



SUGGESTED GUIDELINES
ROAD RACES AND OTHER LARGE OUTDOOR ORGANIZED GROUP ATHLETIC EVENTS
Updated as of May 11, 2021

Purpose

These Guidelines for Road Races and Other Large Outdoor Organized Group Athletic Events are suggested best practices only. They are not COVID-19 sector specific requirements and are issued only to provide race organizers and Local Boards of Health guidelines to prepare and approve safety plans for these events. The actual COVID-19 sector specific requirements applicable to any Road Race or Large Outdoor Organized Group Athletic Events are established in the COVID-19 Safety Plan submitted by the event organizer to the relevant Local Board of Health or the Department of Public Health.

Road Races, Other Large Outdoor Organized Group Athletic Events

Road Races and Organized Group Athletic Events are defined as organized athletic events which include activities, such as running, jogging, walking, cycling, swimming or some combination multisport events such as a triathlon where participants swim, bike and run.

The Commonwealth has announced that road races and other large outdoor organized group athletic events are permitted to operate beginning on May 10, 2021. Staggered starts are required for all road races and other large outdoor organized group athletic events, in order to maintain social distancing. Safety plans for all Road Races and other Large Organized Group Athletic Events must include measures for maintaining social distance, staffing and operations plans, hygiene protocols, and cleaning protocols.

Road Race and Other Large Organized Group Athletic Events Safety Plan Submission

- Races that begin and end in the same community, even if they travel through multiple communities, must submit safety plans to the Local Board of Health for where the start and finish is located.
- Point to point races that do not begin and end in the same community, and that travel through more than three communities must [submit a safety plan](#) to the State Department of Public Health as provided below.
- Races that begin and end in different communities, but that travel through three or fewer communities, must submit a safety plan to the Local Board of Health for each community on the race course.

Notification to Local Board of Health

If an event organizer is notified that an event participant, attendee, volunteer, or vendor has tested positive for COVID-19, the event organizer must immediately notify the Local Board of Health in the city or town where the event took place. Hosts and event organizers must assist the Department of Public Health and Local Boards of Health with contact tracing and case investigations.

Suggested General Guidelines

I. Social Distancing and Capacity Limits

- Post ample signage on-site with statements regarding mask wearing and social distancing.
- Require face coverings for all staff, volunteers, vendors, spectators and participants while not racing, except where an individual is unable to wear a face covering due to a medical condition or

disability.

- All spectators, staff, vendors, volunteers, and participants while not racing, must maintain at least 6 feet of physical distance from every other participant in the gathering except where participants are members of the same household.
- Post visible signage for spectators in areas where there is likely to be higher density such as parking, entry, portable toilet units, and vendors, etc. (these locations will vary by event)
- Ensure separation of 6 feet or more between individuals
 - Packet pick-up procedures should be designed to promote physical distancing and mitigate person-to-person contact.
 - Waiting lines and areas of congregation must be avoided
 - Close or reconfigure high density areas where there could be congregation (e.g., parking, packet pick-up, vendors, portable toilets, etc.) to allow social distancing.
 - Clearly demarcate areas for people to wait/stand so that people are 6 feet or more distanced from others.
 - Portable toilet units and vendor booths adequately spaced to avoid congestion.
 - Carefully consider athlete flow for the event (e.g., one-way walking paths).
 - Use visual social distancing markers to guide physical distance to be 6 feet apart (e.g., lines to use the portable toilets).

II. Hygiene Protocols

- Race organizers should ensure the venue is set up to maximize the ability of participants and spectators to adhere to safety standards and hygiene protocols
- Ensure access to handwashing facilities or/and sanitizing stations on site for participants and volunteers (e.g., soap and running water, alcohol-based hand sanitizers with at least 60% alcohol may be used as an alternative)
- Provide regular sanitation of high touch areas.
- Ample sanitation options like hand wipes, sinks, or hand sanitizer immediately outside each portable toilet cluster
- Ample sanitation options like hand wipes or hand sanitizer at each vendor area
- Alcohol-based hand sanitizers with at least 60% alcohol should be readily available

III. Staffing and Operations

- Provide volunteers, staff and participants up-to-date safety information and precautions including hygiene and other measures aimed at reducing disease transmission, including:
 - Social distancing, hand-washing, proper use of face coverings
 - Self-screening at home, including temperature and symptom checks
 - Importance of not coming to event if ill or if under quarantine
- Staggered arrival / departure for volunteers for longer events
- Staff, volunteers, and participants must stay home if feeling ill or if under quarantine.
- Staff and volunteers must follow social distancing and mask requirements.
- Maintain a log of volunteers, staff and participants to support contact tracing (name, date, contact information) if needed.
- Limit conventional on-site activities, in particular at finish line, to minimize the amount of time participants will spend at the venue.
- Additional on-site amenities and services may open and operate when those amenities or services are otherwise authorized to operate under the Commonwealth's Phased Reopening Plan. These must adhere to all relevant sector-specific safety protocols, available on the [Reopening Plan](#)

[website.](#)

IV. Cleaning and Disinfecting

- Conduct frequent cleaning and disinfection of stations such as portable toilets, aid stations, etc.
- Conduct frequent disinfecting of high traffic areas and high-touch surfaces

Suggested Racing Guidelines

Starting Line

- Staggered starts are required. Staggered start or “time trial” start formats should be employed to keep athletes at least 6 feet apart with athletes starting every 5 or 10 seconds. Recommendations include:
 - Starting participants based on estimated finishing time or pace per mile.
 - Starting participants based on age groups or race category.
- Participants should be assigned start times to eliminate congestion.

On Course

- Athletes should not be required to wear a face covering while competing during the event
- If passing is necessary, participants should be asked to pass with 6’ in between themselves and the participant they’re passing where safe and possible
- Limited number of volunteers and staff should be used along course

Aid Stations, Water Stops

- Participants are encouraged to carry their own water or nutrition while participating, such as hand-held water bottles, camelbacks, waist packs, or bike rack bottles.
- Aid station staff and volunteers should be required to wear masks and maintain proper social distancing; multiple tables to be utilized to help spread people out.
- Alcohol-based hand sanitizers with at least 60% alcohol should be available at aid stations
- Post visible signage for participants to remind participants of hygiene and safety protocols
- Event organizers are encouraged to distribute pre-packaged drinks and nutrition at aid stations.
- Trash receptacles should be provided at the water stop locations

Finish Line and Post-Race Areas

- All staff/volunteers/vendors in finish and post-race areas must wear masks when social distancing is difficult to maintain or when indoors.
- Participants to re-apply face masks after concluding the event.
- Finish line areas should be large enough to avoid congestion of athletes and volunteers.
- Alcohol-based hand sanitizers with at least 60% alcohol should be available at finish line
- Post visible signage to remind participants of hygiene and safety protocols
- Encourage participant results to be displayed on touchless displays via TV screens, published on the internet, or sent to participants’ mobile devices or Apps.
- Suggest post-event food and drink be pre-packaged and made available as a “grab and go” option.

Spectators

- Spectators may attend the events. However, spectators must abide by event safety standards, social distancing, masks, and hygiene protocols while on site.
- No physical contact between participants and/or spectators with each other (e.g., no high-fives)