



Omaha Marathon
September 19-20, 2020
COVID-19 Protocols

- Go/No-Go Decision Criteria
 - Maintain regular Contact with Douglas County Health Department
 - Present plan for approval 60 days prior to race date (Plan is approved.)
 - Monitor reopening phase as defined by the governor
 - Determine likelihood of worsening conditions
 - Monitor any evolving requirements by Douglas County, State of Nebraska, national health authorities and USATF
 - Make and communicate go/no-go decision to local authorities and registrants at least 30 days prior to race date (Decision: Go as scheduled.)
- Pre-race email communications to registrants
 - The race start will be staggered with 6 person waves starting every 15 seconds. Waves will be assigned based on the runners estimated finish time. All registrants who did not enter their estimated finish time at registration should do the following:
 - Go online to <https://myevents.active.com/HITSEndurance>
 - Login to **MyEvents** using the active.com account used to register
 - Locate your registration card and click **Edit Registration**
 - Locate **Estimated Finish Time** and enter time
 - Click **Continue**
 - All participants will be assigned a Wave Number which will be shown on the back of the participants' bibs
 - Any participant who exhibits symptoms may not participate in the live event
 - Contactless temperature checks will be taken prior to entering the event area
 - Any participant who falls under or lives with someone who is high risk is encouraged to not participate
 - Any participant who refuses to wear a face covering or to maintain prescribed physical distancing as described below may not participate or will be disqualified

- Participants are encourage to bring their own face covering. However, the race organizer will supply a gator type face covering to any participant who does not have one.
- Participants are encouraged to bring their own hydration and nutrition
- Spectators are encouraged to stay away from the event area (see Spectator section below)
- Race site and course signage
 - Reminders to maintain safe physical distancing and face covering requirements
 - Reminders to use hand sanitizers
- Public address announcements
 - Throughout Saturday and Sunday, reminders to maintain safe physical distancing and face covering requirements
 - Throughout Saturday and Sunday, Reminders to use hand sanitizers
 - Finish Line Announcer, in addition to announcing finishers names and home towns, will politely encourage finishers and their families and friends to depart quickly in order to make room for other finishers
- Hand sanitizer stands will be located at:
 - Start, Finish and each Water Stop
 - Race administration
 - Expo/Vendor area
 - Portable toilets
 - Post-race food and beverage area
- Pre-race check-in and packet pick-up
 - Contactless temperature checks will be taken prior to entering the event area. Anyone with a temperature 100.4 degrees or greater will not be allowed to enter.
 - Packet pick-up will take place at several separated tables at the event site in order to promote proper safe physical distancing
 - Spray chalk or tape will be applied to pavement to delineate required 6' distancing
 - Finisher medals will be included in packets instead of at the Finish Line
 - Gels will be included in packets for Marathon and Half Marathon runners for use during the race instead of being available at Water Stops during the race.
 - Staggered race times will be assigned and printed on the back of bib based on pace
 - Saturday evening Pizza Party has been cancelled due to challenges of maintaining safe physical distancing.

- Expo and Vendors
 - Vendors will be asked to submit their COVID-19 guidelines no later than 9/8/20 for approval and adjustment as necessary
 - Expo will be altered to promote safe physical distancing and minimize person to person contact
 - One-way walking paths will be created
- Staff and volunteers:
 - PPE to include face coverings and plastic gloves
 - Health confirmation on check-in or race day
 - Contactless temperature checks
 - Health certifications
 - Volunteers and staff will be briefed on the following:
 - These protocols
 - What to do in the event that someone does not comply with these requirements
 - What to do in the event that someone becomes ill
 - Sanitization practices:
 - Surfaces that come into contact or close proximity to people will be sanitized on a regular basis – generally not less often than hourly
 - Staff and volunteers will execute a checklist at every event which includes cleaning times/intervals
 - Staff and volunteers will ensure that they are wearing face coverings and fresh plastic gloves during each disinfecting procedure
 - The disinfecting products to be used will be Lysol Spray and Lysol wipes or their equivalent
 - Event organizer will review EMS sanitization procedures to ensure conformance with the above practices
- Race day practices:
 - Contactless temperature checks will be taken prior to entering the event area. Anyone with a temperature 100.4 degrees or greater will not be allowed to enter
 - Face coverings must be worn at all times while at the race site until the runner has started the race and is separated by 6' from other participants. (Face coverings are not required for the duration of the run but must be kept for any further encounters with another person.)
 - The start line will consist of six start line chutes that will be spread at 6' intervals for each wave of six participants
 - When runners arrive they will be directed to corrals with signs displaying wave number ranges. They will locate, enter and remain in their assigned corral until their wave number range is announced at which time they will proceed towards

the entrance to the start line chutes, all the while maintaining safe physical distancing.

- Each wave of six participants will be staged at 6' intervals in the start line chutes extending west on Mike Fahey St. The six foot separations will be marked on the pavement with spray chalk or tape.
- Runners will enter the chutes as their wave number is announced by a course marshal and they will then advance towards the start line 6 feet at a time while still maintaining safe physical distancing as the waves in front of them start the race.
- Wave starts will be announced every 15 seconds.
- Participants must observe proper course etiquette; no crowding.
- Except for passing, participants should always remain on the far right-hand side of the road/pathway. Participants passing one another on the course must adhere to “no drafting” rules which include being no closer than 10 feet behind or in front of, or 6 feet beside other competitors at any time. Participants may pass only when they are able to do so while maintaining 6' of separation from the runner being passed and any oncoming runners approaching from the opposite direction. Before passing, participants must be sure they can safely remain 10 feet behind and then 10 feet in front of the participant being overtaken before merging back to the right-hand side of the course.
- Participants will be encouraged to carry their own hydration and nutrition.
- Water stops will be available with multiple table stations to ensure safe physical distancing
 - Water stops will have only water.
 - There will be no nutrition or energy drink.
 - Water will be available in small water bottles and will be self-serve from tables at the water stops. Volunteers will be at the water stops in order to replenish the supply of water bottles on the tabletops and to disinfect the tabletops and portable toilets approximately every 15 minutes.
- Trash and recycling receptacles will be available at every water stop and approximately 100 yards beyond each water stop. No waste is to be disposed of on the course other than in the receptacles.
- Immediately after crossing the finish line, participants must again wear their face coverings and maintain safe physical distancing as they move quickly towards the exit to make room for additional finishers.
- Spectators
 - Suggested on-course participant viewing areas with directions will be made available online. Printed copies of maps and directions to viewing areas and face covering and distancing requirements will be available to hand out to anyone who did not review the online instructions.

- Spectators may meet their athlete at the Finish Line and must depart quickly in order to make space for other finishing athletes and their related spectators.
 - Safe physical distancing and face coverings requirements must be observed by spectators at all times.
- Finish Line:
 - See above - announcements will encourage participants to keep moving out of the area of the Finish Line and to maintain 6' physical distancing.
 - Everyone in the Finish Line area must wear a face covering; finishers must reattach face coverings as soon as possible
- Awards
 - There will be no awards ceremony
 - The top three male and female finishers in each race distance will receive an award at the race site as they complete the race.
- Post-race food and beverages:
 - Bottled water will be available at the finish line
 - Pre-packaged food will be available at the finish line
- Results
 - Results will be posted online.
 - No print-out will be provided at the race site.
- Event Medical and Safety Operations
 - The event organizer will conduct a meeting prior to check-in with EMS squad leader to communicate the above protocols and to review sanitization practices
 - In addition to standard Emergency Medical Practices, the event organizer will establish an isolation area for anyone who becomes ill during the event.
 - Temperature checks will be available throughout the event