



Happy Trails Racing Pandemic Response Plan (COVID-19)

Revision History

| Version | Date | Summary Changes/Purpose of Revision |
|---------|---------------|---|
| 0 | March 4, 2021 | Draft |
| 1 | July 11, 2021 | Updated to include Ontario Roadmap to Reopen Guidance |
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Table of Contents

| | Page |
|---|------|
| 1. INTRODUCTION..... | 3 |
| 2. ONTARIO COVID-19 REGULATIONS | 3 |
| 3. GENERAL PAMDEMIC PROTOCOLS | 4 |
| 3.1 Health Questionnaire..... | 4 |
| 3.2 Happy Trails Racing Responsibilities..... | 5 |
| 3.3 Volunteer Responsibilities | 5 |
| 3.4 Participant Responsibilities..... | 6 |
| 4. AREA-SPECIFIC PAMDEMIC PROTOCOLS | 6 |
| 4.1 Race Kit Pickup..... | 6 |
| 4.2 Start/Finish Area | 7 |
| 4.3 Aid Stations | 7 |
| 4.4 On Course..... | 8 |

LIST OF ATTACHMENTS

ATTACHMENT A COVID-19 Screening and Contact Tracing

1. INTRODUCTION

Happy Trails Racing (HTR) believes COVID-19 is a health crisis that can be managed with the cooperation of all stakeholders to minimize the risk of transmission of COVID-19 to staff, volunteers, participants and the general public. However, this will be dependent on a number of factors such as COVID-19 statistics in the province and locally, guidance from federal/provincial governments, and the willingness of venues allow HTR to hold events on their properties during the pandemic.

HTR has developed this Pandemic Response Plan (PRP) as the first step in creating an event specific plan with the venue to ensure a safe race experience for everyone. The underlying principles of this PRP are:

- the protection of the health and safety of the venue employees, HTR employees, HTR volunteers, event participants, and the general public;
- any protective measures are science based and consistent with guidance provided by Federal, Provincial and Local health agencies and are updated as warranted;
- following these protective measures will enable HTR to hold events as safely as possible; and
- Jeff Rowthorn is designated as the HTR workplace coordinator.

It must be noted that this PRP is subject to change at any time based on guidance provided by the federal (<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-going-out-safely.html>), provincial (<https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus>) and local health agencies.

The following information is provided as further guidance to safely hold events during the COVID-19 Pandemic. This should be viewed as a working document open for discussion and change depending on the event, venue and/or current health agency recommendations.

2. ONTARIO COVID-19 REGULATIONS

Currently, Ontario is operating under the Roadmap to Reopen (<https://www.ontario.ca/page/covid-19-response-framework-keeping-ontario-safe-and-open>). Ontario Regulation 263/20 details the requirements in place for local health agencies operating in Step 2. Ontario Regulation 520/21 details the requirements that will be in place for local health agencies operating in Step 3 commencing on July 16, 2021.

HTR is a member of Athletics Ontario and based on the guidance provided by Athletics Ontario believes that there are no capacity limits for trail races in Ontario as long as participants can maintain 3m social distance in the start/finish area. Note specific capacity limits may still apply based on the individual requirements of the facility in which the event is taking place. There are capacity limits for spectators, however HTR is currently not allowing spectators at their events.

3. GENERAL PAMDEMIC PROTOCOLS

HTR will institute recommendations from Athletics Canada as detailed in the “Back on Track” document and the Athletics Ontario Return to Sport website (<https://athleticsontario.ca/return-to-sport/>). This PRP should be viewed as a working document open for discussion and change depending on the specific event, venue and/or local health guidelines. Like all hazards, HTR believes the challenge of holding safe events during the COVID-19 pandemic can be addressed with common sense, safe practices, education, training and the use of personal protective equipment (PPE), where appropriate.

The following sections detail the general (Section 3) and area-specific (Section 4) requirements HTR staff, volunteers and participants are required to take to ensure the safety of everyone while still allowing events to proceed. Everyone is encouraged to contact the HTR workplace coordinator (Jeff Rowthorn) for clarification or direction on current protocols.

In order for races to proceed everyone must be flexible. HTR commits to open communication and to notifying everyone as soon as practical if an event can proceed or if regulations change requiring an event to be restricted, postponed or cancelled. HTR requires everyone to be respectful of staff, volunteers and other participants, and to answer honestly on the Health Questionnaire. Failure to do so may result in expulsion from the event and/or being banned from future HTR events.

3.1 Health Questionnaire

Everyone attending a HTR event (HTR staff, volunteers and participants) **MUST** complete a Health Questionnaire within 48-hours of the event and will need to provide a current phone number/email address to enable contact tracing. If you answer “Yes” to any of the following questions you will not be allowed into the venue:

- Are you experiencing any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or loss of smell/taste)? Note: If these symptoms begin while at an event the individual must leave immediately and contact their physician/local health agency for advice on further management. The individual must also inform the HTR coordinator before leaving the venue that they are feeling ill.
- Have you received a diagnosis of COVID-19 (or are awaiting test result) and have been mandated to self-isolate?
- Do you live in a home or have been in close contact with someone that has COVID-19 symptoms or has tested positive for COVID-19 in the last 14 days?
- Have you been outside of Canada within the last 14 days?

HTR will cooperate with the local health agencies if we are notified that someone has tested positive for COVID-19 after attending an HTR event. **NOTE: HTR will provide your contact information for contact tracing if requested to do so by the local health agency.**

An example Health Questionnaire is provided in Attachment A. Note: the questionnaire may change based on the requirements of the local health agency.

3.2 Happy Trails Racing Responsibilities

Happy Trails Racing commits to do the following at each event:

- Have a designated staff member (or pre-approved volunteer) onsite to oversee the enforcement of the PRP and any venue specific requirements.
- Provide a Health Questionnaire to all staff, volunteers and participants. HTR will retain the completed Health Questionnaires for the required amount of time and will appropriately dispose of the completed Health Questionnaires when they are no longer required.
- Provide appropriate PPE, including masks and gloves, to HTR staff and pre-approved volunteers.
- Will clearly mark restricted areas at the event and provide signage as appropriate to direct participants, and remind participants of social distancing protocols and masking requirements.
- Will provide hand sanitizing stations and frequently clean common touch surfaces.
- Will design routes that limit two way runner traffic except in areas where appropriate social distancing can be maintained.
- Will enforce capacity limits to the best of our ability noting that some venues are open to the public during an event.

3.3 Volunteer Responsibilities

HTR recognizes that we cannot hold events without the help of our volunteer community and as such their safety is our primary concern. We request that our volunteers do the following:

- Notify HTR of your availability to volunteer prior to the date of the event and be pre-approved for a specific timeslot.
- Complete the Health Questionnaire before entering a restricted event area.
- Immediately upon entering the event area, meet with the volunteer coordinator or event coordinator (or designate).
- Wear appropriate PPE including a mask if social distancing requirements cannot be met. Note: HTR will provide PPE if you do not have any.
- Show up at your designated start time and leave promptly at the end of your shift. Do not linger in restricted event areas.
- Notify HTR if you become ill during an event or test positive to COVID-19 after attending an event.

3.4 Participant Responsibilities

HTR will require the following of all participants attending an event:

- Preregister for an event. There will be no race day registrations allowed until further notice.
- Complete the Health Questionnaire before entering a restricted event area.
- **Bring a mask with you to the event and have it on your person at all times.** Masks are required to be worn when social distancing requirements cannot be met (i.e. bib pickup, start/finish area, aid stations, bathrooms, any indoor space and/or when passing another runner).
- Show up at your designated start time and leave promptly at the end of your race. Do not linger in the event area. Note: HTR will be restricted to the number of participants allowed in certain areas so by lingering you may be preventing another participant from starting their race.
- Notify HTR if you become ill during an event or test positive to COVID-19 after attending an event.
- No high-fives, hugs, group photos or spitting.
- Leave spectators at home; they will not be allowed in restricted event areas. A limit of **one** parent/guardian will be allowed in the start/finish area per minor participant. Para-athletes will be allowed **one** pre-approved guide/assistant on course. If you require a guide/assistant please contact HTR as soon as possible before the event so that capacity limits can be adjusted. All parents, guardians, guides and/or assistants will need to complete a Health Questionnaire.
- Be as self-sufficient with food and water as possible. Aid stations will be minimally staffed and stocked.

4. AREA-SPECIFIC PAMDEMIC PROTOCOLS

4.1 Race Kit Pickup

- Mask wearing is mandatory in the race kit pickup area.
- Race kit pickup will be either a drive through or outside space with physical distance markings. Wherever possible, area access will flow in one direction (i.e. in one way, out another) to reduce congestion.
- Only pre-registered participants, a parent/guardian of a minor child, and/or a pre-approved guide/attendant will be allowed through the race kit pickup into the start/finish area.
- To the extent possible race kits will be prepacked to avoid excessive handling.
- Everyone must submit a completed Health Questionnaire in order to pick up their race kit and/or enter the start/finish area.
- Kit pickup will be organized by the heat/race start time to avoid congestion and ensure the event is meeting the regional capacity limits.

4.2 Start/Finish Area

- Mask wearing is mandatory in the start/finish area.
- Only racers with a bib corresponding to the appropriate heat/race will be allowed in the start/finish area to ensure compliance with the regional capacity limits. Participants are asked to remain in their cars until their designated start time.
- Spectators will not be allowed in the start/finish area. Exceptions include **one** parent/guardian per minor child participant and a pre-approved guide/attendant for a para-athlete. Please contact HTR in advance of the event if you require a guide/attendant.
- Starts will be staggered or in small groups, when possible runners will start by expected finish times with faster runners starting first to limit congestion on the course.
- Participants will be allowed drop bags as long as there is sufficient room in the start/finish area to accommodate social distancing.
- Participants will be directed to leave the start/finish area upon completion of their event. Gathering or lingering in the start/finish area will not be permitted.

4.3 Aid Stations

- Mask wearing is mandatory in aid stations.
- Aid stations will be minimally staffed and stocked. There will be water/electrolyte drinks available and limited individually packaged foods. Note: participants are asked to be self-sufficient and carry what they need to the extent possible.
- Water/electrolyte containers will have a foot pump, where possible, to limit the number of touch surfaces. Participants are asked to use refillable drink containers to minimize waste.
- Food and drinks are not to be consumed in the aid station area. Participants are asked to consume food/drinks on the course when social distancing permits. Please keep any garbage with you until you reach a garbage receptacle.
- Only one participant will be allowed in the aid station at a time. Please move through the aid station as quickly as possible.

4.4 On Course

- Wherever possible the course will allow for social distancing. Two way traffic areas will be avoided unless the trail is wide enough for social distancing.
- Masks are required whenever social distancing requirements cannot be met (i.e. passing another runner).
- Pass another participant as quickly as possible; signal your intention to pass so that fellow participants can drop back and allow faster runners through. Running in groups or “drafting” is not permitted; a minimum of 2 meter physical distance must be practiced by all participants.
- Wherever possible aid stations will be located off course. Participants are asked to signal their intention to enter an aid station to nearby runners so that social distancing can be maintained.
- The use of earbuds/headphones is discouraged to facilitate communication between participants when social distancing cannot be maintained (i.e. passing or entering an aid station).

ATTACHMENT A

**COVID-19 Screening
and Contact Tracing
(1 page)**

COVID-19 Screening and Contact Tracing



- 1. Are you currently experiencing one or more of the symptoms below that are new or worsening? Symptoms should not be chronic or related to other known causes or conditions.

| | |
|---------------------------|-------------------------|
| - Fever and/or Chills | - Difficulty Swallowing |
| - Cough or Barking Cough | - Loss of Taste/Smell |
| - Shortness of Breath | - Pink Eye |
| - Sore Throat | - Runny or Stuffy Nose |
| - Headache | - Digestive Issues |
| - Muscle Aches/Joint Pain | - Fatigue |

- 2. Has a doctor, health care provider, or public health unit told you that you should currently be isolating (staying at home)?

- 3. In the last 10 days, have you tested positive on a rapid antigen test or a home based self-testng kit?

- 4. In the last 14 days, have you been identified as a "close contact" of someone who currently has COVID-19?

- 5. In the last 14 days, have you received a COVID Alert exposure notification on your cell phone?

- 6. In the last 14 days, have you travelled outside of Canada **AND** been advised to quarantine per the federal quarantine requirements?

- 7. Is anyone you live with currently experiencing any new COVID-19 symptoms and/or waiting for test results after experiencing symptoms?

| | |
|------------------------------|-----------------------------|
| Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> |

Contact Tracing: Please print clearly as the information may be used by Public Health to notify you of a potential exposure to Covid-19.

Event: _____

Name: _____

Phone Number: _____

Date: _____

HTR USE BIB #: _____