



COVID-19 Preparedness Plan

July 16, 2020



PO Box 16234 • Duluth, MN 55816
GrandmasMarathon.com



218-727-0947
grandmas@grandmasmarathon.com

We start with WHY.

Like most fitness event organizations, our mission is built around keeping people active and conscious of a healthy lifestyle. Through our Young Athletes Foundation, we encourage this awareness and education as early in life as possible.

Grandma's Marathon Mission:

To organize, promote and deliver annual events and programs that cultivate running, educational, social and charitable opportunities in our communities.

In the case of COVID-19 or any other attack on the human immune system, the most vulnerable are those with underlying health conditions. The numbers being reported with this strain of coronavirus are serious. So are the numbers being reported in regard to obesity in our country, along with mental illness, addiction, and other health-related obstacles for which running and physical fitness have proven to be one of the most effective combatants. That's why we think our mission is more important than ever.

Young Athletes Foundation (YAF): You Support Them, We Support You

A main focus of our organization is to promote the growth of young athletes. That's why we created the YAF. Through this arm of Grandma's Marathon, we help community members and businesses that inspire kids to be healthy. Since its inception, the YAF has contributed more than \$1,000,000 to area nonprofit youth athletic organizations.



Providing events that help people establish goals to work toward and maintain good health has a direct impact on those underlying health conditions that so severely amplify the negative effects of a virus or other pathogens. Among so many other great reasons, this is why we want to provide an event opportunity that is as safe as possible to support those in need.

- **We believe** running events can be made as safe as possible under these circumstances, up to a certain number of runners and by maximizing the space and resources available.
- **We believe** in the math behind social distancing, and have been employing formulas to keep people separated for decades in order to achieve the exact results that we need and expect.
- **We believe** the current circumstances present a great opportunity to educate and inform others of the importance of healthy lifestyle choices.
- **As leaders in the special event industry for 44 years, we believe** our team can develop a road race framework with precautions for other events to comfortably employ and build upon, in partnership with our local and regional medical professionals.
- **And we know** the nonprofit organizations and schools that benefit from our YAF events need our help more than ever right now.

This is our plan to get back on track with the Park Point 5-Miler on July 16...

Race Registration & Event Arrival

These protocols are intended to establish procedures to reduce pathogen transmission and mitigate the spread of COVID-19 in our community.

Online registration only ~ Registration will only be allowed online and will close a week in advance. There will be no race day registration in person at the event. ***Race limit: 600 runners.***

Race packets ~ Bib numbers, race wraps and KP Challenge jackets will be available for pick-up over the course of two days prior to race day at the marathon office. This will allow a socially distanced process with marked queue lines and little waiting time. Face masks will be available for those that need one (required of all volunteers, staff, and all runners prior to crossing the start line). Race packets will not be available to pick up at the event. Sponsors, partners and vendors will have the opportunity to provide a promotion or offer to the runners digitally via email packet only.

No large groups ~ Gathering and loitering in groups will not be allowed at the event. Direction for staff, volunteers and runners will include specific details regarding arriving close to assigned time and leaving asap afterward. This will be made possible with a new racecourse/traffic plan that allows the race to go on without restricting access to and from Park Point. ***See the map on the next page.***

- **No spectators ~** Those not signed up for the race will only be allowed to wait for runners and watch from their vehicle in the parking lots.
- **Runners assigned to waves ~** Each runner will be assigned a starting time to limit the number of people in the park. Runners will be instructed to show up ready to run. They'll check in, head to the start, run their race, and leave Park Point after they're done. Results will be compiled and posted online as soon as possible after everyone has finished. ***More on the waves in the following pages.***

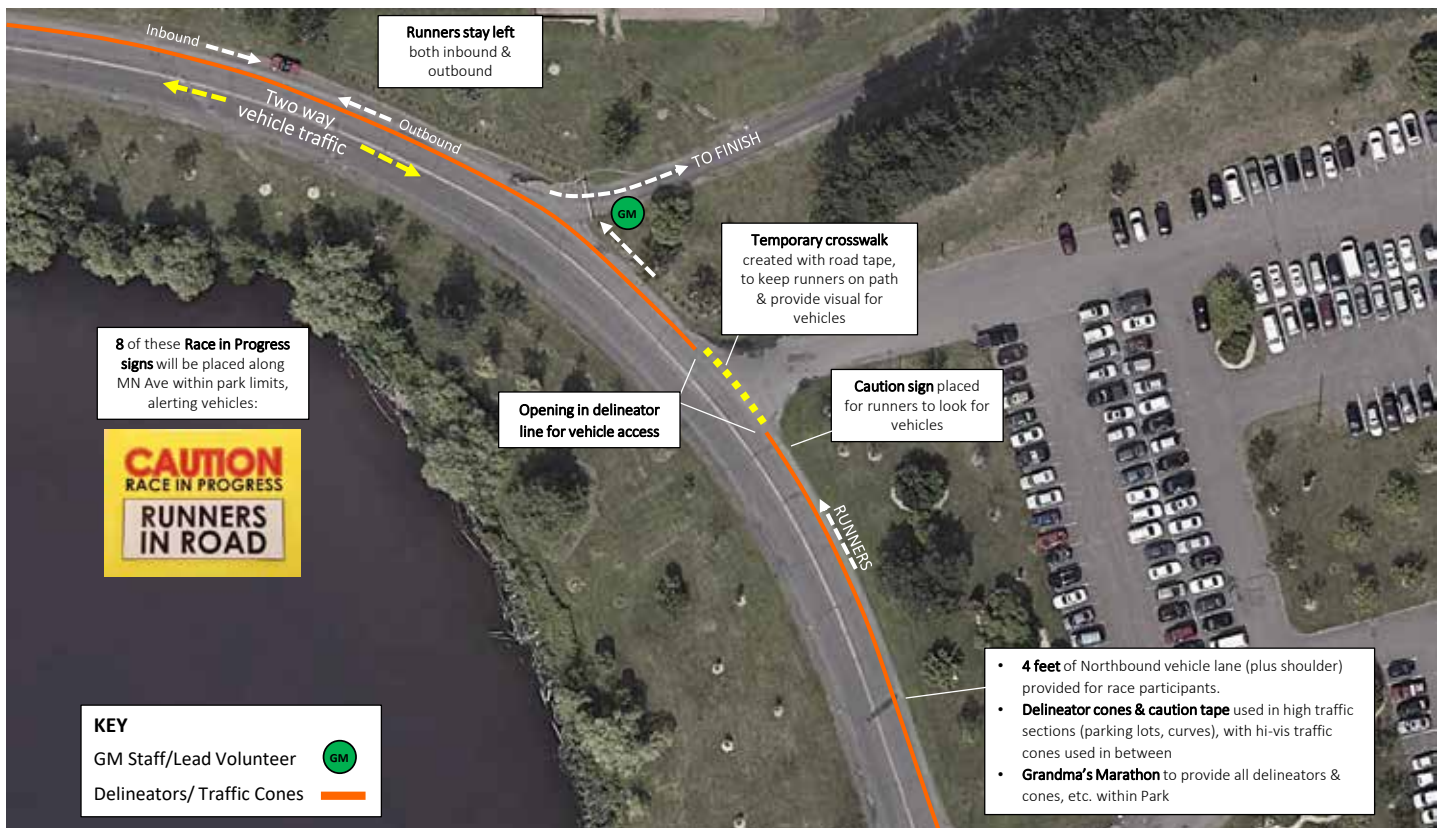
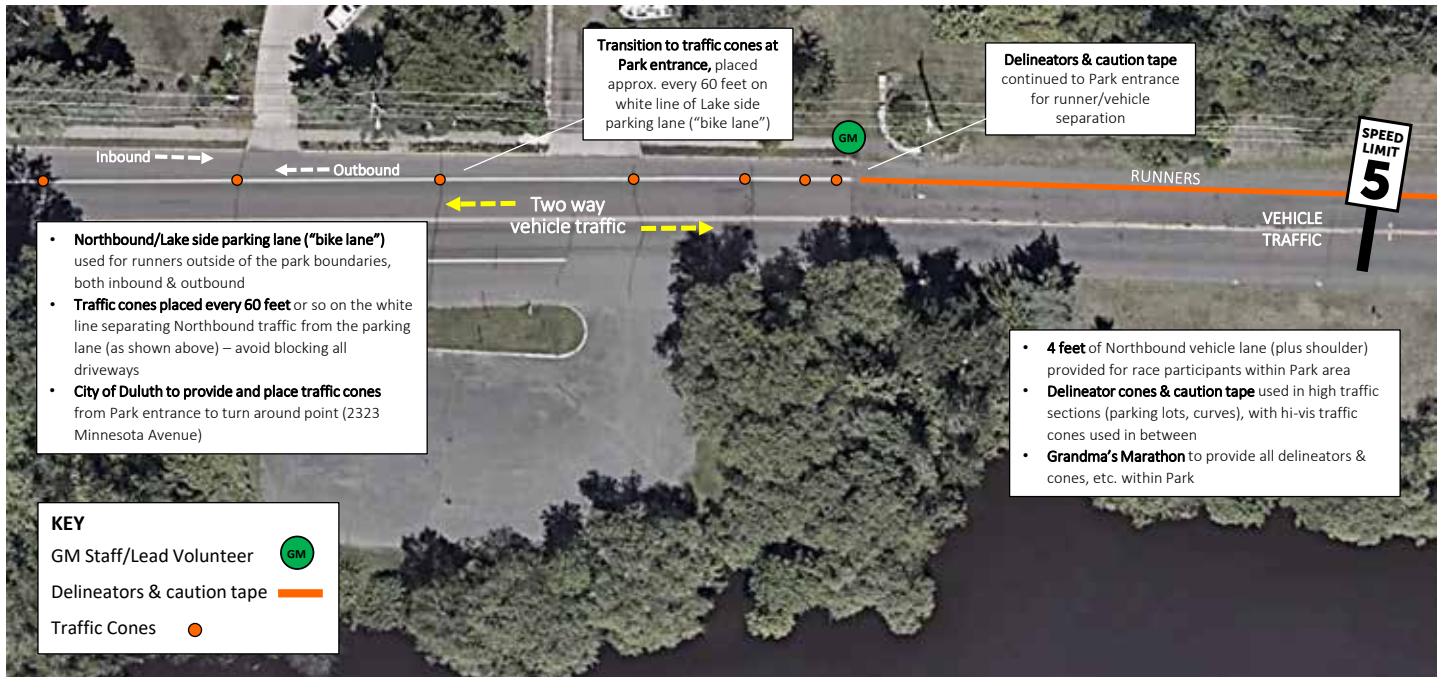
Bike valet ~ This has been a very popular sustainability initiative at the Park Point 5-Miler that we plan to continue. For those that are interested and able to bike to the park, we will have a bike valet for them to check their bike (or kayak - it happens). Bike valet volunteers will have sanitizing supplies and gloves, and supplies will also be available for the bikers after their race. We will also have a prize category for those who bike to the point, run their race, and bike back to Canal Park!

● **COMMUNICATION is key ~** All information will be sent to registrants in advance, posted on our event site online, posted at the actual event, and repeatedly announced via our PA system at the start. The running community is a very respectful and cultured community. However, it will be made clear that this is an opportunity to prove the impact of safety precautions at such events, and any disregard for our rules and restrictions could put the possibility of future events in jeopardy.

Virtual option ~ A virtual race option will be available for those who are unable or choose not to participate in the timed event at Park Point.

Traffic Management

Minnesota Avenue is essentially 4 lanes wide with parking lanes included, up to the park entrance. By “no-parking” the parking lanes in advance and with the new wave start plan, we will be able to spread runners out in a way that allows traffic in and out of the park during the race.



Start Protocol

Runners and walkers will sign up for a start time during registration that doesn't allow more than 25 participants per wave within 20 minutes of another wave, and within 'wave windows' that are each 2 hours apart. So participants will have the opportunity to choose a time to individually cross the start line during one of these time slots:

- **Sunrise Waves** ~ Max of 25 people every 20 minutes **6:00-9:00 a.m.**
- **Midday Waves** ~ Max of 25 people every 20 minutes **11:00 a.m.-2:00 p.m.**
- **Twilight Waves** ~ Max of 25 people every 20 minutes **4:00-7:00 p.m.**

Detailed event participant timeline:

6:00 a.m.	Sunrise Wave 1	11:00 a.m.	Midday Wave 1	4:00 p.m.	Twilight Wave 1
6:20	Sunrise Wave 2	11:20	Midday Wave 2	4:20	Twilight Wave 2
6:25	<i>Estimated 1st Sunrise finisher</i>	11:25	<i>Estimated 1st Midday finisher</i>	4:25	<i>Estimated 1st Twilight finisher</i>
6:40	Sunrise Wave 3	11:40	Midday Wave 3	4:40	Twilight Wave 3
7:00	Sunrise Wave 4	12:00 p.m.	Midday Wave 4	5:00	Twilight Wave 4
7:20	Sunrise Wave 5	12:20	Midday Wave 5	5:20	Twilight Wave 5
7:40	Sunrise Wave 6	12:40	Midday Wave 6	5:40	Twilight Wave 6
8:00	Sunrise Wave 7	1:00	Midday Wave 7	6:00	Twilight Wave 7
8:20	Sunrise Wave 8	1:20	Midday Wave 8	6:20	Twilight Wave 8
8:40	Sunrise Wave 9	1:40	Midday Wave 9	6:40	Twilight Wave 9
9:00	Sunrise Wave 10	2:00	Midday Wave 10	7:00	Twilight Wave 10
10:15	<i>All Sunrise waves complete</i>	3:15	<i>All Midday waves complete</i>	8:15	<i>All Twilight waves complete</i>

★ **Based on maximum number of runners, there will never be more than 25 people in the start corral or more than 250 total moving through the park within a 3-hour time window (or even close).**

🔑 **"Ready to Run" Check-In** ~ Participants will be required to sign a pledge to arrive ready to run as a part of our waiver. ***What does it mean to be "Ready to Run" at our event?***

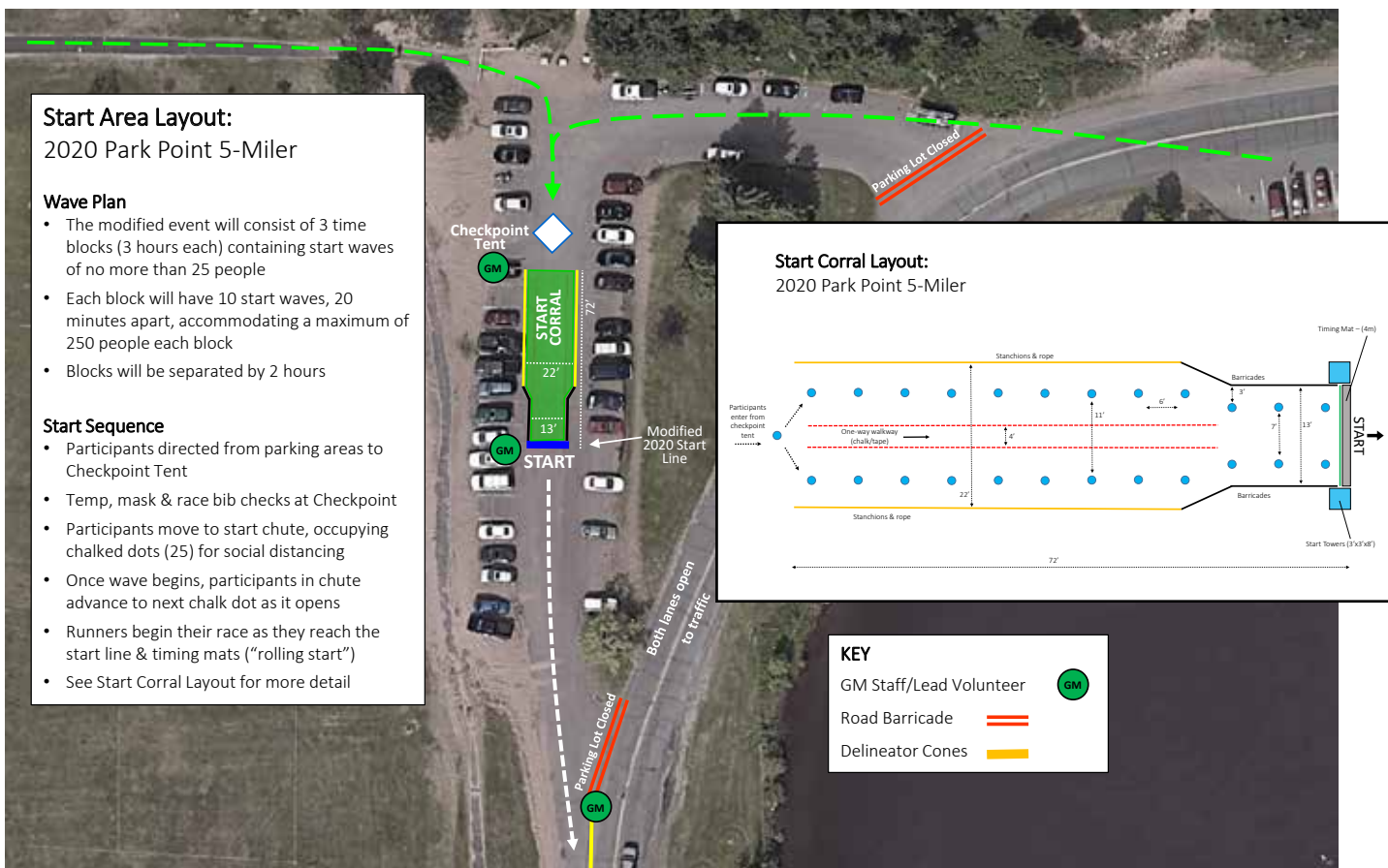
- It means runners pledge to show up without any symptoms of being sick for the past 72 hours. Additionally, they've washed their hands and used the restroom prior to their arrival to help minimize use at the event. And they will take personal responsibility to respect the space of others, adhering to social distancing rules to stay 6 feet apart from arrival to departure.
- It means they pledge to arrive no more than 25 minutes prior to their assigned wave start time, and will wear a mask upon arrival and until they cross the start line. They agree to park in one of the three parking areas and proceed straight to the BLUE check-in canopies (***map on last page***).
- ***Every participant must record a temperature check*** before being allowed to enter the start corral. There will be a marked queue that keeps people at least 6 feet apart if there's any sort of waiting line. Any registrant with a temp over 100.4 degrees F will be isolated and turned over to local medical professionals on site. They will be offered the chance to virtually run the event at another time or a refund of the registration fee.

Start Protocol continued

Start Corral ~ See map below. The starting area will only be accessible via a checkpoint entrance. Runners and walkers will find a standing point nearest the starting line and ‘load’ to the back of the corral until all the points are taken. At the wave start time, participants will unload the corral in the same way to cross the timing mat, moving to the next standing point as it becomes available and crossing the start line one person at a time.

This start corral area can accommodate well over 25 people, socially distanced at 6 feet and with a walkway down the middle. We are conservatively maintaining the race max of 600 runners to allow for elasticity of the system (so most waves won’t reach the max of 25 people). There won’t be a national anthem, sponsor acknowledgments or other pre-start activities aside from announced directives. Official bib tag results will be available online as soon as possible once all participants have completed their race.

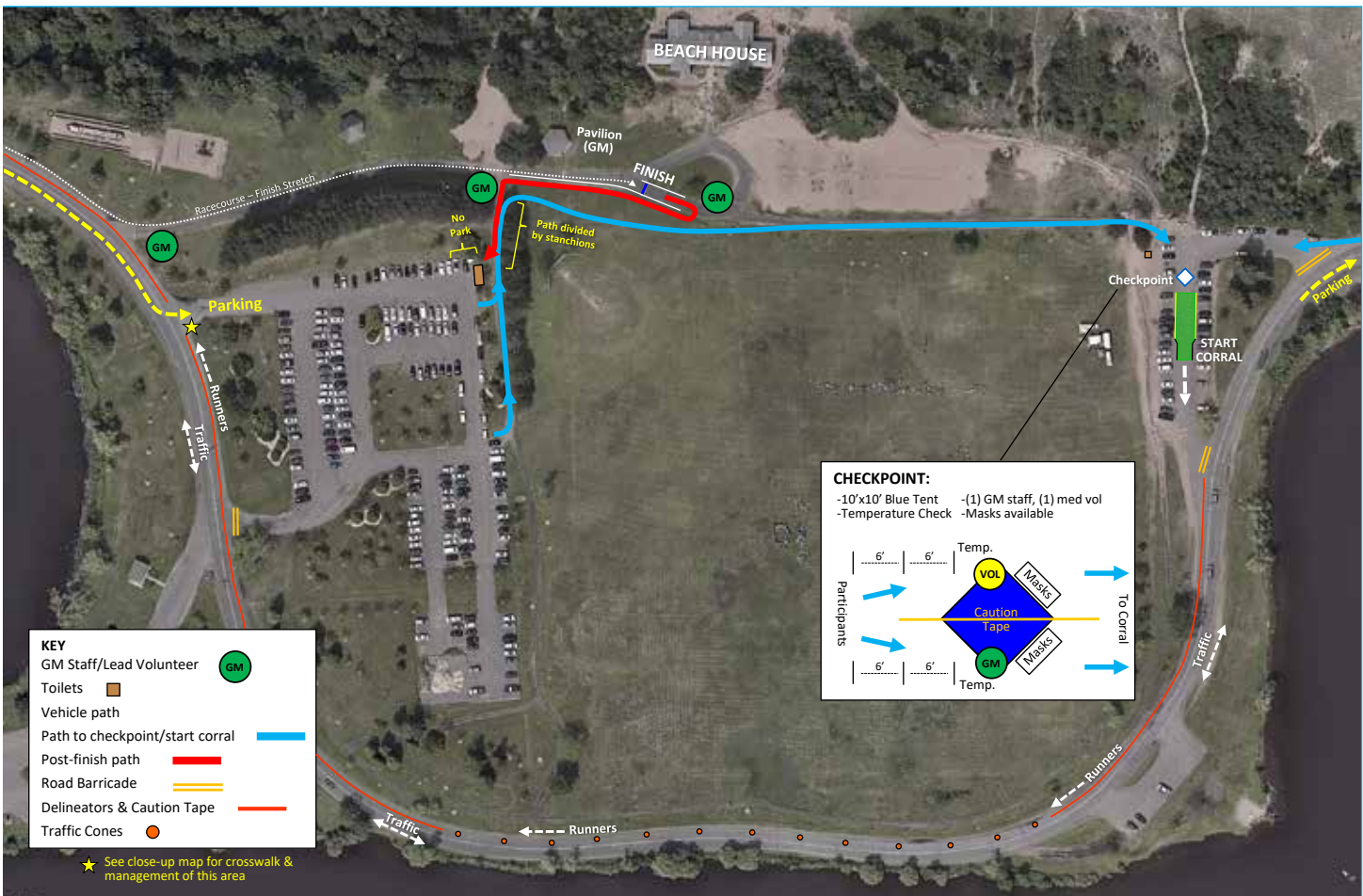
Every participant will be required to wear a mask or their race wrap in the start corral until they cross the start line, and encouraged to wear them at all other times as well.



Aid Station: There will be one aid station on the racecourse with bottled Dasani water only. It will be staffed and sanitized by volunteers following our outlined safe hygiene protocol. Runners will be able to grab a bottle of water as they pass and will see a number of recycling opportunities following the aid station. Our green team volunteers will collect any discarded bottles to recycle after the event.

Finish Line & Results

All post-race items (Dasani water bottle, Old Dutch chips and CLIF bar - *all factory-sealed*) will be bagged in advance. After runners cross the finish line, they will be directed to grab a 'goodie bag' and strictly follow the blue & orange pathways indicated on the map below back to their vehicle, marked with signage and chalk, and monitored by volunteers. Participants will be able to exit the park as others continue their race.



Organization

“Ready to Host” Similar to runners being required to be “ready to run,” staff and volunteers will be required to be “Ready to Host” after advance training on all of our hygiene and respiratory etiquette protocols. *What else does it mean to be “Ready to Host” at our event?*

- It means we all pledge to show up without any symptoms of being sick for the past 72 hours. **Every volunteer and staff member must record a temperature check upon arrival at the event.** Anyone with a temp over 100.4 degrees F will be sent home.
- It means we agree to required breaks for hand-washing with soap and water for at least 20 seconds. Masks will be required at all times with personal responsibility to respect the space of others, adhering to social distancing rules to stay 6 feet apart from arrival to departure.

Risk Assessment

Our plan and advance training for staff and volunteers will employ the *World Health Org's Mass Gathering Mitigation Checklist for COVID-19*. Based on our assessment and including all measures not specifically detailed in this summary, the overall risk score for this event:

179 / 81% / Very Low Risk

Here are the links to our mitigation checklist and matrix:

- https://drive.google.com/file/d/1m3ktlbQh1I9p4WFxcL_YRYj32tMEPGlu/view
- https://drive.google.com/file/d/1EILFrjO31KmOLw0F_Djbl0cHSFjul6gk/view

Credentials: This plan document has been prepared by the staff of Grandma's Marathon and approved by the following:

Dr. Benjamin Nelson, Medical Director for Grandma's Marathon and orthopaedic doctor at Essentia Health in Duluth, MN

Dr. David Piph, emergency doctor at Essentia Health in Duluth, MN and director on the board of Grandma's Marathon.

Goal Summary

- Execute a successful and socially responsible race event from registration to post-finish departure
- Provide a safe, comfortable experience for runners to officially participate in a certified event within CDC and MN Dept. of Health guidelines
- Continue as a prominent model for other organizations throughout the region and a proven leader that is committed to kids and healthy lifestyles, with an emphasis on underrepresented sports activities and young athletes who may otherwise not have the opportunity to participate