

JFK 50 Mile

Covid-19 Action Plan

JFK 50 Mile Race Management will continue to monitor the CDC and the State of Maryland to ensure we are following the most up-to-date guidelines for the COVID-19 Plan. This action plan is a demonstration of the protocols we have put in place to ensure a safe and hygienic event. There will be JFK team members throughout the course, along with signage, communicating the importance of social distancing and wearing face coverings. Face coverings will be required for all participants, staff, volunteers and spectators. Staff and participants will be given face gaiters to wear. The following are the protocols for the event, with the knowledge that these are subject to change based on updated information published by the CDC.

1. Packet pickup will be held over two days with extended hours. The sole purpose of packet pickup will be to pass out race packets to participants. Social distancing will apply.
2. Participants will have to sign a waiver on the SPORTZPEAK app stating that to their knowledge they have no COVID-19 symptoms. No runner should participate if they have symptoms or if they have a known exposure to a positive COVID-19 patient in the last 14 days. Race volunteers are encouraged to sign up for app as well.
3. Local EMS directors have stated that **elective** testing for COVID-19 is strongly encouraged.
4. Pre-race briefing will be captured on video and sent to the runners 10 days before the event and again 48 hours before the event. No in-person briefing.
5. We will not be in Boonsboro High School the morning for the start. A wave start will be in effect with no more than 250 runners per wave. Social distancing of 6 feet or greater will be in place while each wave gathers near the start. Each wave will be 30 minutes apart. No wave will be present at the same time in the town of Boonsboro. Strict scheduling will be set to ensure no overlap to keep gatherings at a max of 250 people.
6. Participants will be issued a face gaiter when they receive their race number. All participants will be required to wear a face covering at the start and keep their face covering on until they begin to get 6 feet apart or more on the course.
7. While on the course, participants will be required to wear a face covering while in an aid station area and when grouped with other participants on the course.
8. All volunteers will have face coverings. Volunteers at aid stations also will wear non-latex gloves.
9. Aid stations will be spread out over a larger area to keep tables at least 6 feet apart.
10. Aid stations will not have all the items given out at past JFK races to minimize participants spending too much time at an aid station.

11. Aid station areas are off limits to spectators. Local police officers will be in place to ensure this is followed. Communication will be given to the participants.
12. Individual servings will be prepared by aid station volunteers so that participants can easily grab items without touching other servings.
13. Hand sanitizer will be available at all aid stations, at portable toilets, at the starting area and the finish area. Runners may use their own supply.
14. The race will not tolerate activities that are dangerous. This includes spitting or droplet-generating activities, such as coughing or sneezing without properly covering mouth and nose. This code of conduct is for your safety, fellow runners, and support staff. COVID-19 may be spread by droplet and possibly aerosol means. Please adhere to this code of conduct strictly.
15. COVID-19 may be passed in an oral fecal manner. Hand washing is mandatory after using the restroom.
16. The finish chute will have three lanes to separate finishers. Face coverings must be put on while in the finishing chute and social distancing must be followed.
17. We will use our traditional finish line at Springfield Middle School, but the building will not be utilized this year. We plan to put up a heated tent for medical support only. Runner's bags will be picked up outside. They will be organized in a large box truck for quick pick up. Buses will be running as much as possible to get participants out of the finish line area as soon as possible. We will have portable toilets placed outside of the school.
18. There will be no post-race food, massage, gathering, ceremony or inside facilities. Participants will be encouraged to vacate the premises as soon as possible to limit any post-race crowding.
19. Race results will not be displayed to avoid gathering. Results will only be available online.

The JFK 50 Mile Race Management team has been in contact with local and state emergency action teams to come up with a plan to create a safe and sanitary environment for all involved. We are committed to the protocols we have in place and will be constantly checking to ensure they are followed.