

## *Peninsula Runners Marathon Club - COVID-19 Safety Plan*

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As we return to our Half/Full Marathon Fall 2021 Clinic, we are committed to ensuring the health and well-being of all Participants. Peninsula Runners has implemented policies and protocols for all Clinic Leaders and Participants to follow that is based on the most current health authority guidelines.

### **Risk Mitigation for Clinics**

Peninsula Runners has made changes to our clinic meeting locations this Fall 2021 to provide an environment that is safe and comfortable for Participants who are looking for a group training experience with the support of Run Leaders.

### **REGISTRATION**

- Current guidelines limit group gatherings to a maximum of 50 people with continued use of physical distancing and hygiene measures. Our clinic will have a maximum registration capacity of 50 participants; including Leaders.
- Pre-Registration is mandatory - No drop in participants will be allowed.
- Upon registration for the clinic all Participants must sign a Release of Liability and Declaration Form before the first session; which will apply to the entire Fall 2021 Training Clinic.

### **LOCATION DETAILS**

- Clinic groups will be meeting outside the store to allow for physical distancing of 2 meters.
- Washrooms will be available.
- Participants will arrive at the training session in their running attire and are encouraged to keep valuables and belongings in their cars or at home.

### **PARTICIPANTS**

- Each Participant will be expected to evaluate their health before registration and each weekly session. If they have (or have had within the last 10 days) any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath), they are instructed to NOT participate in the clinics and stay at home. [BC COVID-19 Self-Assessment Tool](#)
- Any Participants who are feeling sick or showing signs of symptoms will be removed from the training session and asked to contact 8-1-1 or a doctor for further guidance.
  - All Participants are required to:
    - practice enhanced hygiene by regularly washing their hands, cover their mouth and nose with tissue or elbow crease when coughing/sneezing and refrain from touching face, eyes, nose or mouth.
    - not share equipment such as water bottles, food etc.
    - not shake hands, embrace, high-five, etc.
    - not loiter after the clinics.
- The use of masks will remain optional provided the above measures are implemented and followed.

### **CLINIC RUN LEADERS**

- Clear roles and responsibilities will be identified with Run Leaders in the event a case or outbreak is reported.
- If a Participant or Run Leader reports they are suspected or confirmed to have COVID-19 and have attended a training session all Participants will be notified immediately.
- In the event of a suspected case or outbreak, Pen Run will immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at the local health authority.
- Any Run Leaders who are feeling sick or showing signs of symptoms will be removed from the training session and asked to contact 8-1-1 or a doctor for further guidance.
- All Run Leaders will be informed of hygiene and sanitation protocol as per Provincial Health Officer's recommendations
- Personal Protective Equipment (gloves, masks, etc.) will be on hand and available to Run Leaders. Where risk of exposure is high (cannot maintain physical distancing), PPE will be required. However, PPE is not to be used as a substitute for more effective safety measures (distancing, hygiene).