



Pensacola Women's Half Marathon & 5K – Pensacola, FL

COVID-19 Safety Plans for 2020

The following safety protocols and procedures will be put in place and is expected to be followed by all staff, volunteers, vendors and participants in order to have a safe in person race.

2020 WHM COVID Safety Plans

Race Day

- No race day registration
- There will be no bag check
- Participants will be pre-assigned start “corrals” based off their stated average pace per mile with the fastest runners departing first.

- Prior to and during race day all participants must agree to and abide by the safety protocol which includes the following:
 - Maintain social distance of 6 feet while in the general race area including packet pick-up.
 - Properly wear an acceptable face covering (no bandanas) over their mouth and nose at all times except during race.
 - Participants may remove their mask once crossing the start mat. As soon as they cross the finish line, they must put their mask back on. Additional masks will be available at the finish line.
 - If a runner does not wear a face covering at all times, except during the actual race, they may be disqualified and asked to leave the area. This includes the time after they have finished the race and are still in the general race area.
 - Spectators will not be permitted in the start/finish line area. Any spectators along the course will be encouraged to social distance and wear a mask.
 - Runners must not have any COVID-19 symptoms and must transfer to the virtual option if they have been exposed to anyone who has tested positive for COVID-19 within 14 days of the event.
 - Runners agree to participate in their assigned corral.
 - Runners are encouraged to bring their own pre-race and during-race hydration. *(Individual single serve bottled water will also be available)*
 - All runners will be chip-timed. The timing device will be on the back of the bib, so there is no need for chip removal interaction.
 - Race Officials will monitor the area to enforce the COVID-19 regulations.
 - If a runner refuses to abide by these regulations, they will be disqualified, and no refund will be given.

Pre-Race Communication

- All runners will receive start and finish line informational emails prior to the race. Included in these emails will be the following:
 - When to put on your face covering – Answer: when you leave your car!
 - Where to arrive and park
 - Location and usage of porta-johns
 - What time to arrive
 - Encouraging self-hydration
 - Relisting rules of safety protocol
 - How the start will work
 - How the racecourse will work and look
 - How the finish line and exit from the general race area will work.
 - Spectators will not be permitted in the start/finish line area. Any spectators along the course will be encouraged to social distance and wear a mask.
- Messages will also be spread via Pensacola Sports social media and networks

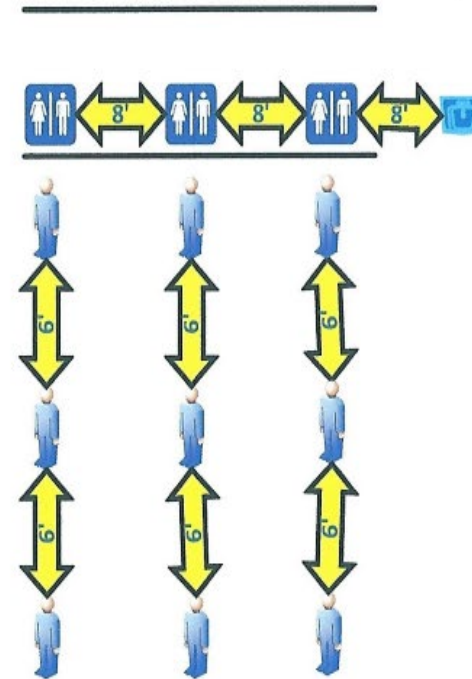
Packet Pick Up - Women's Half/5k/Mile Dash

- Packet pick-up will be on Saturday, November 7 at Perfect Plain Breweries Outdoor Garden & Grain from 11am – 4pm
- Packet pickup will also be available on race morning for both races, but participants must maintain a 6' distance from other.
- Participants must wear a face covering in the appropriate manner while at packet pickup. Those who refuse to wear a mask will not be permitted to enter the packet pick up area.
- Staff and volunteers will have a 6ft barrier between participants and will always be masked. Tables will be placed 6' apart or more.
- Everything will be placed into one bag for packet pickup and handed to the participant.
- A merchandise table will be available for sale, but customers are not able to sort through items. Credit Card payment is preferred.
- Vendors will be limited and spaced out 6ft or more from each other.
- All registration will be done online. Paper entries will NOT be available.

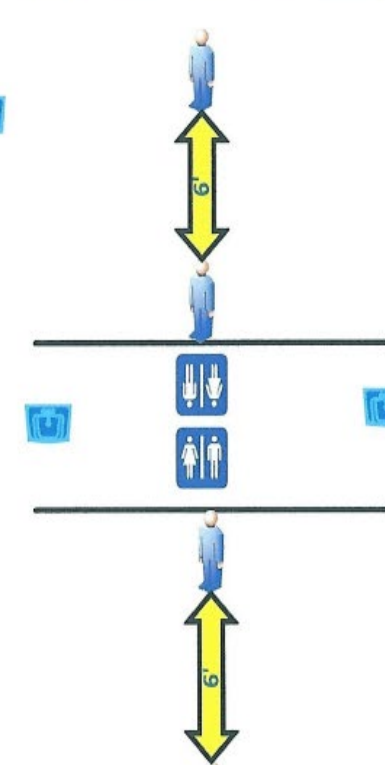
Portable Restrooms

- Portable restrooms will be placed front and back and 6' apart whenever possible. The following illustration demonstrates the ways in which we plan to set up any portable restrooms:
- All restrooms will be placed 6' apart if in a straight line using the front and back setup when possible.
- If positioned in a cluster, the key is to have all the lines forming at each door to be completely separated and allow for those in line to maintain 6' at all times.
- All restroom units must have liquid hand sanitizer
- Hand washing and additional hand sanitizing stations will be readily available near all portable restroom units.
- An increased amount of restrooms and hand washing stations will be ordered.
- Abundant signage will be placed around restrooms reminding participants to maintain 6', wear a mask, and wash their hands.

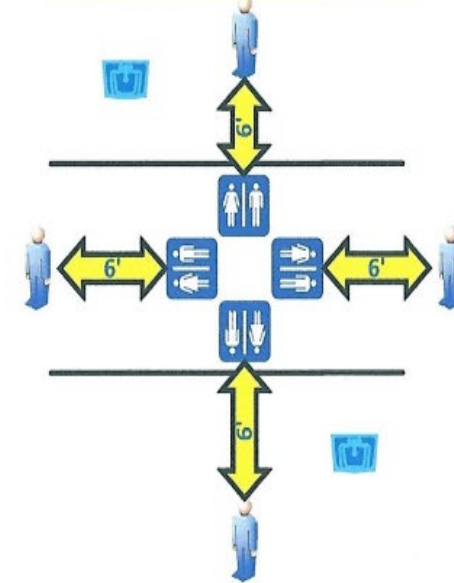
Example for a sidewalk or linear placement



Example for a sidewalk or linear placement "back to back"

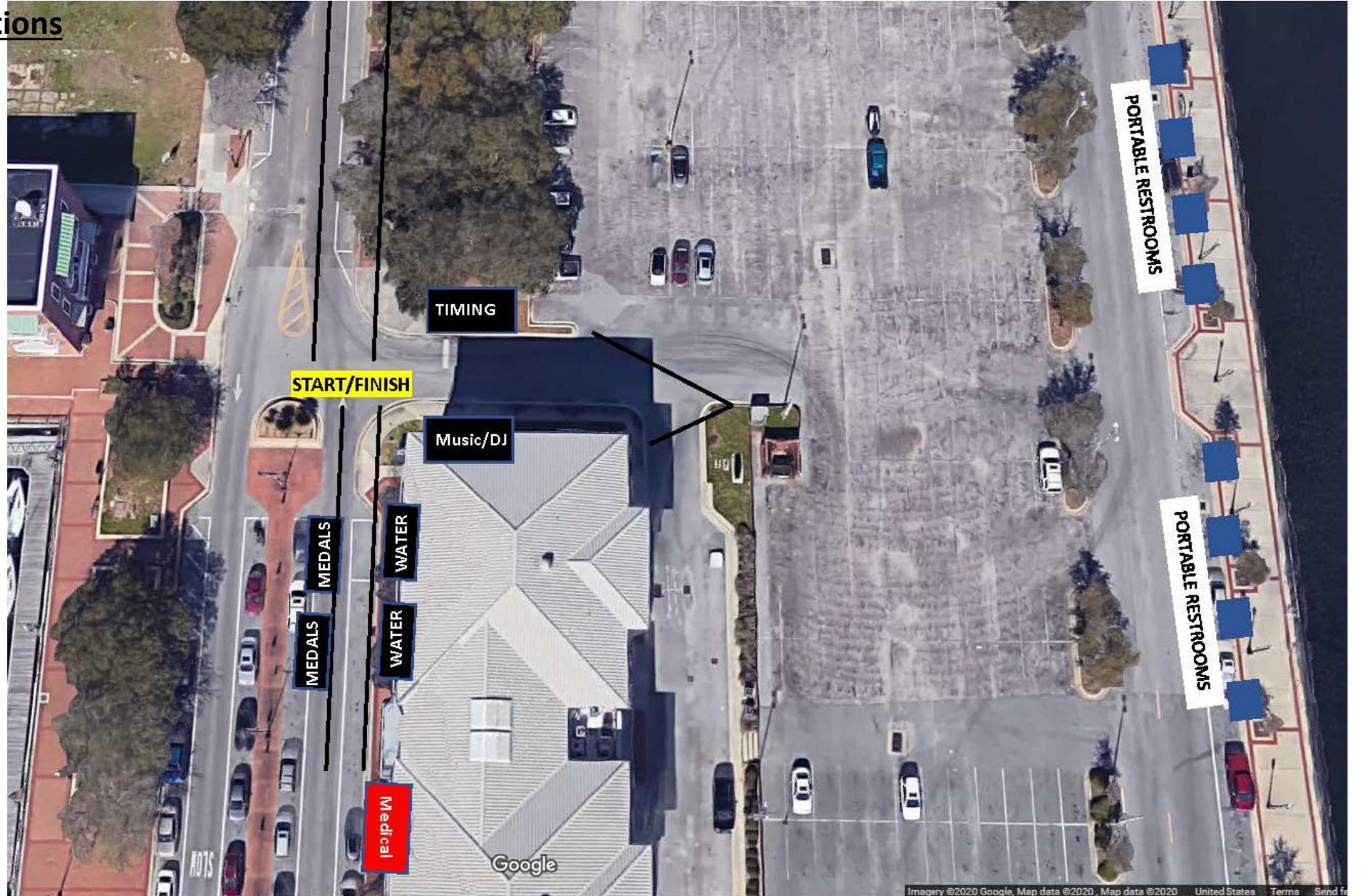


Example for a "Foursquare" placement



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Portable Restrooms Locations



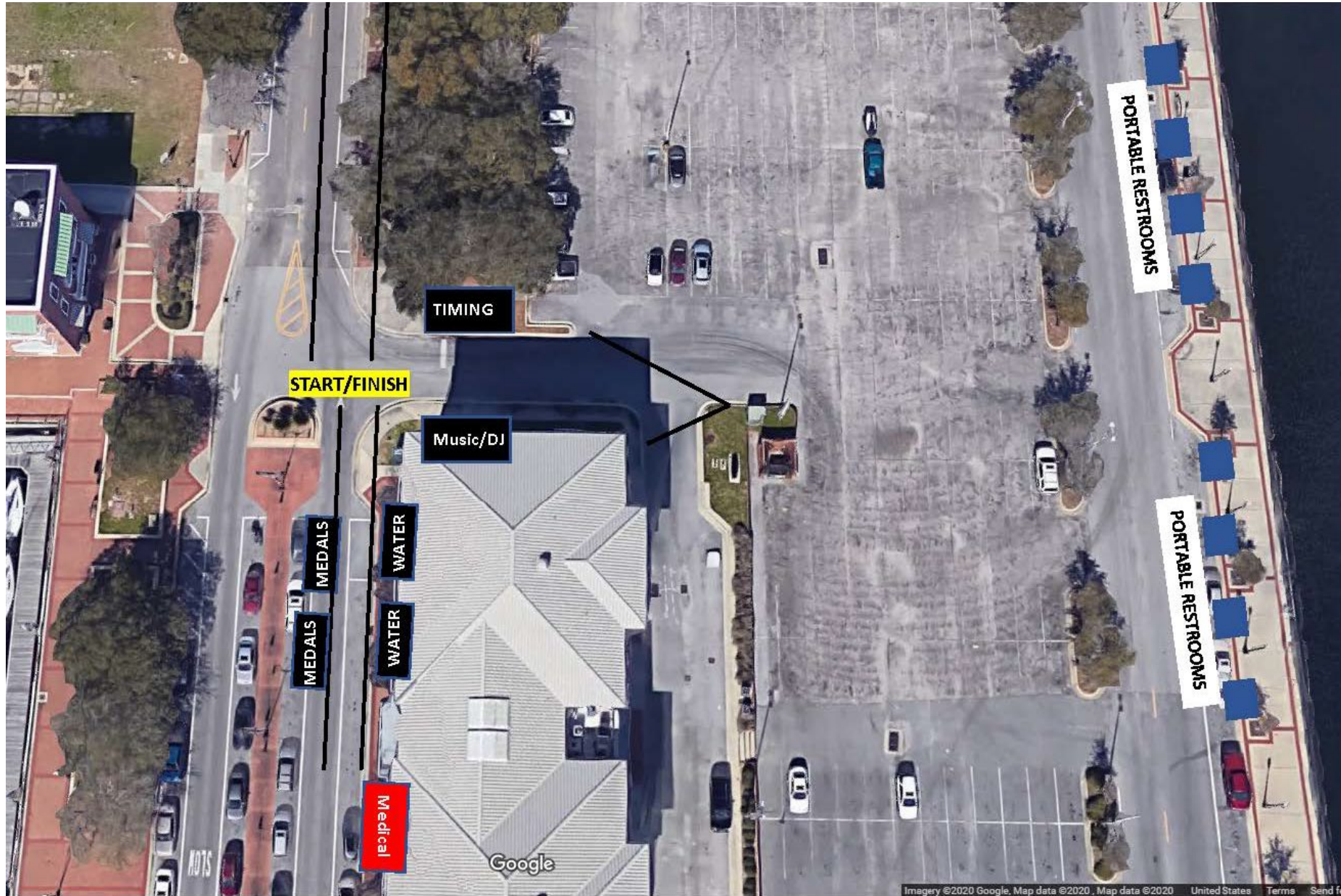
Start Line Management

- The entrance to the start/finish/post race area will be monitored and managed by one entrance. Only 250 people including volunteers, runners, and vendors will be permitted at one time.
- Up until 7:00 am, only the first four corrals will be permitted into the area. Each corral will have 50 runners.
- At 7:00 am additional corrals will be permitted to enter the area 20 minutes prior to their start time.
- Each corral will depart every 5 minutes.
- Start Timeline:
 - 6:00 am - 7:00 am Corrals 1 - 4 permitted into the area
 - 7:00 am Corral 1 begins race, Corral 5 permitted into the area
 - 7:05 am Corral 2 begins race, Corral 6 permitted into the area
 - 7:10 am Corral 3 begins race, Corral 7 permitted into the area
 - 7:15 am Corral 4 begins race, Corral 8 permitted into the area
 - 7:20 am Corral 5 begins race, Corral 9 permitted into the area
 - 7:25 am Corral 6 begins race, Corral 10 permitted into the area
 - 7:30 am Corral 7 begins race
 - 7:35 am Corral 8 begins race
 - 7:40 am Corral 9 begins race
 - 7:45 am Corral 10 begins race... and so on
 - 7:50 am Mile Dash begins race
- The start line chute is approximately 130 ft. long. Start corrals will be broken up into 2 lines at 6 ft apart.
- All runners must wear a face covering while in the start area and while in the start chute. Once they cross the start line the face covering can be removed. A runner may advance provided the runner in front of them remains 6' in front of them. Until their corral has been called to start area, participants will stage around the Plaza De Luna Board Walk and must maintain social distance
- Half Marathon Runners/Walkers will start first, followed by 5K Run/Walk, and then the Mile Dash.
- **Bag drop will NOT be available.**

Water Stops

- All volunteers will be required to wear face coverings at their water stop and stay socially distanced when possible.
- Water will be served in individual 8oz bottles for participants to grab as they pass.
- Volunteers are asked to keep within 6ft of the water table while runners are passing.
- Honey Stinger and Nuun will not be provided at water stops. Each participant will receive an individual packet in their race bags carry with them and use at their convenience during the race.
- Hand Sanitizer and cleaning supplies will be available at each water stop for volunteers to keep the area clean.

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Finish Line Management

- Goal of the finish area is to move the participants through the area as fast as possible to maintain social distance and reactivate wearing of face masks.
- All staff and volunteers must wear face masks and plastic barriers will be placed whenever possible.
- All items prepared for the finishers will be pre-bagged and placed on a table for the runner to pick up.
- Medals will be placed on the table for the runner to pick up as they come through.
- Runners are expected to reapply their face covering immediately crossing the finish line.
- If finisher has lost their face covering, volunteers or staff will be able to provide them with a new one.
- A fully staffed medical tent/area will be located near the finish line.
- There will be no onsite posted results or results look up. Results can be found online at _____
- There will be no awards ceremony. Once age divisions have closed out awards will be available for pick up at the awards tent. Runners must maintain a 6ft distance while waiting to pick up award.
- Spectators are not permitted in the start/finish/post race area.
- Runners are encouraged to exit the race area as soon as they have recovered and collected their post race goodies to help us keep numbers limited as additional finishers cross the finish line.
- Heavy messaging will be provided to participants encouraging them to not bring family or friends to the start/finish areas, but to arrange for alternate reunion locations.