



### Arrival and Parking

Participants will be given an arrival time and an assigned parking lot. There are three parking lots which we will restrict to 30 parking at a time to conform to physical distancing. Please do not arrive more than 5 minutes before your scheduled time. If you need to warm up or stretch there is space by the parking area to do this prior to entering the race area and another large field inside.



### Screening -1 minutes

Here you will be asked to review a series of questions for screening of all attendees. Once a participant has passed the Co-Vid Screening they will be given a buff to wear on site or they can bring their own face mask. Should a participant not pass the screening they will not be permitted to enter and race. The path throughout the event is marked with physically distancing spacing where ever there could be a wait.



### Registration/Bib Pick up 2 Minutes

Participants with their face covering on will proceed to one of our individual registration tables. Volunteers here will be behind a screen, wearing gloves and will have hand sanitizer. Here you will be given your bib, and we will log your site arrival time. If there are no delays you will proceed through the entry gates to the Race Line Up. There is a volunteer directing participants here and hand sanitizer available.





### Race Line Up 30 seconds - 2 minutes

Inside the gate is a line up area with spaces marked for runners to line up, and proceed to the start line. The start line accommodates 2 at a time every 30 seconds. There will be 2 volunteers helping to keep the line moving.



### Washrooms

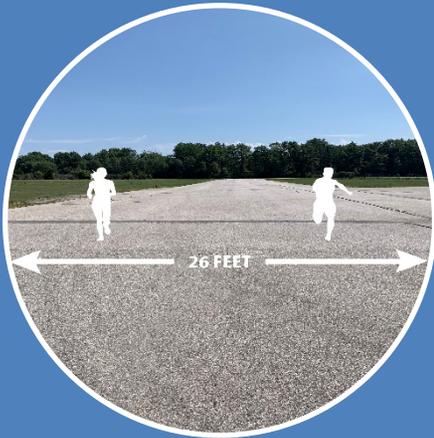
There are 3 portable washrooms with handwashing stations onsite inside the gated race area. Participants are free to use these as needed, even if it means stepping out of line. There will be plenty of line up room to accommodate those who return to the line. There are sanitizing wipes outside of each washroom. Please clean all touch points before using the washroom. These will also be cleaned hourly.



### Start Line 30 seconds

Participants will be directed to move to the start line (2 at a time, unless they are in a bubble you have arrived with) you will begin upon the start signaling every 30 seconds. Participants may now remove their buff. The moment they cross the start line, the timing begins.





### Running the Course 15-40 minutes

Once running keeping a physical distance should be easy, the starting part of the course is 26 feet wide and the main runway is 200 feet wide. There are guidelines for on course do's and don'ts. St. John Ambulance will provide on course first aid.



### Water

Participants are to bring their own water as there will be NO on course water station. However as a precaution and safety measure, at our mid point cheer station we will have sealed bottled water available. Volunteers setting up any bottles will wear gloves. Also when participants finish there is a bottle of water in their take home bag.



### Finish Line -15 seconds

When participants cross the finish line their time will be recorded using the chip in their bib. Volunteers will direct participant to a finishing chute - there is no stopping here. from the chute they will proceed to the take home swag bag pick up.





### Take Home SWAG bag pick up - 2 min total from finish

Participants will proceed down the finishing Chute and take a pre packaged finishers bag from the table. There is bottled water and a few special "treats" in here for our runners. Volunteers here will use gloves when restocking the prepackaged bags. Hand sanitizer will be available here.



### Before participants leave

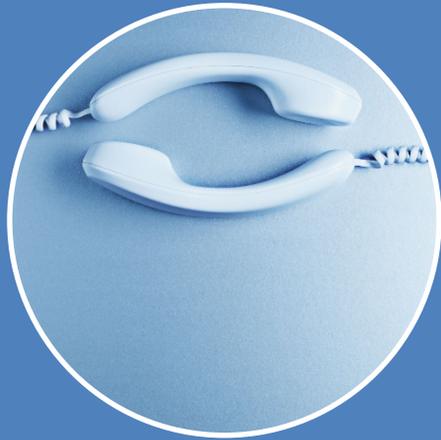
Should a participant need to visit the washroom, they should do so before they leave the gated area. If they left anything at the bag drop they will proceed through the gates to pick this up.



### Bag Drop

Although not advertised we will have an area between registration and the event gates for participants to leave any personal items. This is a self serve area like a grocery store with hand sanitizer on the table. A bag will be taken, there will be a sheet of labels where each participant will take two of the same number. One sticker goes on the bag and the other on the bib. Bags will be put into a grid on the ground. When you finish return and show your volunteer the bib number and they will direct you to your bag for pick up.





### Contact Tracing

Participants will be emailed 24 hours, 7 days and 14 days after the event with a reminder to contact us should they develop any co-vid symptoms or test positive. The bibs help us identify all runners that may have been on site during a specific time so we can contact them directly should the need arise.



### First Aid

First Aid will be provided at the first aid booth located near the start line.

