



## Le Grizz 2020 Covid-19 Guidelines



**Le Grizz 2020 is going to look different this year...**

*Due to the distanced nature of long-distance running we have decided that it is feasible for Le Grizz 2020 to happen. Due to the pandemic, though, we are asking runners to come to the event alone, if possible. We have a small, vulnerable community and we hope that you understand that it is a privilege to participate in Le Grizz and doing so with the least amount of impact to the community is our request.*

### **SIMPLY PUT: WEAR FACE COVERINGS AND STAY 6 FT APART**

**We ask that anyone not willing to follow our guidelines to please stay home.**

**\*\*\*All participants will be expected to adhere to government guidelines as well, even if 14-day quarantine for cross state travel is required at the time of race\*\*\***

**\*\*\*Everything is subject to change at any time along with event cancellation\*\*\***

#### **Pre-Travel**

- **If anyone has any COVID-19 related symptoms please stay home:** fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea. (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>)
- Runners and volunteers are required to monitor symptoms for 2 weeks before race day and monitor temperature 1 week before race day. An additional waiver must be signed that you have complied with this requirement and agree to adhere to the new protocols in place on race day. Failure to do so will result in not being allowed to participate. This is a stipulation of our insurance and for us to be able to hold the race. NO EXCEPTIONS.

#### **Pre and Post Race in and around Polebridge Mercantile and townsite**

- Face coverings required and maintain 6 feet as much as possible

#### **Packet Pick-up**

- Traditionally packet pick-up is possible from 5-7 the evening before race day and an hour before event start time the morning of. Depending on how many registrants we have, we may separate runners into time slots via alphabetical

groups. Only one person to packet pickup, please. We will send out final details in a later email, closer to race day. Face coverings required and maintain 6 feet as much as possible.

### **Start Line**

- Participants must wear face coverings until 6ft distance is possible.

### **Race Time**

- Wear face covering when passing and if 6ft distance isn't possible. Always be mindful of other runners and regular traffic.

### **Aid Stations**

- At a minimum Aid Stations will have water and drop bags
- If conditions allow (maximally), AS will be staffed by volunteers and provide food.
- Because we've never ran an Aid Station during a pandemic you can expect that there is a likely possibility for them to function slower than normal
- Have drop bags prepared with supplemental nutrition if AS runs at minimum
- Runners will handle personal water bottles (and pre-packaged food if conditions allow)
- Runners must sanitize hands before entering AS
- Runners must wear face covering in AS
- Runners must throw food waste in provided garbage cans
- If AS is staffed by volunteers, they will be adhering to special guidelines to protect themselves and runners (e.g. regular disinfecting of surfaces, social distancing, face coverings, etc.)
- **Most importantly, runners are expected to maintain 6 feet distance in AS at all times, even if things are moving slowly.**

### **Finish Line**

- All runners wear face covering after crossing the finish line so you can receive your finishing award(s).

- There will be no fried chicken and jojo's served this year 😞 The traditional feast will be postponed. We are very sad and sorry but this is the safest alternative we have come up with while still being able to put on Le Grizz. **Awards will be given as results are determined.**

**Notes on face coverings:**

From the CDC: "CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain, such as grocery stores, pharmacies, and gas stations." [Click here for the CDC information on cloth face coverings.](#)

Research studies have found that the primary method of SARS-CoV-2 transmission is most efficiently via mouth droplets.

**Please bring a supply of face coverings.** Buffs are completely acceptable!