

## **Live Healthy Iowa 5K COVID-19 Guidelines**

***Updated 2/10/2021***

The Live Healthy Iowa staff continues to evaluate conditions as we prepare for the Live Healthy Iowa 5K. With the possibility that COVID-19 will have a significant impact on this event, we have established the following guidelines that will assist host sites in guiding decisions to host the event safely.

Host Sites shall:

- 1) Follow all local and state guidelines and recommendations for facilities and events.
- 2) Masks must be worn at all times by volunteers.
  - a. Volunteers are responsible for bringing their own masks.
- 3) Participants must wear masks at all times, except when competing.
- 4) Encourage social distancing at all times.
- 5) Remain within the current mass-gathering limitations of the local jurisdiction, if necessary.
- 6) Set up packet pick-up and other race functions so attendees can spread out. Have a procedure in place to direct traffic flow, signage to stay 6ft apart, etc.
  - a. Create one-way entry and exit gates where possible, to direct foot traffic.
  - b. Adjust packet pick-up time to limit the amount of people gathering in an area at one time.
- 7) Have hand sanitizers at multiple locations. (check-in, finish line, water stations, etc.)
  - a. Have disposable masks available at multiple locations.
- 8) Have altered awards ceremony.
  - a. May include not taking group photos due to social distancing, or having a contactless medal pickup.
- 9) Sites should provide individual bottles of water for water stations and post-race refreshments
- 10) Participants should find other method of celebrations or sportsmanship gestures that minimize contact.
- 11) Any person who is experiencing symptoms of sickness will be prohibited from attending the event.

For more information or questions please contact:

[Info@livehealthyiowa.org](mailto:Info@livehealthyiowa.org)

515-292-3251 Ext. 1