CARA, and all clubs, should be prepared to modify their plans to comply with any future guidelines from local, state, or federal authorities.

Through operational changes, by adjusting how we gather, clubs may be able to provide group runs within the guidelines considered safe and appropriate.

By adjusting how we gather, groups of up to 50 persons.

For CARA, the State of Illinois’ reopening is currently guided by the Restore Illinois phased plan. At this time, CARA plans to begin groups on gatherings (long runs and track workouts) after reaching Phase 4 of the state’s plan. Phase 4 allows persons to gather in groups of up to 50 persons.

The requirements of their community:

The safety and well-being of clubs members, participants, volunteers, and staff must be the top priority. Clubs should respect and follow the guidelines of their locally, and may use this operational preparedness plan as a guide for how to best meet COVID-19. The safety and well-being of clubs members, participants, volunteers, and staff must be the top priority. Clubs should respect and follow the guidelines of their locally, and may use this operational preparedness plan as a guide for how to best meet the requirements of their community.

Groups should monitor all guidance from local, state, and federal authorities, and the Center for Disease Control and Preventive Operations (CRAA) and Road Runners Club of America (RRCA) have created this group running operational preparedness guide for COVID-19.
Our preparedness plan includes considerations for:

- Post-Run Gathering
- Hydration Stations
- Group Run Organization
- Pre-Run Gathering
- Gathering Size
- Meeting Locations
- Managing Positive COVID-19 Cases
- Participant Advisories / Expectations
Participating in a race or trail run during the COVID-19 pandemic requires adherence to specific guidelines and expectations to ensure the safety of all participants. Here are some key points to consider:

- **Exit the Group Temporarily or Permanently**: Participants whose actions do not meet expectations and/or are creating risk for themselves or others, should be required to do so.
- **Personal Hydration**: Participants should self-carry personal hydration (bottles/packs) and use hydration stations or fountains for refills only.
- **Social Distancing**: Maintain physical distance from others. Anytime persons cannot do not share personal items such as hydration, energy gels, towels, etc.
- **Face Coverings**: Masks or face covers should be required at all times. Persons are encouraged to wear a face covering.
- **Personal Items**: Do not share personal items such as hydration, energy gels, towels, etc.
- **Route Changes**: Avoid routes with high traffic.
- **Personal Hygiene**: Maintain good personal hygiene. Do not engage in group activities.
- **Social Distancing**: Avoid close contact with others. Do not engage in physical contact (handshakes, hugs, partner stretching, etc.);
- **Consult Healthcare**: Persons from high risk groups for COVID-19 complications should consult their physician before participating.

The following advisements and expectations should be routinely communicated to participants for all group runs:
Managing Positive COVID-19 Cases

- Groups that would have had contact with an infected person during the previous 14 days should not meet for 14 days.

  Club leaders should strictly maintain the confidentiality of a member who notifies them of a positive test.

  COVID-19 and have received approval from your doctor.

  Please notify your club and group leader. Do not participate in any group gatherings until you are recovered from days. For those participating in groups runs, should you test positive for COVID-19, and have attended group runs in the past 14 days, please notify your club and group leader.
Meeting Locations

Meeting at less popular locations may aid the group in avoiding negative attention.

Consider the public perspective of gatherings of any size, even those within local guidelines, and whether the meeting location exposes the group to negative backlash.

Choose localizations where a run route is available that allows for social distancing for the group, and while passing others.

Avoid meeting indoors, where participants may encounter multiple touchpoints (doors, counters, etc.), and where there could be limited airflow.

Avoid meeting in a location that may cause conflict for others in the area, including businesses, customers, and residents.

Choose localizations that provide large open spaces allowing for groups to spread out pre- and post-run for social distance.

Never block entryways, sidewalks, trails, or access to bathrooms or fountains. Ensure that others have room to get past the group while maintaining social distance guidelines.

Guidelines always maintain at least six feet of distance apart.
When clubs are gathering as separate groups, ensure that the groups maintain separation, and do not met at any point together.

Consider having groups meet by pace, in smaller groups, with meeting locations well separated from other pace groups.

Club/group:

- Groups whose attendance could exceed local gathering limitations should split up, and not meet or run together as a full group.
- Groups should limit their size to remain in compliance with local guidelines.
- Runners should not gather until local guidelines allow for group gathering.

Gathering Size
Diagrams with gathering examples are on the following pages.

Multiple groups crowding traffic/pedestrians, or from arriving at stop lights or hydration stops at the same time:

If multiple groups within range of each other, are groups should depart one-by-one from fastest pace to slowest as each group departs, the next group’s leaders should wait at least one-minute before departing. This time gap prevents starts reversing.

Provide announcements and instruction prior to the run directly to their pace group / small group, not to the full running club.

Pre-Run Gathering

Groups should not meet directly adjacent to restrooms, hydration, or fountains to allow all persons to access these areas without spot congestion.

Consider using signs (yard signs or signs held by group leaders) to direct participants to their pace group

As runners gather in their groups, they should maintain at least 6-feet of distance from each other.

If groups need to split up to maintain appropriate gathering size, each group should not arrange side-by-side. Use a larger group should gather using a larger area, giving everyone the room to practice social distancing.

Pre-Run Gathering
Pace Group Example 2:

Approx. 48 ft

Approx. 40 ft (for up to a 28 person group)

GROUP LEADERS

PARTICIPANTS

8 ft
Pace Group Example 3:

Approx. 64 ft (for up to a 14 person group)

Pace

GROUP LEADERS/S

PARTICIPANTS

Approx. 16 ft
An example adapted group run formation to consider is on the following page:

- Groups should continue to use signals and or call out for passing, obsstructions, or stops as usual.
- Negative comments received.

Others on both sides. Participants should remain from making negative comments to other trail users, or responding to user. Give other trail users as much space as possible, and avoid "swarming" where the group spills and goes around user. Groups should be respectful of others on the trail/path, and understand there may be heightened sensitivity from other trail users.

As groups stop during the run, groups should step off the path/trail at least six feet, and should maintain social distance while stopped.

- Face groups with multiple group leaders should place leaders throughout the group to ensure appropriate distance between leaders.
- Group leaders should run weekly review instruction pre-run, and maintain formalizations throughout the run.
- Adapated group formalizations should provide at least six-feet between runners.
- Standard two-by-two formalizations should be adapted to allow for social distancing.

Adapted group formalizations should follow adjusted group running formalizations.

Group Run Organization
Hydration stations will operate under adapted operations designed to provide safe hydration refills. Details for stations:

- **Endurance:** Should runners self-carry and use cups (where permitted) to drink water.
- **Gathering of multiple groups around pre-run/post-run stations:** Stations will serve runners during their run to avoid gatherings of multiple groups around pre-run/post-run stations.
- **Hydration stations will not be available at stations:** Runners should arrive to training with their self-carry hydration full.
- **The frequency of stations may change from approx. 2-3 miles to 4-6 miles:** Participants will have access to hydration stations with cups, where permitted. However, all will be expected to self-carry personal hydration (bottles, packs, etc.) and refill only as needed at stations to reduce their need to stop and receive fluids as needed.
- **CARA hydration station operations will be adapted as follows:** For running clubs that provide hydration stations, CARA shares its plans for operational preparations for its hydration stations.
Group Leaders should move through stations as efficiently as possible, avoiding holding at stations for discussion or by each serving end of a table at a time. Runners then proceed forward to refill their bottle, then to dispose of the cup away from the tables. Runners can approach the serving end of labels one-by-one to receive fluids. Only one person should be at each serving end of each table. Each Group Leader should instruct runners to maintain social distance as they arrive at hydration stations and to wait their turn.

- Station will have 6-12 pick-up points.
- Hydration workers will move cups from the prep table to pick-up points at the ends of each serving table. Each pick-up table will be placed at least six feet apart from the trail, each other, and prep tables. Cups may not be reused.
- Cups filled and set-up on a prep-only table/ies that only the hydration workers may access.

Station will implement contactless delivery of hydration.
- Actual station size and hydration product inventory will be based on expected serving need.
- Stations will have an increased footprint to serve more runners quickly and to avoid congestion around single hydration tables.
- Station frequency will be reduced from every 2-3 miles to 4-6 miles since participants will self-carrying bottles that can be refilled.
- Washing hands or using hand sanitizer prior to handling any materials.
- Hydration workers will implement increased sanitation and hygiene standards, including wearing a mask, wearing gloves, and sanitizing surfaces.
- Runners will have access to cups at hydration stations, but will be expected to self-carry personal hydration (bottles, packs, etc.).

- Staff Supported Hydration Stations (I.e. Lakefront Trail)
Cara Training Hydration Station

Social Distancing Set-up / Lafferance Trail
Group leaders should move through stations as efficiently as possible, avoiding holding at stations for discussion or pictures.

- Group leaders should instruct participants to maintain social distance as they stop at hydration stations. There should be no sharing of fluids, energy gels, salt tablets, towels, or other items. Runners may have traditionally shared.

Hand cleaning:

- Stations will allow for self-filling from coolers. Participants will have access to sanitizer wipes pre-run to self-carry for cooler and or

- Stations will have an increased footprint to avoid congestion around coolers. Coolers should be spaced at least six feet apart.

- Runners will have access to cups at hydration stations, where permitted. But will be expected to self-carry personal hydration

- Self Serve / Un-Staged Hydration Stations (ie. Suburbs)

- Hydration stations will be open but within reduced frequency (from typical 2-3 miles apart to now 4-6 miles apart)
Hydration Stations may include a total of 4 coolers.

Participants to sanitize hands after consuming cooler. Cups and coolers should be placed away from coolers for disposal of cups and coolers refilled by participants one at a time while next participant waits at least six feet away. Sanitizer wipes provided to coolers spaced at least 6 ft apart to allow for social distancing between multiple coolers. Cups available (where allowed) or self carry hydration bottles/packs highly encouraged. In some locations required per Forest Preserve requirements.

Cooler / Cups / Wipes

(Where possible)

Social Distancing Set-Up

Self-Service Set-Up (Suburban or Start/Finish locations)

CARA Training Hydration Station
Post-Run

- Organized post-run activities at the training site that serve or share food that is not prepackaged should not occur.
- Participants should be reminded to avoid traditional physical contact (high fives, hugs, handshakes, etc.).
- Post-run groups that choose to complete post-run stretching or wrap ups must spread out and maintain social distance.
- Pace groups complete their runs, participants must maintain social distance.
- Pace groups should continue their attention to social distance as they complete their runs.
These plans have been developed by CARA staff, in consultation with the RRCA, CARA training site coordinators, along with other leaders and experts.

Please direct questions to info@cararuns.org