

Ketchikan Running Club Event & Timing Totem to Totem Half

September 12th 2020 Ketchikan, Alaska

Coronavirus Mitigation & Safety Plan

Overview Course/Field Size: The event will be limited to 50 participants. The size of the field and the length of the event (13.1 miles) is one way. It starts at Rotary Beach (South Tongass Highway) and runs to Potlatch Park 9809 Totem Bight Road. The bike path width of 10ft paved with additional city sidewalks, and North Tongass Highway bike path should provide space for appropriate social distancing on the course most of the time.

Start Location: Rotary Beach

Finish Location: Potlatch Park

Insurance: Ketchikan Running Club event is insured by RRCA.

Waiver: All participants of the in-person event will sign a waiver of liability.

EMS volunteers/ambulance: If not called out for an emergency, EMS volunteers will be monitoring in vehicles. While they won't be used to actively identify people sick with Covid-19, they will be able to safely treat and isolate participants who may become ill during the event. The volunteer's primary duties will be responding to acute injury and health issues, triage of those issues, and coordinating with Emergency Medical Services if needed.

Staff and Volunteers: The race staffing will be run with the lowest, safe amount of staff to reduce exposure. All volunteers will be screened for illness ahead of the event. Volunteers, if used, will be screened ahead of the event and trained on proper COVID-19 sanitation and mitigation. Efforts to reduce the need for volunteers will be used to reduce exposure for them, and participants. All pre-race screening will be documented using the attached form.

Out of State Participants: Participants who have traveled to Ketchikan from outside of Alaska will abide by restrictions and protocols of State of Alaska Health Mandate 10.

PRE-EVENT PLAN

Registration: The event will be capped at 50 participants.

The event will use online registration only. Kiosks will not be used at any pre-event registration sites. If they become necessary, kiosks will be disinfected between each use.

All registration will be able to be deferred to 2021 to keep participants who are ill or who have been exposed to the COVID-19 from participating in the event.

Participants will be required to sign a waiver acknowledging the risk of transmitting and contracting COVID-19.

A virtual option was already offered for participants in May 2020.

Communication: Participants will be updated about the event and COVID-19 specifically through email, the Ketchikan Running Club website and social media.

Updates will be dated to ensure participants know they are viewing the latest information.

Additional requirement for participants will be highlighted on the event website/social media.

Safe spectator information, including any guidelines about spacing while watching, face coverings for spectators and remote tracking options will be disseminated prior to the event.

Current and updated deferment and refund policies will be clearly stated and communicated.

Pre-Race Bib Pickup: N/A

EVENT DAY PLAN

Event Day Packet Pickup:

Event-day packet pickup will be open 1.5 hours prior to the start and remain open through the starting period.

All equipment used will be sanitized ahead of time.

There will be 2-3 pickup stations separated by at least 30 feet.

Volunteers will be wearing masks and regularly sanitizing hands and computers.

Markers will indicate suggested social distancing.

Hand sanitizer will be available to participants at the kiosk locations.

Participants will be asked to come in a time slot that coordinates with their start time.

SPECTATORS

Spectators are not allowed to congregate at the start/finish area and will be advised to not to attend.

START TIMES/DESIGNATED INDIVIDUAL/FAMILY/COUPLE CONE

Participants will be pre-assigned individual cone/number 20 feet apart for a staggered start.

Couples/families living in same household can start together at designation cone.

Staggered starts will be every 20 seconds.

Participants should not arrive to the start area more than 10 minutes prior to their corral start time.

The finish line will be 50 feet across for social distancing finishes.

PARTICIPATES ON-COURSE

Wearing masks at all times will be recommended. Especially when passing people.

Participants will be advised to keep 10ft of distance while running, overtaking others, and passing others going in the opposite direction.

AID STATIONS/ON-COURSE REFRESHMENT

Participants will be encouraged to carry their own water and nutrition with them to minimize touchpoints and their own exposure during the event.

Sealed Water bottles will be offered at aid stations.

Aid station staff will be screened for illness ahead of time and can only work if healthy and they have had no contact with a known COVID-19 case.

Volunteers will be required to wear masks at all times, and hand sanitize before touching any bottles.

Participants will be required to pick up bottles as self-serve.

Participants will be asked to pull a mask up when grabbing water from an aid station.

Aid station staff will use masks and gloves for cleanup.

Trash grabbers will be provided for trash pickup.

Aid station staff will frequently sanitize hands.

Hand sanitizer will be available to race participants.

FINISH

No spectators will be allowed to congregate near the finish area.

Rope barriers will keep spectators more than 20 feet from finishing participants.

Bottled water will be provided to reduce touchpoint contamination.

Limited single serving food items packs will be grab and go.

Finisher medals, and swag will be grab and go.

Participants will be required to maintain social distance with anyone outside their household after the finish.

Participants are encouraged to depart the finish area within 10 minutes.

POST EVENT

Communication:

Follow up email will be sent after the event to ask anyone who became ill and tested during or after the event to contact us.

If notified, the event will work with local health department to properly inform and advise participants on the next step.

Contact Person:

Ketchikan Running Club

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