



**Akron Marathon Race Series  
Operational and Safety Guidelines**

**Updated: January 7, 2021**

## Summary

The Operational and Safety guidelines were developed in 2020 in response to the COVID-19 pandemic. These recommendations were created with input from Summit County Public Health, Summa Health, Ohio Race Coalition, and the board, staff, and committee members of the Akron Marathon Charitable Corporation. Guidelines are subject to change as public health and return to racing guidelines continue to evolve.

The Akron Marathon Charitable Corporation went through a detailed information gathering and benchmarking process and have established the following guidelines for returning to racing.

### **1. Enhanced Hygiene**

- Hand sanitizer, hand washing stations will be readily available at various race venues. Cleaning of common venue areas/surfaces will be enhanced.
- Staff and volunteers will be provided with face coverings and gloves to be used while working in all participant-facing areas. Participants are recommended to wear a face covering in common venue areas excluding during competition.

### **2. Self-Monitoring and Education**

- Staff and volunteers will be trained on appropriate personal health, personal hygiene, and social distancing requirements.
- Participants, staff, and volunteers will be required to acknowledge they understand the health and safety guidelines.
- Temperature monitoring will be recommended for participants, staff, and volunteers. Individuals with a body temperature greater than 100.4° should not participate.
- Organizers will notify all participants of possible exposure to COVID-19 if the organizers are made aware of any suspected or confirmed cases that attended event.

### **3. Reduced Capacity**

- Measures will be in place to reduce capacity of participants and supporting personnel in common areas such as start line corrals, relay exchange zones, and finish line to help facilitate social distancing.
- Modification or elimination of non-essential race services and functions may occur.

### **4. Contactless Services/Distancing Measures**

- Reduced points of interaction between staff, participants, and volunteers without compromising event safety and security. Redesignated areas such as expo, packet pickup, merchandise, relay exchange zones and finish line to minimize person-to-person contact.
- Fluid stations will be reconfigured to minimize volunteer to participant contact.
- Signage and markers will be used to enforce physical distancing.
- Enforced one-directional foot traffic flows.

## COVID-19 Information and Risk Assessment

The following information was developed using resources and information provided from OSHA, CDC AND ODH.

### WHAT WE KNOW ABOUT COVID-19:

#### What is COVID-19?

Coronaviruses are a family of viruses that can cause respiratory illness in people.

#### Routes of Transmission

Person-to-person transmission occurs during close (within 6 feet) contact with a person with COVID-19, primarily from respiratory droplets produced when an infected person coughs or sneezes. These droplets, particularly when aerosolized, can be deposited in the mouth, nose, or eyes of nearby people or be inhaled into the lungs.

People can also become infected with COVID-19 by touching surfaces or objects contaminated with the virus, and then touching their mouths, noses, or eyes. Current evidence suggests that novel coronavirus may remain viable for hours to days on a variety of surfaces.

#### Other Unique Characteristics of COVID-19

You could have the virus but be asymptomatic and spread it to others without knowing it.

#### Symptoms

People with confirmed Coronavirus Disease 2019 (COVID-19) have reportedly had mild to severe respiratory illness with symptoms such as:

- Fever or chills (100.4 or greater is considered a fever)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms or combinations of symptoms may have COVID-19.

#### Definition of Key Terms:

- Quarantine – Not displaying symptoms but have higher potential for becoming sick either through travel or through contact with someone being tested for COVID-19.
- Self-isolation – Displaying symptoms of COVID-19, or positive COVID-19 test, but not sick enough to be hospitalized. Should not be around others. Can come out of isolation when there has been no fever, without medication, for 24 hours, symptoms improved, and at least 10 days since onset of illness).
- Self-monitoring – Self-monitor for symptoms (Check temperature twice a day, watch for fever, cough, shortness of breath, and other symptoms of COVID-19).

### **Risk of Attending the Event**

Attending a mass event with people from across the country and the world poses a risk for possible exposure and infection of COVID-19.

An event specific risk assessment will be performed through World Athletics to determine the risk of each Akron Marathon Race Series event. The assessment will detail the overall risk of holding the event, the public health preparedness of the event, the sport specific preparedness of the event, and an action plan. The overall risk of the event will be communicated to all involved with the races.

High Risk Individuals: The risk for severe illness from COVID-19 increases with age, and for those with certain medical conditions. Severe illness means that the person with COVID-19 may require hospitalization, intensive care, or a ventilator to help them breathe, or they may even die.

### **Additional Risks**

- Risks associated with resuming training in a communal environment, once shelter in place restrictions are lifted.
- Risks associated with travel.
- Risks associated with participating in a mass gathering event, even with safeguards and restrictions in place.

### **Sources of Exposure**

Anytime there is contact with a person who is infected with COVID-19 there is a risk of personal infection. Changes in community transmission may warrant additional precautions.

### **Ways to Reduce Exposure per guidelines from Summit County Public Health:**

- Maintain a six-foot distance from other individuals.
- Wear a cloth face covering when out in public.
- Cover your coughs and sneezes with your elbow or sleeve, or a tissue and then throw the tissue in the trash and wash your hands afterwards.
- Washing your hands often with soap and water for 20 seconds, especially after going to the bathroom or before eating. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoid touching your face – especially your eyes, nose, and mouth – with unwashed hands.
- Stay home if you have cold- or flu-like symptoms and remain home until you have been fever-free (without fever reducing medicine) for 24 hours.
- Regularly clean any high touch areas.

## Attending the Event

### Criteria for Participant, Spectator and Volunteer to Attend Akron Marathon Race Related Events Include the Following:

- Free from symptoms that align with COVID-19
  - Fever or chills (100.4 or greater is considered a fever)
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea
- No known contact with individuals with positive diagnosis of COVID-19 in the past 14 days.
- It is suggested that those who are high risk or older adults not attend race related events.
- Those who do attend are encouraged to follow the individual responsibilities below
- Anyone who becomes ill during the event should report to a medical volunteer. That individual may be sent for testing, if COVID-19 symptoms are present.

#### Individual Participant Responsibility

- Keep your distance from other participants.
- Utilize hand sanitizer stations regularly and before consuming any post-race foods.
- Wear a mask in all race areas, except while participating on the course.
- Cover your cough and sneezes.
- No spitting or snotting along the course route or when others are around.

#### Individual Spectator Responsibility

- Keep your distance from others.
- Utilize hand sanitizer stations regularly.
- Wear a mask at all times.
- It is encouraged to stay home and track your participant using the Akron Marathon Race Series App.

#### Individual Volunteer Responsibility

- Keep your distance from others.
- Utilize hand sanitizer stations regularly.
- Wear your provided mask and gloves.

## **Akron Marathon Operational Changes by Area**

### **Expo / Packet Pick-Up**

- No non-essential gatherings, presentations, or autograph sessions
- More space available to promote social distancing
- Touchpoints and regularly used surface areas will be sanitized regularly
- Product testing areas and benches will need to be sanitized after each trial
- Samples should be limited to sealed packages
- Contactless payment at vendor booths and in registration area
- Reduced contact points

### **Transportation**

- Reduced capacity on shuttle buses
- Face mask required while on public transportation
- High touch points sanitized throughout the day

### **Start Line**

- Additional spacing for corrals
- Closed water bottles
- Start line procedures and corral capacity modified
- Limited access for spectators
- Additional hand sanitizer units
- Face covers required in the start line corrals, removed after the start

### **Gear Bag**

- Gear bag services will be modified or eliminated to reduce contact points
- Participants are encouraged to wear “throw away” clothes to the start of the race

### **Course**

#### **Fluid Stations**

- Participants are encouraged to bring and carry their own hydration unit
- Fluid stations will be self-serve
- Fluid station locations may be modified or reduced
- As needed, individually sealed products will be utilized

#### **Gel Stations**

- Gel will remain sealed
- Gel stations may be modified or reduced as needed
- Stations will be self-serve

#### **Medical Aid Stations**

- Summa medical volunteers will be equipped with PPE
- Finish Line tent - Isolation area for treating sick participants

- An ambulance will be called for anyone along the course in need of a ride who has or is displaying symptoms of COVID-19

### **Pace Team**

- Pace teams will be eliminated to help promote distancing

### **Exchange Zones**

- Modified exchange zone protocols
- Removal of slap bracelet
- Reduced capacity on buses
- Relay participants receive post-race items at Exchange Zone instead of returning to Canal Park

### **Finish Line**

- Increased flow of traffic to reduce congregation
- Modified medal and food distribution procedures
- Factory sealed food and beverages
- Modified finisher's festival activities to reduce contact time
- Additional hand sanitizer units
- Reduced spectator capacity

### **Awards**

- Awards will be mailed out post-race

### **Kids Fun Run**

- Remove event or reduce capacity for event
- Additional spacing for corrals
- Modified medal and food distribution procedures
- Modified activities to reduce contact time
- Additional hand sanitizer units

Resources used in developing these guidelines include:

- IRONMAN Group – Safe Return to Racing
- RRCA (Road Runner Club of America) – Looking forward guidelines for races
- Summit County Public Health – Mass Gathering Guidelines
- The Outbreak Prevention Taskforce – Risk Assessment and Mitigation Tool for endurance event organizers
- USA Triathlon – Return to Race Recommendations for Race Directors
- USA Track & Field – COVID guidelines
- World Triathlon – COVID-19 Prevention Guidelines for Race Organizers