



## NTTR SARS-CoV-2 Event Safety Guidelines & Protocols

Hello NTTR Trail Community,

We at NTTR understand that 2020 has been a challenging time for many; especially related to the direct and indirect impact of the SARS-CoV-2 virus. First and foremost, on our minds is the health and safety of our friends, family, and communities. We cancelled or postponed all in-person events (group runs, races, etc.) at the beginning of the outbreak and have continued to follow the latest information as many of you have been doing. Our hearts and prayers extend to all our trail family and we encourage each individual and family to adopt a risk posture appropriate for their situation.

We also understand that exercising, good sleep, healthy eating, and reducing stress are the most important elements to being healthy and maintaining a healthy immune system and we are blessed enough to be passionate about a sport that largely takes place in outdoor, open spaces. As of Oct 1<sup>st</sup>, we will start to offer select events again for those who want the opportunity to participate in our trail community but we will have in place minimum guidelines as provided by national, state, and local authorities to help prevent the spread of the SARS-CoV-2 virus.

These guidelines will be enforced at our events and you may personally exercise additional measures that you feel are necessary. We will not tolerate disparaging remarks towards anyone at our events for practicing measures they feel are important to their health. Guidelines subject to change based on current situation and ongoing updates from authorities.

### Individual Participant Guidelines:

- 1) Breaking cycle of exposure/infection:
  - a. Stay home if you are sick
  - b. Practice social distancing (maintain a distance of 6 ft.)
  - c. Use masks when social distancing is not practical/possible (masks not appropriate for anyone under 2 years old, has trouble breathing, or cannot remove mask unassisted)
- 2) Good hygiene practices:
  - a. Wash hands often with soap/water for at least 20 seconds
  - b. Use hand sanitizer (min. 60% alcohol) when soap & water are not available
  - c. Cover coughs and sneezes and avoid touching face (especially eyes, nose, mouth)

### Event Guidelines & Protocols:

- 1) Follow all guidelines of our partner organizations, federal, state, and local authorities (e.g. masks on at stores if packet pickup is done before the event, etc.)
- 2) Temperature checks for all staff, volunteers, participants, or spectators at any event (you will be asked to leave if you exhibit a high temperature)
- 3) Face masks are required for entry to any event and should be used any time you are unable to maintain social distancing guidelines. Masks are not required to be worn on course unless social distancing cannot be maintained.
- 4) Socially distanced, wave starts (cohorts) of no more than 10 participants at a time; event participation will be capped based on venue to ensure social distancing can be maintained
- 5) All events are completely self-supported unless otherwise stated. Each participant is responsible for their own hydration and nutrition and for packing out what they pack in (no littering). If an event has support, only volunteers are allowed to interact directly with hydration and nutrition provided.
- 6) Hand sanitizer will be offered at the event location.
- 7) We will comply with authorities regarding reporting and guidance in the case that someone tests positive for COVID-19 following an NTTR event and we will alert participants of the same.
- 8) Notice that there is an enhanced risk of being in direct contact with anyone age 65 or older for 14 days after participation.

### Resources:

- WHO: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- CDC: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- TX DSHS: <https://www.dshs.state.tx.us/coronavirus/>
- TX DSHS checklist: <https://www.dshs.state.tx.us/coronavirus/docs/opentx/AdultRecSports-Participants.pdf>