



RunNB's COVID-19 Recommendations / Application / Operational Plan

With the health and safety of all New Brunswickers, including runners, organizers and volunteers the top priority, the primary purpose of this document is to provide recommendations for race organizers to design operational plans for running events considering new safety protocols resulting from the COVID-19 pandemic.

Race organizers and directors must submit their operational plan to RunNB COVID-19 committee for review and approval three weeks prior to race day in order to receive official sanction from RunNB.

As of this date, the present alert level is yellow which allows organized sports activities to operate as per the guidance provided by provincial organization.

All races directors shall maintain operational plans to ensure compliance with this guidance as well as subject to the COVID-19 general guidance.

Races can only take place in a yellow zone under the alert level system in New Brunswick.

RunNB, race directors and organizers should ensure all participants are aware of applicable health, medical and safety information. As COVID-19 continues to evolve, guidelines produced by Government of New Brunswick's Public Health should always be consulted.

All provincial, municipal and public health guidelines supersede any guidelines in this document.

Registration

All race directors and organizers should use on-line registration systems only with online payment systems. Race day, on-site registration (online or cash payment) should not be permitted. All race directors and organizers must ensure waivers are updated to include communicable diseases (inclusive of athletes, volunteers and staff).

Pre-race communications

Keeping all runners, volunteers informed on risk management strategies is critical.

All race directors and organizers should use direct email, social media to communicate clearly all to all participants and volunteer in advance of public health advisories including:

- All runners and volunteers should be in good health prior to attending race kit pick-up and race day event.
- All runners and volunteers must be symptom-free when arriving at race kit pick-up and/or race day event.
- Runners, volunteers, race directors and organizers should stay home when sick, even with mild symptoms.
- Carpooling is discouraged

Race Kits & Race Kit Pick Up

All race directors and organizers should consider basic materials in race-kit packages such as bibs, pins to avoid potential cross-contamination from race materials.

All race directors and organizers should consider using registration paper check-in list(s) to avoid sharing computers or touch-screen devices.

All race directors and organizers must display any public health advisories at entrance venue that promotes high levels of personal hygiene, including advice on hand-washing, physical distancing and minimizing physical contact.

Hand sanitizer (65-70% alcohol) must be available at the entrance of venue and all volunteers must wear gloves and masks. Hand Sanitizer and disinfectants must be approved by Health Canada. A list of approved products can be found at (<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/hand-sanitizer.html>)

Physical distancing must be maintained throughout the check-in process with distance markers (2m) clearly provided on the floor / wall of race-kit pick up site. Use of one-directional flows is strongly recommended.

Expos are not encouraged; however, should race directors and organizers proceed with an Expo, proper public health measures such as physical distancing, hand sanitizer and routine disinfection on hard surfaces. Booths must be separated at least 2 meters apart and monitored by only one individual wearing gloves and a mask. Use of one-directional flows is strongly recommended.

Event Timing

All race directors and organizers should use electronic timing through bib tag timing (no ankle chips allowed) or other non-contact methods/platforms such as Webscorer or manual timing. Stopwatches or other devices should not be exchanged.

Race Day

Race Directors, organizers, race officials and volunteers shall respect provincial/municipal group gathering size restrictions with number of participants allowed as prescribed by Government of New Brunswick's Public Health phases.

Race Directors, organizers, race officials and volunteers should wear face masks during the event, if physical distancing is not possible.

All runners must be symptom-free when arriving to the race site.

All runners must refrain from expelling or dispersing any bodily fluids (spitting, snot rocketing, etc.)

Race Directors, organizers, race officials have the right to refuse a runner if it is determined that the runner displays COVID-19/illness symptoms.

Race Directors, organizers, race officials and volunteers must always maintain 2 metres between all individuals before, during and after the race.

Race Directors and organizers should devise a start plan that strongly encourages safe physical distancing. Recommendations include: stagger individual start times, stagger group starts times, seed fast runners starting first to avoid passing on course.

Race Site

Race directors and organizers should set up a course where physical distancing is both encouraged and enforced.

Race directors, organizers and volunteers should encourage physical distancing with spectators and strongly discourage congregating at the starting/finish line area. Spectators must follow rules and are expected to adhere to the physical distancing rules.

Grandstands/benches/seating must be compliant with social distancing, maintaining 2m distance between seats.

Washrooms/portapotties must always have ample hand sanitizer and paper towels available for use during event.

Water stops/aid stations should operate on self-servicing basis where runners should not be in a position on the aid station serving table than what he/she has selected. All volunteers should wear masks and disposable gloves with only water provided.

Water stop/aid station volunteers should be divided into two groups with no cross-over between roles: those preparing for runners and those collecting used bottles/cups.

Finish Line

Race directors and organizers should limit the number of volunteers working the finish line area, ensuring runners and spectators do not congregate in the finish line and post-finish areas.

Medals, if awarded by race, shall be handed to finishers not draped over the neck of a finisher.
Should a race provide after-race food, it should be pre-packaged.
Awards ceremonies are discouraged.

Race organizers and directors must submit their operational plan to RunNB COVID-19 committee for review and approval three weeks prior to race day in order to receive official sanction from RunNB.

All submissions must be emailed directly to: dwade194876@gmail.com and NBMarathonman@gmail.com



Have you read all the suggested recommendations?

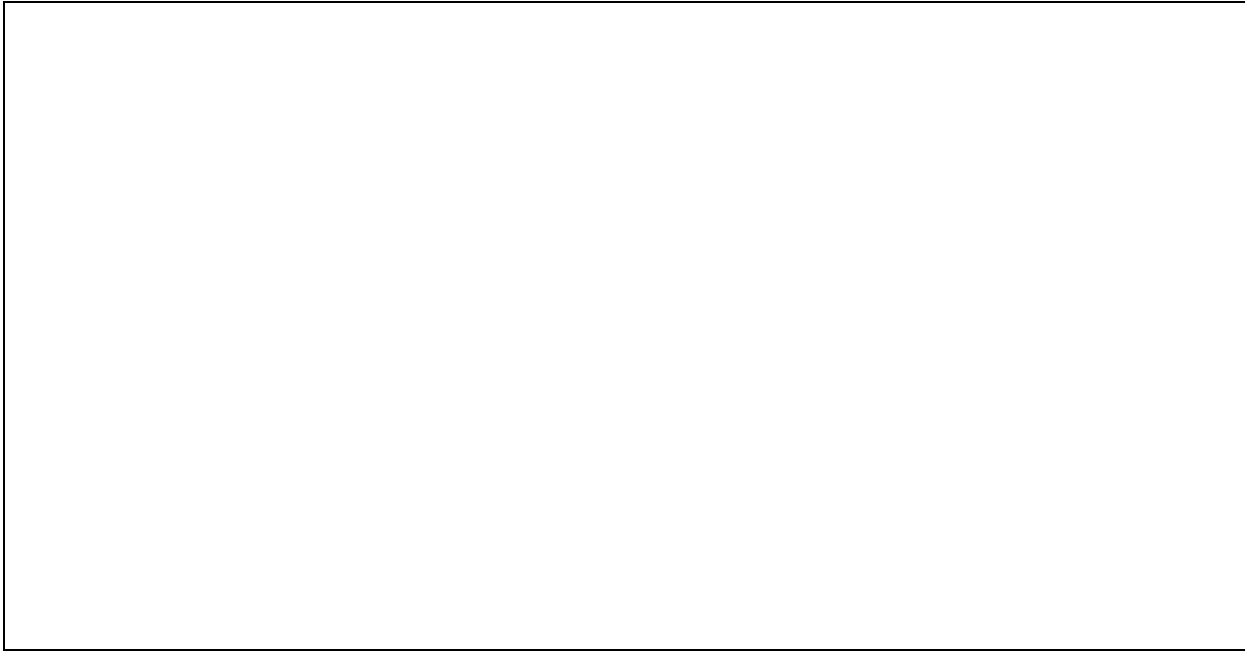
Have you filed a copy of this operational plan / application with your municipality?

Pre-race activities

Please indicate basic pre-race activities (communication to racers, travelling, regulations for health and safety etc.)

Course sketch / map

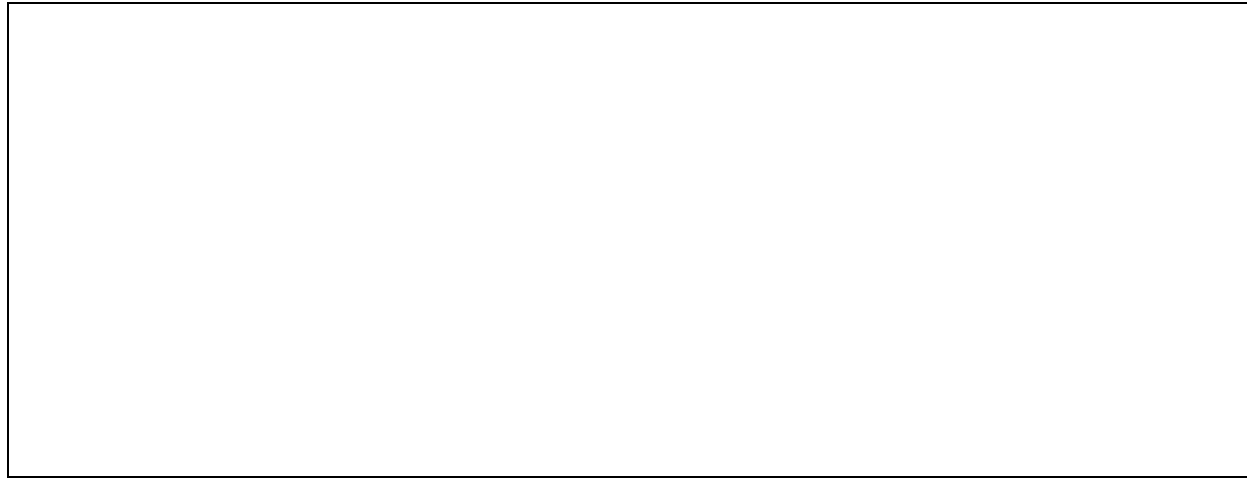
Please indicate start line/finish line, physical distancing, timing, water stops, volunteer positions

A large, empty rectangular box with a thin black border, occupying the upper half of the page. It is intended for the user to provide details about the race.

Post-race activities

Please indicate medals, wrap-up area, meals etc.

A smaller, empty rectangular box with a thin black border, located below the section header. It is intended for the user to describe post-race activities such as medals, wrap-up area, and meals.



Action Items	Resources (Examples, Templates, Guidance Documents)	Details of Implementation (PPE Specifics, Frequency, Policy Name, Process, etc.)	How is it communicated? (Poster, Training, Verbal Notice)	Status (Done, In Progress, Not Started, N/A)
Public Health Requirements - Are to be followed at all events, rides, and sanctioned/organized activities where appropriate.				
Physical Distancing				
Implement a two-metre physical distance protocol where needed.				
<ul style="list-style-type: none"> Consider both participants and visitors/guests. 				

<ul style="list-style-type: none"> • Arrange registration/on site activities to promote the two-metre rule. 	Physical Distancing			
<ul style="list-style-type: none"> • Provide visual cues where needed (ensure two-metre markings on floor, directional movement, etc.). 				
<ul style="list-style-type: none"> • Determine if installation of physical barriers such as partitions or Plexiglas is feasible or needed. 				
<p>Establish a protocol to ensure people don't congregate in groups larger than recommended by the province. (Limiting numbers in planned activities. Staggered start/finish and break areas as needed, virtual rather than in-person registration, limit access to common areas, etc.).</p>	WorkSafeNB FAQ			
<p>Evaluate options to spread people onsite at the activity.</p>				
<p>Evaluate the risk of participants coming closer than two metres in all parts of the activity.</p>				
<p>Hand and Respiratory Hygiene</p>				
<p>Promote frequent handwashing.</p>	Handwashing Poster			
<p>Have hand-wash stations available and equipped with running hot/cold water and adequate soap and paper towel.</p>				
<p>Have minimum 60% alcohol-based hand sanitizer available.</p>	Hand Sanitizer Poster			
<p>Communicate frequently about good respiratory hygiene/cough etiquette.</p>	Protect yourself and others			
<p>Evaluate the activity for shared objects and common areas and increase frequency of cleaning of touched surfaces/objects (minimum twice daily).</p>	Cleaning and Disinfection for COVID-19			

Action Items	Resources (Examples, Templates, Guidance Documents)	Details of Implementation (PPE Specifics, Frequency, Policy Name, Process, etc.)	How is it communicated? (Poster, Training, Verbal Notice)	Status (Done, In Progress, Not Started, N/A)
Public Health Requirements - Are to be followed at all events, rides, and sanctioned/organized activities were appropriate.				
Screening and Monitoring				
Determine if your organization must implement a passive or active screening process. For more information on active screening, see page 11 of the Embracing the New Normal guide .	Screening tool			
Prepare for the possibility that a participant tests positive for COVID-19 and may have been in the workplace. Inform your employees of the procedures to be followed.	WorkSafeNB FAQ			
Receiving payment for good and services				
<ul style="list-style-type: none"> Use electronic payment devices (if possible). Online Registrastion systems are available for membership, and signing up for activities. 				
<ul style="list-style-type: none"> If you must handle money, ensure regular handwashing and have minimum 60% alcohol-based hand sanitizer readily available. 				
Cleaning and Disinfection				
Ensure availability of all necessary supplies for cleaning and disinfecting.	Cleaning and Disinfection for COVID-19			
Washrooms - If public washrooms are available on site of activity.				
<ul style="list-style-type: none"> Equip with hot and cold running water under pressure, liquid soap, paper towel, toilet paper and garbage containers where possible. 				
<ul style="list-style-type: none"> Hand-washing posters must be posted. 	Handwashing Poster			
If multiple stalls and sinks are provided in washrooms, consider whether you need to limit access through maximum numbers allowed in the space at one time.				
Additional Considerations:				
Consider implementing a self-isolation unit. Isolate persons showing signs of COVID-19 immediately at the event, ride, or organized activity. Keep the person isolated until they are picked up to avoid contaminating others.				
Provide mental health support to all participants, or information on public health supports, if available.	GNB Mental Health Resource			

Action Items	Resources (Examples, Templates, Guidance Documents)	Details of Implementation (PPE Specifics, Frequency, Policy Name, Process, etc.)	How is it communicated? (Poster, Training, Verbal Notice)	Status (Done, In Progress, Not Started, N/A)
Public Health Requirements - Are to be followed at all events, rides, and sanctioned/organized activities were appropriate.				
If your activity CANNOT ensure minimal interaction of people within two metres of each other – the requirements listed below <u>must be implemented</u>				
Where feasible, install physical barriers (clear plastic guard, cubicle walls of appropriate design, curtains).				
If physical barriers are not possible:				
<ul style="list-style-type: none"> Implement active screening processes. 				
<ul style="list-style-type: none"> Implement enhanced handwashing and sanitation/cleaning practices in shared areas and for shared items. 	Cleaning and Disinfection for COVID-19			
Provide personal protective equipment such as:				
<ul style="list-style-type: none"> Hand protection (nitrile, rubber or latex gloves) 	OHS Guide-PPE			
<ul style="list-style-type: none"> Eye protection (safety glasses, goggles or face shield) 				
<ul style="list-style-type: none"> Other PPE as determined necessary through the risk assessment 				
In areas/rooms where minimal interaction of people within two metres of each other is not possible, maintain a participant log. This must be made available to Public Health for contact tracing purposes if it's identified that a person who tested positive for COVID-19 was present in that area.				