



**COVID-19 Control Plan
October 16, 2022**

Contact:

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INTRODUCTION

This information is intended to provide guidance on safely operating Pam's Run, October 16, 2022, Wayland, MA. We also strongly recommend that participants/runners, staff, and volunteers become vaccinated with one of the approved WHO vaccines prior to race weekend.

As vaccination rates have increased across the country, the likelihood of severe diseases and mortality is declining, as will the likelihood of transmission. However, we remain focused on mitigation requirements to keep participants, staff, and volunteers safe in the context of running races.

The risk of outdoor transmission has been estimated to be nearly 20 times lower than indoors and occurs so infrequently that outdoor transmission events – particularly when social distancing, hygiene or using masks – is rarely described in the medical literature.

Recent reports and surveillance work have demonstrated that outdoor transmission comprises as few as 0.1% of all transmission events. The virus spreads through respiratory droplets and aerosols that are released into the air while talking, laughing, coughing, and breathing.

In the context of our road race, mitigation measures at contact points, including registration/packet/bib pick-up, the entertainment, the busing, water points, restrooms, and all medical facilities are the most important in reducing the likelihood of a transmission event.

MITIGATION MEASURES

1. **Masks/face** coverings are optional for all participants at any time during the event, with the exception of medical staff or those seeking medical services. We will NOT require any of our participants to use a mask on the course. The World Health Organization does not recommend the use of facial coverings during vigorous exercise given that three feet of distance be maintained.

2. **Social distancing** when outdoors, when possible, three feet should be maintained between individuals even on the race course.
3. **Medical staff** will be provided with and required to have masks and gloves. Runners, staff, or volunteers needing medical intervention will be required to wear a mask prior to entry or will not be granted entrance in those facilities. Masking will also be required for any runner needing transport to a hospital resulting from participation in the race.
4. **Sanitizing** – Regarding sanitizing, COVID-19 is primarily spread through the air, but there remains a small possibility of transmitting through surface contact. Sanitizing of surfaces can reduce the small risk of transmission. It should be noted, however, the relatively minimal effect sanitizing surfaces has been shown to have epidemiologically. We will provide hand sanitizer at key touch points, along with sanitizing wipes as needed.
5. **Registration/Bib Pick-up** will be the first point of contact during race week. We will not be conducting a mandatory health-screening questionnaire upon arrival but reserve the right to change this mitigation plan if the COVID-19 variants become more prevalent, or if state or CDC guidelines are changed. Efforts to ensure rapid and socially distanced registration and bib pick up are encouraged.
6. **Busing/Transportation:** Masks will be optional on buses.
7. **Starting Line** Masks will be optional when queuing up to start.
8. **On the course: *Masks are not required while running on the race course.*** Water station volunteers will wear gloves and utilize the “cup the cup” strategy offering cups of water with an extended arm, holding cup in the palm of their hands out to runners. Masks are required in medical tents.
9. **Finish Line and post finish area:** Masks will not be required.

Please do not throw your mask on any public roads, walkways, or private property.

CURRENT STATUS OF THE PANDEMIC:

We will continue to monitor the state of the pandemic and adjust our plans accordingly. Our leadership remains vigilant about the situation as it continues to evolve.

EXPECTATIONS

All runners, staff, volunteers, spectators, and public safety officials should remain informed and continue to make determinations regarding their involvement and personal safety. The race leadership, Board of Directors, and Medical Committee will work in cooperation with Town officials and will continue to follow the guidance as provided by the Commonwealth of Massachusetts and Centers for Disease Control and Prevention (CDC) to mitigate the spread of COVID-19 during this event. While we strongly encourage all participants to be vaccinated, we know not everyone will have that option. For those reasons, ***we ask that all involved follow our mitigation plan without exception.***

BASIC SCIENCE-BASED GUIDANCE FOR RACES OF ALL SIZES

First and foremost, Pam's Run will comply with all standards in accordance with CDC, state, and local public health guidance and will adjust as necessary.

It is important to note that most public health guidance is not written with outdoor races in mind. Therefore, while some local guidance may be applicable, other aspects of the guidance may be flexible when considering the type of event. Given the status of the virus, and directives from the Commonwealth of Massachusetts, we will not be conducting any mandatory infectious health screening questionnaires prior to or during the day of the event.

If for any reason a staff member, runner or volunteer exhibits any symptoms of illness – including a cough (dry or wet), fever, joint aches or have any unusual symptoms – please stay home and consult with your family physician.

The health screening or monitoring of your personal health is not a replacement for social distancing or mask use as directed in this document – even if vaccinated. Prudent measures are necessary to minimize risks to everyone.