



2021 WINGMAN PROGRAM MEETING FAQs

VACCINATIONS:

1. Has there been a count of how many participants have been vaccinated so far?
 - a. No.
2. If I have been vaccinated, do I still need to wear a mask at an ASA Event?
 - a. Yes. Until further guidance is given from the federal, state, or local levels - masks will be required at all times.
3. If I have been vaccinated, do I still need to not attend an ASA Event for 14 days if I receive a close contact email?
 - a. YES. Until further guidance is given from the federal, state, or local levels - quarantining for 14 days from an ASA Event will be required.
4. Will ASA be collecting vaccination status?
 - a. Not at this time. We may reevaluate asking for this information at a later date.
5. Will ASA require people be vaccinated to participate?
 - a. Not at this time. We do not envision this scenario coming to be but will continue to follow government guidance.

SCHEDULES:

1. Are we racing this year?
 - a. We will reevaluate racing this summer. We would love to get back to racing but are focusing on Group Runs first. We train 3 times as much as we race so thought this should be our first priority.
2. When will Group Runs start?
 - a. We are planning on releasing Group Run Schedules on April 2nd. And we plan on starting in person Group Runs the week of April 19th.

CLEANING/SANITIZING:

1. How will joggers be sanitized between use?
 - a. Joggers will not be sanitized between each use unless necessary. We are planning to stagger the Group Run Schedules so that we do not use the same jogger within at least 72 hours per CDC fabric recommendations.
2. Will the jogger handle be sanitized between pushers?
 - a. No, we do not plan on requiring the handle to be wiped down between pusher rotations. We encourage every pusher to sanitize their hands prior to starting and again upon completion of the run. If you want to bring additional hand sanitizer to use during the run, please do so.
3. Will a Captain need to clean the jogger before or after a group run?
 - a. No. This will not be required of a Captain at this time.

4. Do Captains need to bring any cleaning supplies?
 - a. No. ASA will have sanitizer and general cleaning supplies on site. You do not need to bring anything to clean joggers. You may bring any additional supplies that you want to ease your own comfort.
5. Can I bring sanitizer and other cleaning supplies for my Athlete's WingMan team to use?
 - a. Yes, if there are additional supplies you want to bring for your Athlete's WingMan Team to use during a Group Run, please bring them - extra sanitizer to put in the jogger, etc. ASA's policy has always been for athlete families to bring whatever will help their athlete be most comfortable in the jogger - and we put this into that category.
6. My athlete is allergic to certain hand sanitizers?
 - a. Please bring your own to ensure one is on site that they can use.

EQUIPMENT:

1. Can I bring a canopy to put over my Athlete's jogger?
 - a. Yes, if you want to purchase a rain shield to put over your Athlete's jogger, we are ok with that. It needs to fit properly on the jogger. Any questions - email david@asa.run to discuss.
2. Can an Athlete use their own jogger?
 - a. No. To discuss this further - please email david@asa.run
3. What if my athlete doesn't like the canopy being extended open?
 - a. Our policy is that we believe it should be extended open as an additional precautionary measure. If you want to waive that measure - simply tell your Captain and WingMan Team at training. As long as all are ok with it being closed up, it may be closed that run. You will need to have this conversation with each WingMan Team your Athlete is a part of as individual comfort levels may vary between runs.

GROUP RUNS & PAIRINGS:

1. Can WingMen and Captains switch between athlete teams at a Group Run?
 - a. No.
2. Can Captains still help with athlete transfers?
 - a. Yes, as long as the parent or guardian is involved and leads the transfer process.
3. Do Group Run Managers need to formally pair WingMan Teams for group runs this year?
 - a. Yes - WingMan Teams will need to be documented for all Group Runs this year. Each community will be given a bin with the necessary supplies for Group Runs this year. It will contain a clipboard with pen and paper attached as well as Julie Anderson's email and cell phone number on the back. At the Group Run, please write down the Athlete name and put the names of the captain and wingman assigned to their team that night. Upon completion of the onsite pairings and noting any changes that occurred, text a picture of your pairings page to Julie Anderson. Please keep all of the lists in the back of the clipboard for future reference if needed. You can then turn the page to the back of the clipboard so a blank piece of paper is ready for the next Group Run.

4. What if a training site is too crowded to adhere to social distancing guidelines?
 - a. We believe that all of our current training locations will work well this year. If we learn that they are not going to work anymore, we will find a new location and alert the community of changes.
5. Does the Group Run Manager count towards the gathering size?
 - a. Yes.
6. Are parents allowed to participate in a Group Run or walk on their own during a Group Run?
 - a. If a parent is planning on running as a part of the WingMan Team during the Group Run, they need to sign up in a WingMan spot on the Sign Up Genius. They will count towards the group size.
 - b. If a parent is not planning on being on the WingMan Team, then they do not need to sign up on the Sign up Genius. Once their athlete is paired with their WingMan Team for the run, the parent can go take a walk or rest in their car until the athlete returns. They will not count towards the gathering size in this scenario.
7. Can we run longer than a 5K distance during Group Runs this year?
 - a. We are keeping Group Run distances to between 3.1 miles and 5 miles. Please discuss with your WingMan Team prior to starting what the desired distance of the team is for that run. Captains should keep in mind that everyone should feel comfortable with the distance chosen, and not feel pressured. Individuals are welcome to run longer before or after the ASA group run on their own.

MASKS:

1. Is there any specific mask we should wear and/or is double masking required?
 - a. ASA will adhere to federal, state, and local guidance for masks. You must wear a mask that follows the CDC mask guidance. Here is a link to the CDC's mask guidance:
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>
2. Do we need to bring our own mask?
 - a. Yes.
3. At races, masks only need to be worn at the start and finish, during the run they can be removed - why can't we do that at an ASA run?
 - a. Because of the nature of how we run, the rotation process of pushers, and the proximity of pusher and athlete - keeping a mask on at all times is the policy at this time.
4. What if my athlete will not keep their mask on/cannot wear a mask?
 - a. Please designate this on their athlete agreement. We will pair them accordingly at a Group Run with WingMen and Captains that have also designated they are comfortable with this situation per their registration.
5. What if my athlete lives in a group home that is not allowing outside activities for the foreseeable future? Will my athlete be able to participate later this year or next year?
 - a. You will not lose your athlete's spot in ASA if they are unable to participate this year. Do not worry. They can start back whenever their group home will allow it.