

**\*\*\*Temporary Policy to be in effect immediately until Maryland Stage III Reopening\*\*\***

**FSRC Small Group Running Policy, Approved June 16, 2020**

The health and safety of our members and volunteers is our top priority. Offering group runs is not an attempt to convince anyone to take any risks with which they are uncomfortable or to leave anyone out. It is offered as an opportunity to participate for those that feel safe doing so, realizing that won't apply to everyone. Many people find that group running is an important factor in maintaining fitness and mental health so whether you are able to join us or not, we hope that you are well and continuing to take care of yourself and loved ones.

**Should I participate?**

- Do not participate if you are feeling sick, have a fever, or have been in contact with someone unrecovered from COVID-19.
- Persons from high risk groups for COVID-19 complications should consult their physician before participating.

**Expectations for participants**

- Do not engage in traditional forms of physical contact (handshakes, high fives, hugs, partner stretching, etc.).
- Don't spit or snot rocket.
- Don't share personal items such as hydration, fuel, etc. Each person should carry their own supplies, there will be no aid/water provided.
- Always have a buff or face covering available. Although Maryland does not require face covering while outside, you may experience closer contact when passing other runners or pedestrians and you should cover your face when social distancing cannot be maintained.
- Participants whose actions do not meet expectations, or are creating a risk for themselves or others, will be required to exit the group temporarily or permanently.

**What if I or someone I run with is diagnosed with COVID-19?**

- Anyone who tests positive for COVID-19 should notify a coach if they have participated in a group run within 14 days of diagnosis. Groups exposed will be suspended for 14 days from exposure. Rejoining the group can occur after recovery and approval from a physician. Anonymity is assured.

### **Meeting location requirements**

- Large parking lot to space out parking, warming up and stretching.
- Closed route or with limited/no vehicle or foot traffic.
- Avoids public attention and public interaction.
- Suggested locations
  - Mt. Olivet Cemetery during weeknights, parking at Nymeo Stadium
  - Riverside Corporate Park on weekends, avoiding the path adjacent to Dearbought
  - Urbana Corporate Park (short route)
  - Catocin Creek Nature Center
  - FCF Church (except during services)
  - Schools where route would have limited vehicle/pedestrian traffic

### **Group Limitations**

- Groups of 10 or less may gather at a time, groupings will be at the direction of the coaches. Send offs should start with faster runners to avoid frequent passing.
- Every attendee, including coaches agree to run at your own risk.
- Group gatherings must have significant enough time separation to make it clear that they are not running together. If you arrive early, stay in your vehicle until the previous group has departed on their run. Once a group departs, another group can gather and begin warm-ups.
- Use parking lot spaces to maintain distance from others. Stay in a spot during pre-run warm up and post-run stretching.

### **While Running**

- Narrow paths will require single file running with a minimum of 10 ft. between runners.
- All groups should run the same route in the same direction to reduce passing.
- If passing a slower runner, call out so that face coverings can be applied and pass wide.
- If stopping to walk, put up your hand and move off of the running path by 6 ft. to allow others to go by.

\*Adapted from Operational Preparedness Plans for Group Runs published by RRCA and the Chicago Area Runners Association (CARA).