

# Return to Group Runs

Operational Preparedness for COVID-19

Last Updated 1/26/2021



## References:

Road Runners  
Club of America



Centers for  
Disease Control



# OVERVIEW

- Athletes Serving Athletes has created this document using the Chicago Area Runners Association (CARA) and Road Runners Club of America (RRCA) Operational Preparedness Guide for COVID-19 as a template.
- ASA will monitor all guidance from local, state, and federal authorities, and the Center for Disease Control regarding COVID-19. The safety and well-being of members, participants, volunteers, and staff must be the top priority. ASA Communities should respect and follow the guidelines of their locality, and may use this operational preparedness plan as a guide for how to best meet the requirements of their community.
- For ASA, the States of Maryland and Pennsylvania have the following reopening plans:
  - Maryland: Maryland's Roadmap to Recovery - [https://governor.maryland.gov/wp-content/uploads/2020/04/MD\\_Strong.pdf](https://governor.maryland.gov/wp-content/uploads/2020/04/MD_Strong.pdf)
  - Pennsylvania: Process to Reopen Pennsylvania - <https://www.governor.pa.gov/process-to-reopen-pennsylvania/>
- Through operational changes, by adjusting how we gather, ASA Communities may be able to provide group runs within the guidelines considered safe and appropriate.
- ASA should be prepared to modify their plans to comply with any future guidelines from local, state, or federal authorities.

# CONSIDERATIONS

Our preparedness plan includes considerations for:

- Participant Advisements / Expectations
- Track and Trace Procedures for possible exposure to COVID-19
- Gathering Size and Locations
- Pre-Run Gathering
- WingMan Team Organization
- Post-Run Gathering
- Program Meeting Frequently Asked Questions

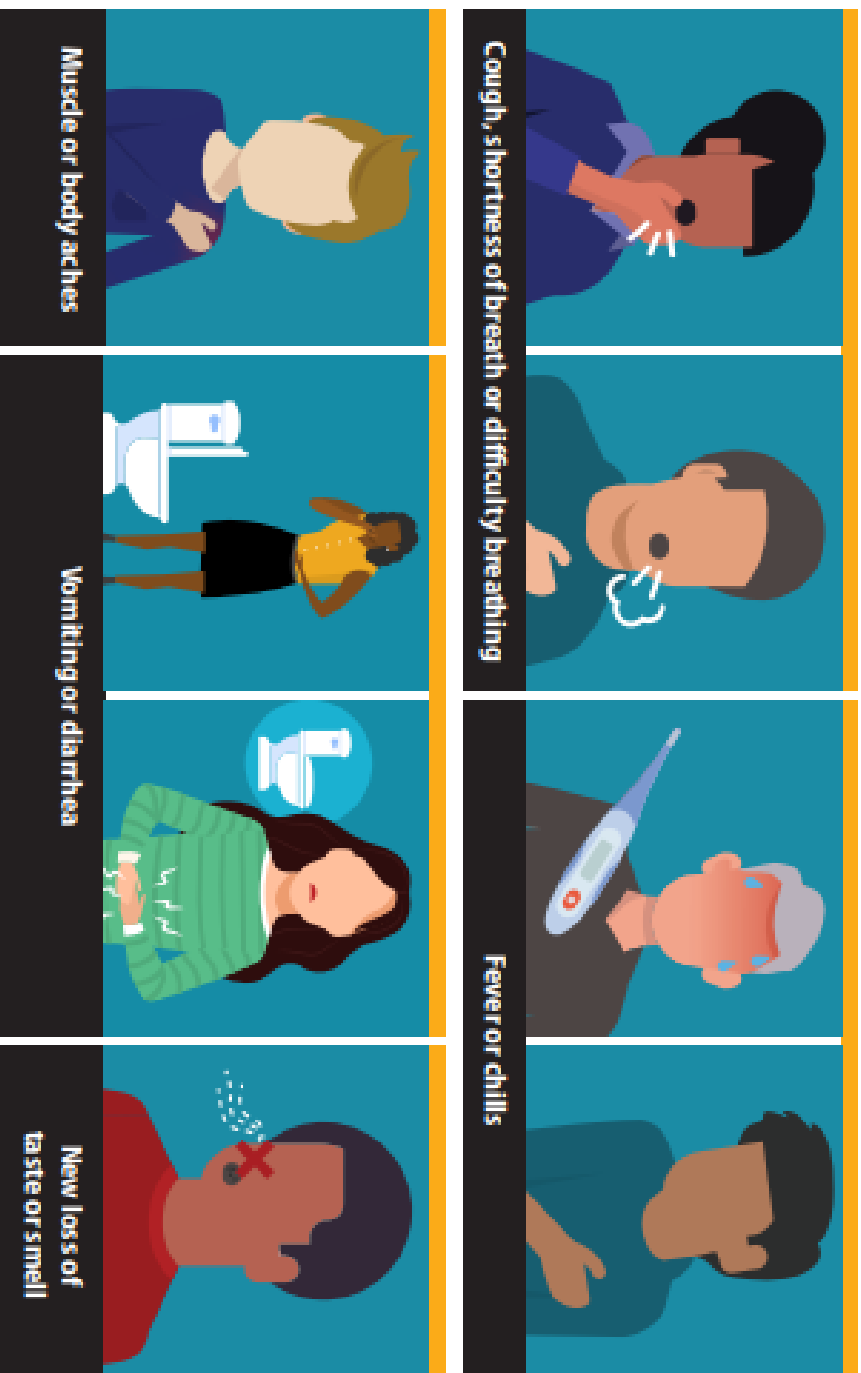
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# PARTICIPANT ADVISEMENT/EXPECTATIONS

- Do not participate if you are feeling sick or ill, and or have a fever, or if you have been in contact with someone unrecovered from COVID-19. [CDC Symptoms](#) (also available on next page)
- Participants should self monitor their temperature prior to attending any ASA event.
- Persons from high risk groups for COVID-19 complications should consult their physician before participating.
- Do not engage in traditional forms of physical contact (hand shakes, high-fives, hugs, partner stretching, etc.)
- Do not engage in close group pictures/selfies. Always maintain social distance guidelines.
- Don't spit or “nose rocket” your nose in public – bring along tissues or a small towel or a hanky if you need to get rid of some snot during your run/walk. If you must spit, do so away from people and areas that will have foot traffic.
- Do not share personal items, such as hydration, energy gels, towels, etc.
- Participants must wear a face covering at all times during ASA group runs. Link to CDC mask guidance: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>
- Participants should self carry personal hydration (bottles/packs).

# Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



**Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.**

**Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

# PARTICIPANT ADVISEMENT/EXPECTATIONS (...continued)

- The following statements need to be true for a participant prior to attending an ASA Event. If a participant falls within *any* of the categories mentioned below, they should not attend an ASA event:
  - I currently or within the past fourteen (14) days of an ASA event have not experienced any symptoms associated with COVID-19 consistent with those identified by the CDC, which include; but are not limited to; fever, cough, and shortness of breath;
  - I have not traveled at any point in the past fourteen (14) days either internationally or to a community in the U.S. that has experienced or is experiencing sustained community spread of COVID-19 as defined by the CDC; and
  - I have not been exposed to a confirmed or suspected case of COVID-19 within the past fourteen (14) days or have personally been diagnosed with COVID-19 and are not yet cleared as non-contagious by state or local public health authorities or the health care team responsible for your treatment.
- Participants whose actions do not meet expectations, and or are creating risk for themselves or others, should be required to exit the group temporarily or permanently.
- Participants must sign up using the ASA Group Run Sign Up Genius prior to attending any group run to ensure that proper Track and Trace procedures can be successfully implemented.

# TRACK AND TRACE PROCEDURES FOR POSSIBLE EXPOSURE TO COVID-19

- For those participating in groups runs, should you test positive for COVID-19, and have attended group runs in the past 14 days, please notify the ASA Office at [info@asa.run](mailto:info@asa.run). Do not participate in any group gathering until you are recovered from COVID-19 and have received approval from your doctor.
- ASA will strictly maintain the confidentiality of a participant who notifies them of a positive test.
- ASA will notify participants of possible exposure using the ASA Group Run Sign Up Genius lists and a phone call with the positive person to determine close contacts using CDC guidelines.
- ASA will send 2 emails upon learning of possible exposures:
  - You were at a group run with the person who tested positive.
  - You are considered a close contact of the individual who tested person: on the WingMan Team with them or they reported having an interaction with you at that group run.
- Anyone who receives a close contact email from ASA may not attend an ASA event for 14 days from the date of possible exposure and/or until they are released from quarantine protocols by their doctor.
- Participants that have had contact with an infected person during the previous 14 days, should not attend for 14 days.

# GATHERING SIZE AND LOCATIONS

- Use open spaces allowing for groups to spread out pre- and post-run for social distance guidelines, always maintaining at least six feet of distance apart.
- Avoid gathering in a location that may cause conflict for others in the area, including businesses, customers, and residents.
- Never block entryways, sidewalks, trails, or access to bathrooms or fountains. Ensure that others have room to get past the group while maintaining social distance guidelines.
- Avoid meeting indoors, where participants may encounter multiple touchpoints (doors, counters, etc.), and where there could be limited airflow.
- Use locations where a run route is available that allows for social distancing for the group, and while passing others.
- Runners should not gather until local guidelines allow for group gathering.
- Groups should limit their size to remain in compliance with local guidelines.
- When groups are gathering as individual WingMan Teams, ensure that the teams maintain separation.



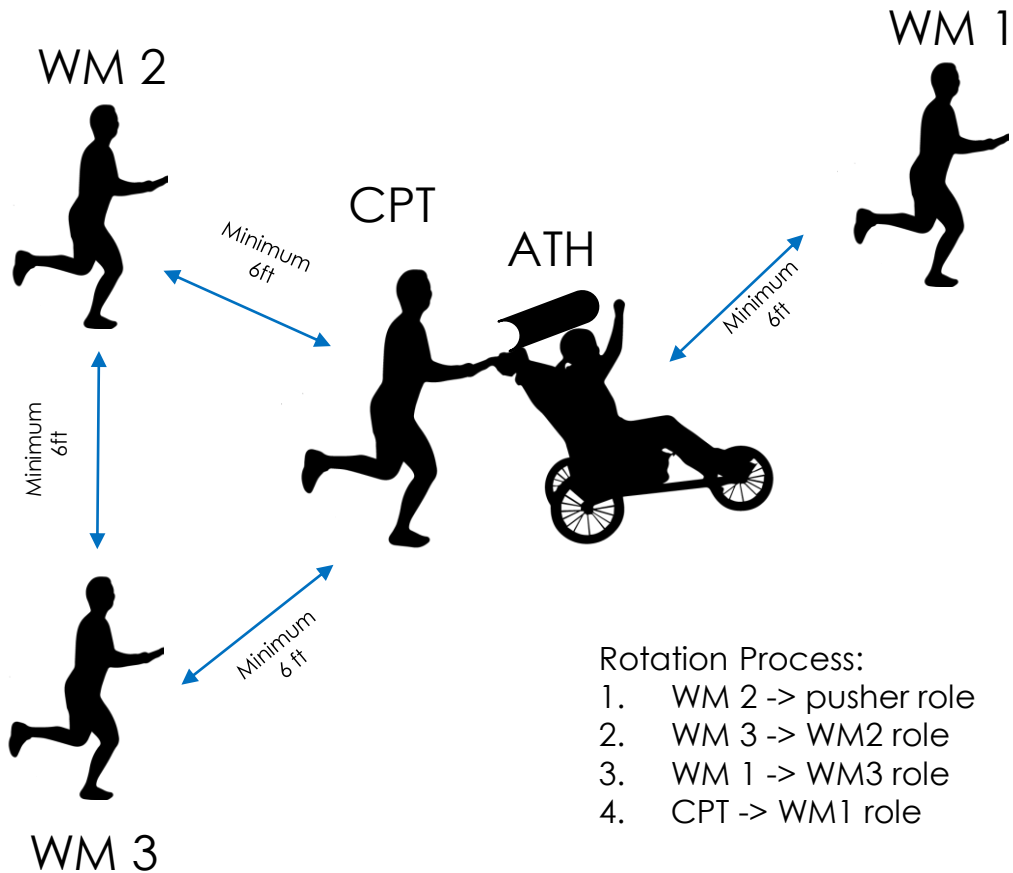
# PRE-RUN GATHERING

- Groups should gather in an area that gives everyone the room to practice social distancing.
- As runners gather in their groups, they should maintain at least 6-feet of distance from each other.
- Groups should not meet directly adjacent to restrooms, hydration, or fountains to allow all persons to access these areas without experiencing congestion.
- Provide announcements and instruction prior to the run directly to each WingMan Team not to the full running club.
- If multiple teams are within range of each other, each team should depart one-by-one. As each team departs, the next team's Captain should wait at least one-minute before departing. This time gap between starts prevents multiple groups crowding trails/paths, or from arriving at stop lights or hydration stops at the same time.

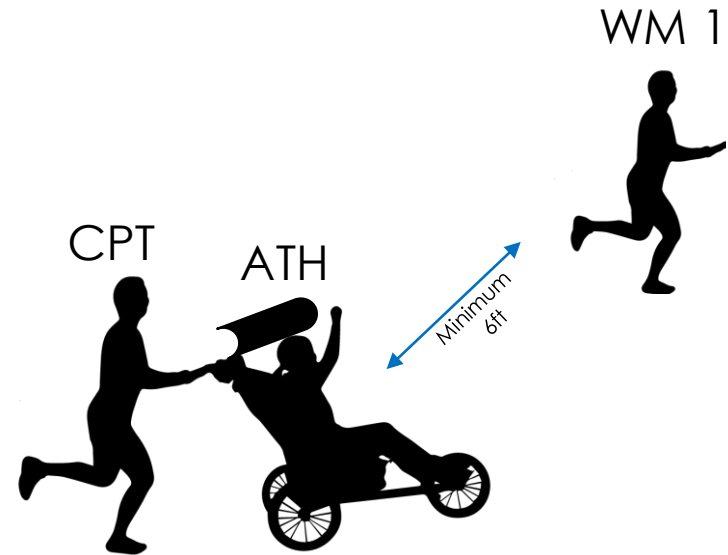
# WINGMAN TEAM ORGANIZATION

- **ASA Captains should instruct and manage WingMan Team participants to follow adjusted group running formations.**
- Standard ASA WingMan Team formations should be adapted to allow for social distancing.
- Adapted group formations should provide at least six-feet between runners.
- ASA Captains should review instruction with their team pre-run, and maintain formations through the run.
- As teams stop during the run, groups should step off the path/trail at least six feet, and should maintain social distance while stopped.
- Teams should be respectful of others on the trail/path, and understand there may be a heightened sensitivity from other trail users. Give other trail users as much space as possible, and avoid “swarming” where the group splits and goes around others on both sides. Participants should refrain from making negative comments to other trail users, or responding to negative comments received.
- Teams should continue to use signals and or call out for passing, obstructions, or stops as usual.
- Jogger canopy should be extended over the ASA Athlete’s head.
- An example adapted WingMan Team formation to consider is on the following page.

Formation 1: Typical WingMan Team:  
 1 ASA Athlete in a jogger (with canopy extended open), 1 Captain, 3 WingMen



Formation 2: Modified Team Size:  
 1 ASA Athlete in a jogger (with canopy extended open), 1 Captain, 1 WingMan



WM 1 Role: most crucial role in the formation because:

1. Connection with ASA Athlete during run
2. Eye contact with ASA Athlete – health checks
3. Barrier between WingMan Team and general runner population passing by

# POST-RUN

- As WingMan Teams complete their runs, participants must maintain social distance.
- WingMan Teams that choose to complete post-run stretching or wrap ups must spread out and maintain social distance.
- Participants should remember to avoid traditional physical contact (high fives, hugs, handshakes, etc.).
- Organized post-run activities at the training site that gather multiple ASA WingMan Teams should not occur.
- Organized post-run activities at the training site that serve or share food that is not prepackaged should not occur.

# PROGRAM MEETING FREQUENTLY ASKED QUESTIONS

## VACCINATIONS:

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

# PROGRAM MEETING FREQUENTLY ASKED QUESTIONS

## **SCHEDULES:**

- Are we racing this year?
  - 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.
- When will Group Runs start?
  - 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:**

- How will joggers be sanitized between use?
  - 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.
- Will the jogger handle be sanitized between pushers?
  - 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.

# PROGRAM MEETING FREQUENTLY ASKED QUESTIONS

## **CLEANING/SANITIZING (CONTINUED):**

- Will a Captain need to clean the jogger before or after a group run?
  - No. This will not be required of a Captain at this time.
- Do Captains need to bring any cleaning supplies?
  - 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.
- Can I bring sanitizer and other cleaning supplies for my Athlete's WingMan team to use?
  - 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.
- My athlete is allergic to certain hand sanitizers?
  - Please bring your own to ensure one is on site that they can use.

# PROGRAM MEETING FREQUENTLY ASKED QUESTIONS

## **EQUIPMENT:**

- Can I bring a canopy to put over my Athlete's jogger?
  - 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](mailto:david@asa.run) to discuss.
- Can an Athlete use their own jogger?
  - No. To discuss this further - please email [david@asa.run](mailto:david@asa.run)
- What if my Athlete doesn't like the canopy being extended open?
  - 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.



# PROGRAM MEETING FREQUENTLY ASKED QUESTIONS

## **GROUP RUNS & PAIRINGS:**

- Can WingMen and Captains switch between athlete teams at a Group Run?
  - No.
- Can Captains still help with Athlete transfers?
  - Yes, as long as the parent or guardian is involved and leads the transfer process.
- Do Group Run Managers need to formally pair WingMan Teams for group runs this year?
  - 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.
- What if a training site is too crowded to adhere to social distancing guidelines?
  - 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.

# PROGRAM MEETING FREQUENTLY ASKED QUESTIONS

## **GROUP RUNS & PAIRINGS (CONTINUED):**

- Does the Group Run Manager count towards the gathering size?
  - Yes.
- Are parents allowed to participate in a Group Run or walk on their own during a Group Run?
  - 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.
  - 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.
- Can we run longer than a 5K distance during Group Runs this year?
  - 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.

# PROGRAM MEETING FREQUENTLY ASKED QUESTIONS

## **MASKS:**

- Is there any specific mask we should wear and/or is double masking required?
  - 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>
- Do we need to bring our own mask?
  - Yes.
- 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?
  - 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.
- What if my athlete will not keep their mask on/cannot wear a mask?
  - 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.
- 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?
  - 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.



Please direct questions to [info@asa.run](mailto:info@asa.run)