

Recommended Guidelines for Denver Running Events



Prepared by:
Andrea Dowdy
Andrea@runcolfax.org
303-587-6676

Creigh Kelley
Creigh@runcolfax.org
303-667-2131

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Topic	<input type="checkbox"/> Events are operating at the Blue Level with starting groups of 500.
COVID-19 checklist	<input type="checkbox"/> The event organizer should manage the event with COVID-19 safety in mind. Certain advisories should be left in place.
COVID-19 Manager	<input type="checkbox"/> The Event Director will have the additional duty to manage the COVID-19 guidelines.
Overview	<input type="checkbox"/> 5000-4,999 runners maximum with 500 assigned to each start time. Start times start 30 minutes apart. <input type="checkbox"/> Race day registration and post-race expo/festival are permitted. However, on-course water stations for 10K distance and less are not recommended (if the decision is to deploy on course water stations, volunteers are encouraged to wear PPE). <input type="checkbox"/> Participants are strongly encouraged to wear face masks until they cross the start line. <input type="checkbox"/> After crossing the start line, masks are not required. Participants are not required to wear masks on the course or after they cross the finish line. <input type="checkbox"/> Event directors are encouraged to chip time the event to comply with any post event contact tracing (NB: the timing manager can identify easily the closest 25 participants who are proximate at the start line to a participant who is later identified as a COVID-19 carrier).
Event Plans, Portable Restrooms, Cleaning	<input type="checkbox"/> Event organizers should include in their event plan a schedule to clean all surfaces that a participant might come in contact with. This includes post event refreshment distribution (and if an event determines other food or liquid distribution is offered, the cleaning plan must be updated accordingly). <input type="checkbox"/> Portable restroom management plan in accordance with current government guidelines. All portable restrooms should have sufficient hand sanitizer to accommodate the size of the event and/or provide additional hand washing/sanitizing stations.
Staging of participants prior to start and as they flow individually across the start line	<input type="checkbox"/> Waves/ subgroups of 250 will be preassigned. Participants are pre-assigned to a start time – each start time can have a unique color bib (or other easy to see the bib identifier). <input type="checkbox"/> Runners are pre-assigned a corral A or B to avoid crowding. <input type="checkbox"/> Start times are 30 minutes apart. <input type="checkbox"/> Chip timing is essential at the start to be used for contact tracing if that need arises after the event. <input type="checkbox"/> A runner with a different bib color or highly visible identifier than the Group allowed at the start will not be allowed in the chutes. <input type="checkbox"/> Announcer invites runners to stream across the start. Runners will maintain 3’ social distancing until they cross the start line. <input type="checkbox"/> Starting line lanes should have instructional signage and/or have 3’ markers.
Water Stations	<input type="checkbox"/> For 5K’s and 10K’s runners are encouraged to bring their own hydration for pre-race and on-course. <input type="checkbox"/> If the event manager decides to deploy pre-race and on course water stations due to projected high temperatures, the liquid station managers should be wearing appropriate PPE and on-site “best practice” cleaning of surfaces should be activated.
Finish Line Management And Post Race Party	<input type="checkbox"/> After a runner crosses the Finish Line, face masks are encouraged if the finishers are “bunched up”. The finish line announcer will monitor this and make necessary announcements if larger groups seem to be gathering. Event should have new face masks on hand should a runner drop their face mask during their run and make them easy to access upon request.

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Finish Line Management And Post Race Party	<ul style="list-style-type: none"> <input type="checkbox"/> Event staff and/or pre-trained volunteers will hand out hydration/items (PPE to be worn in accordance with current COVID-19 guidelines) <input type="checkbox"/> Post race party/festival – If the event would like a postrace party, more area is needed if there will be tents and other items. There can be additional areas of this size with a separate activity. <input type="checkbox"/> Awards can be mailed postrace or provided on site at a ceremony. Volunteers or staff should wear PPE when distributing the awards.
Staff and volunteers	<ul style="list-style-type: none"> <input type="checkbox"/> Should wear provided or approved face masks and other PPE to demonstrate that the event is a “safe” environment.
Medical Plan	<ul style="list-style-type: none"> <input type="checkbox"/> Medical and related plans must reflect current COVID-19 policy. <input type="checkbox"/> Collect and maintain list of all event day (s) employees, event staff, contractors, volunteers, vendors and participants for 30 days following the event to support Covid-19 contact tracing. <input type="checkbox"/> Recommend a minimum of 1 bicycle paramedic to monitor the participants on the course.