riding the buses will only be allowed to ride the bus for their wave.
- There will be two buses per wave with a limit of 25 runners per bus.
- Only one runner per seat. (Please do not sit directly behind the driver).
  - Note our bus capacity ranges from 72 to 52 people per bus (depending on the bus), they will not be overcrowded.
- Face Coverings are required during the entire bus ride and while loading.
- Windows will be opened to allow for air circulation. It may be chilly in the morning so plan accordingly. It's a 45 minute ride to the start. Drop bags are provided.
- We ask that you limit talking while on the bus.
- A Staff or volunteer will record runner's numbers and location on bus; please do not change seats after we have recorded your number.
- High touch areas on the buses will be sanitized before and after waves of runners are loaded and offloaded.

## **Start of Race:**

- Runners will be placed in waves of 50 or less to limit contact.
- Porta potties will be spread out at the start of each race, with letters of each wave posted on them. This will indicate where your wave area is located.
- We ask that runners stay in their assigned wave area prior to the start of the race.
- We highly recommend runners social distance whenever possible including while waiting in their wave area for the race to start.

## **Aid Stations**

- Water will be provided on tables to minimize contact with volunteers.
- All volunteers will be adhering to strict guidelines to protect themselves and runners.
- Regular disinfecting of surfaces, social distancing, face coverings, etc. will be implemented.
- Social distancing shall be maintained while stopping at Aid Stations.
- Runners should not congregate at Aid Stations.

## **Finish Line**

- Runners will enter the finish line area where medals, refreshments and pre-packaged snacks will be provided.
- Runners and volunteers must maintain social distancing in the finish line area.
- We ask runners to pick up their medal and snacks and proceed to the park to avoid congestion in the finish line area.

## **Spectators**

- Spectators are not allowed at the start of the races; if you are dropping off a runner for the marathon we ask that you drop and go.
- All spectators are asked to maintain social distancing; and encourage wearing face covering while waiting for runners.
- We ask runners to limit spectators at the finish line area.
- Spectators will not be allowed to enter the runner's only area at the finish line.

## **Health Screening**

All runners, spectators, volunteers and staff must adhere to our health screening protocols. On race day (or during packet pickup) if you answer "YES" to any of the questions below, please know that you are not permitted to participate in the Montana Marathon event.

1. Do you have any of the following symptoms that are not explained by another known medical condition?
  - Fever
  - Cough
  - Shortness of breath

- Chills
- Muscle aches
- Headache
- Sore throat
- Loss in taste or smell
- Vomiting
- Diarrhea

2. Have you had contact with anyone known to have a lab-confirmed case of COVID-19 in the past 14 days?

3. Are you currently required to quarantine due to COVID-19?

If the Y is notified by a runner, volunteer, staff or the Health Department that a runner/staff/volunteer was diagnosed with COVID 19 the following steps will be taken:

- The Y will work with the Health Department to provide contact information for all runners/staff/volunteers that are deemed to be in close contact. **At no time will any names or other information be given out that could identify the person diagnosed with COVID.**

### **Enhanced Cleaning Protocols**

The health and safety of participants, spectators, volunteers and staff, is of paramount concern and top priority. Disinfecting chemicals used are approved by CDC and have data stating they are effective against COVID-19.

### **Confidentiality – Reporting an Illness**

- Staff is required to protect the identity of any individual in our programs who gets sick, whether of Covid-19 or any illness.
- We cannot require runners, spectators or volunteers to report known cases of COVID-19 or other illness to us.
- We appreciate knowing if a participant, spectator or volunteer in our program becomes ill so we can do our part to help prevent spread. To report an illness we ask that you contact our CEO, Kim Kaiser 406-294-1611.

*Please note: These procedures are subject to change based on new guidelines from National, State and Local Public and Government Health Official recommendation and requirements.*

Additional guidelines and/or protocols may be added before race day. We will communicate these via email and on our Facebook page.