

DEPOT DASH 5K

COVID-19 GUIDELINES

To prioritize the health and safety of all athletes, volunteers, and staff we are taking preventative measures and implementing the following guidelines and protocols for the Depot Dash 5K:

PARTICIPATION

- Do not participate if you are:
- feeling sick or ill,
- have a fever or experiencing flu-like symptoms,
- or have been in close contact with someone who has COVID-19.
- Individuals from high risk groups for COVID-19 complications should consult their physician before participating.
- Participants are encouraged to not attend if they're experiencing any symptoms.

GUIDELINES & PROTOCOLS

- Participant limits will be reduced according to the state and CDC guidelines.
- No race day registration.
- Volunteers will be screened and have their temperature checked before entering the race or event site.
- All individuals are required to wear a mask or face covering except while actively participating in the event.
- Fewer volunteers and staff are being utilized to lessen the potential spread of the virus.
- Practice social distancing – ensure appropriate spacing between athletes, volunteers, and staff at all times. The State Health Department encourages runners to maintain 12 feet physical distancing during the race unless actively trying to pass another runner.
- Do not engage in traditional forms of physical contact (handshakes, high-fives, hugs, partner stretching) or close group pictures/selfies, unless from the same household. Please respect others personal space. If they seem uncomfortable, add more distance between if possible.
- Wash your hands or use our hand sanitizer services as needed.
- To minimize large groups, all participants will start the race in a corral. This reduces the number of participants in proximity of each other, as well as the number of people in the start and finish areas at a given time.
- Each corral will hold 40 participants and be released in waves of 20.
- Corral assignments are based upon the estimated finish time given at registration and corral assignments cannot be changed.
- Water on the course will be at unmanned tables. Volunteers will not hand the participant a cup. Cups will be placed on a table approximately 8-10 inches apart. The participant will be responsible for taking a cup and discarding it in a trash can.
- Please practice course etiquette.
- Run/walk single-file, not two or three abreast.
- Dispose of waste in proper receptacles.
- Lower volume in earbuds or use just one to maintain ability to hear other participants, volunteers or race officials.
- Do not linger. Finishers will not be permitted to “wait for someone” in the finish area. Please keep moving forward when you finish so participants behind you have the same opportunity to finish that you did. If you must wait for someone, please plan to meet up at the vehicle you came to the race in. All finishers will pick-up their finishers medals as they exit and an unmanned table with bottled water will be available for pickup.
- No awards ceremonies on race day. Please see the website for details.

CHANGES TO GUIDELINES AND PROTOCOLS

As guidelines and protocols are updated and/or revised, participants will be notified by the email. Updates will also be added to the event page on our website.