

SEA 50 YEARS RUN

Nova Scotia Marathon COVID-19 Safety Plan



EXECUTIVE SUMMARY

The Sea Me Run/ Nova Scotia Marathon is in its 50th year with the following distances: Marathon, Half-Marathon, 10K and 6K. With the exception of kit pick up and Chowder take-out, this event is completely outdoors. The overall event will implement the wave/cohort model. This cohort/ wave model has been safely used by other outdoor race events such as the Valley Harvest Marathon and the Night Owl 5K and is recommended in the Safe Return to Racing during COVID-19.

The following plan was developed for the Nova Scotia Marathon to deliver a safe event for all involved during the COVID-19 pandemic. The race committee has extensive experience in planning and implementing this annual event and members of the committee have attended other race events such as the Harvest Marathon and the Night Owl 5K to gain insight. We have also sought advice from Troy Musseau from Atlantic Chip and Sherri Robbins from the Bluenose Marathon. We have examined the event, starting with the very first touch point we have with our participant when they register for the event, then kit pick up and continued through until completion of their race. We have focused on all aspects of the participant experience including (but not limited to) registration, kit pick up, start line, water stations, finish line, medal distribution, traditional chowder takeout and our onsite Sea Me Camp services. We used what we have learned in the past year from management of recreation services through extensive consultation with the Nova Scotia Provincial Government and the Public Health Coronavirus guidelines.



Our COVID-19 plan for NS Marathon includes

- Physical distancing
- Touch point minimization
- Hygiene
- Communication and Education
- Participant Self reliance

In 2020/21, a small number of races were able to execute a COVID-19 safe race:

- The Industrial 5KM by Atlantic Chip Sport Timing with 150 participants
- The Starlight Runway Run in Yarmouth with 229 participants
- The Valley Harvest Marathon by Blue Nose Marathon with 750 participants (over 3 days)
- The Night Owl 5K by Blue Nose Marathon

For the purposes of this document the term event is used in place of cohort as we have capped each race event at 150 to allow us to meet the under 250 maximum gathering limit in place under Phase 4 NS Reopening plan. If NS is in another phase at race time, Events will be adjusted and include waves of lesser numbers.

Pre-Race

Registration:

- All participants are required to register for the event via an online registration platform. Information about the participant such as phone number, address, age, gender, running pace (time/km) and emergency contact info is collected during the registration process. This information collected easily allows for contact tracing in the event of a possible COVID-19 exposure. Waivers are signed during registration.
- The Nova Scotia Marathon will have 4 separate events with each adhering to the public health gathering limit:
 - Full Marathon starts at 7am
 - Half Marathon starts at 7:30am
 - 10K starts at 8am
 - 6K starts at 8:30 am
- Due to a number of factors, including the race routes and the remote start, we are confident in the events maintaining adequate distance and are taking all necessary steps to avoid gathering in any common areas.
- Volunteers are also required to sign-up for volunteer shifts via an online registration platform. Information about the volunteer such as phone number, address and emergency contact info are collected during the registration process. Waivers are signed during the registration process. All volunteers will be tracked during the event and be assigned to one location only to aid in contact tracing in case of exposure.



COMMUNICATIONS

- Communications leading up to the event will include information about the following as it pertains to COVID-19:
 - Time to arrive at start line
 - Parking and/or drop off locations
 - Physical distancing while at the race; start line, on course, finish line
 - When & where masks are required
 - What the participant should do if they develop COVID-19 symptoms during their race
 - Hydration & nutrition provided; at the finish line and how participants are to collect these individually packaged products.
 - Collecting medals at the finish line
 - Spectator restrictions and the need for a support person to provide transportation due to remote start.
 - Advising of the responsibility of each participant to check all applicable travel restrictions and NS admission requirements.
 - Chowder Takeout process
 - Sea Me Camp rules and procedures.

- Participants and volunteers will receive a stand-alone e-communications 48 hours prior to the race prompting them to complete a self-screening. This e-communication will also include the following link: <https://novascotia.ca/coronavirus/symptoms-and-testing/>

The COVID-19 specific communication will also include the following:
As we approach race weekend, we ask you to be very mindful of your health. If you have experienced any of the following:

- have or may have COVID-19
- have symptoms of COVID-19
- have or may have been exposed to COVID-19

Please do not attend the Nova Scotia Marathon

To learn more please visit:

<https://novascotia.ca/coronavirus/symptoms-and-testing/>

- All online information and race registration pages have had information related to COVID-19 safety.

- Communication leading up to the event will include messaging regarding spectators. The Nova Scotia Marathon will not permit spectators at the start or finish area. Event staff will monitor this and ask spectators to leave the start/finish area.

- The Nova Scotia Marathon will use both e-communications and social media channels leading up to the event for its participants and volunteers.



Kit Pick up

- The event will have staff and volunteer(s) on hand to ensure participants are maintaining distance while lined up.
- Participants will be required to pick up their race day kit in advance of race day. This prevents any unnecessary gathering on race day.
- Kit pick-up will be offered over 2 days with 5 hours allotted for each day to spread out any possible mass of gathering.
- Participants will be required to maintain 6 feet of distance when both lining up and collecting their kit race. Markers will be placed at kit pick up locations to indicate 6 foot spacing.
- Event staff, volunteers and participants will be required to wear a mask at kit pick up. Masks will be made available at all locations requiring them.
- Hand sanitizers will be available for participants, volunteers, and staff.
- Curbside pick up will be offered as an alternate to those participants who are not comfortable coming indoors. Signage outside will indicate a number to text for pick-up.



RACE DAY

Event Site:

·Spectators will not be permitted at the start or finish area. This will be communicated to participants in event communications. Event staff will ask spectators to leave the start/finish area.

·We will have signage displayed at the event site the reinforces the following:

- Physical distancing
- Masks required areas
- COVID-19 statements:

If you have experienced any of the following:

- have or may have COVID-19
- have symptoms of COVID-19
- have or may have been exposed to COVID-19

Please exit the race area and communicate by email with event organizers your wish to convert to the virtual event.

·A parking and drop off plan has been developed for the event that includes both drop off and pick up locations. As well it identifies where participants can park. This will be shared with participants as part of the pre-race communications. Participants will be asked to arrive no earlier than 15 minutes before their event.

On Course:

·There will be limited course marshal volunteers on route. Volunteers will always maintain 6 feet from participants.

·Water stations are set up every 3 km. Cups of water and Gatorade (at some) will be made available in cups at the table's edge. These will be replenished by volunteers. Masks, gloves and hand sanitizer and cleaning supplies will be provided to all stations and volunteers for mandatory use.

·Porta potties will be set in 2 locations along the route with masks and sanitizer. Volunteers will sanitize between runners.

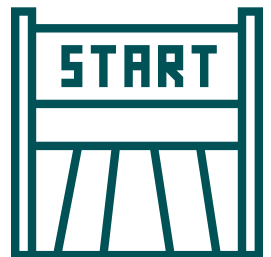
·Any spectators along course will be instructed to maintain 6 feet from participants. This will be communicated to participants in e-communications leading up to the race.



Several washroom facilities are available on site. All are signed to only allow one person per washroom. All locations will be shared with participants in their pre-race communications.

Start line:

- Each event ONLY gathers at the start line for their race to commence. The amount of time the cohort is gathered at the start line is no greater than 15 minutes physically distanced. This includes going to the start line and waiting for start gun. They do not gather again, not even at the finish line.
- Participants will be required to maintain 6 feet from each other at the start line. Ropes and tape will be used to visually mark 6 ft distances.
- Participants will be required to wear a mask at the start line. As the participants cross the start line and further spread out, they can remove their mask.
- Participants will be assigned their placement in the wave based on self assessment upon entry to the start line. Fastest will be at the start of the wave followed by slowest. This will ensure participants of a similar are pace are together while distanced on the course. Additionally, it alleviates the likelihood of participants passing each other. This will be communicated in the pre-race communications as well as with signage upon entry to the start area.
- We will have ropes placed on the ground with 6 foot spacing marked on the ropes. Participants will be instructed in both pre-race communications and race day announcements to line up by the markers so physical distancing is maintained at the start line.
- All events will be chip timed. Chip timing, while it has been used in races for the past 20 years, provides further information that is beneficial for COVID-19 protocols. It tells the event the following:
 - o Exactly who started in their assigned wave; while participants are assigned waves, some may not show up for a multitude of reasons. Chip timing verifies who started and completed the race in each wave.
 - o Exactly when the participant crosses the finish line. It also identifies the proximity one participant had to another based on their running pace. In the event of a possible COVID-19 exposure this information allows the event along with Public Health to further narrow the possible exposure.
- Announcements at the beginning of each wave will include the following as it pertains to COVID-19:
 - Physical distancing while at the race
 - When & where masks are required
 - What the participant should do if they develop COVID-19 symptoms during their race
 - Collecting hydration, nutrition and medals at the finish line and moving on.
 - Gathering post race is not permitted.
- The announcer will maintain 12 feet from the start area when making announcements.



Any race officials, volunteers and all suppliers will be required to maintain 6 feet from participants at all times. Race officials, volunteers and suppliers will wear a mask at the start of each wave

Finish Line:

- Announcements at the end of the race periodically will include the following as it pertains to COVID-19:
 - Physical distancing while at the race
 - When & where masks are required
 - What the participant should do if they develop COVID-19 symptoms
 - Collecting hydration, nutrition and medals at the finish line
 - No gathering upon completing the race
- Any race officials, volunteers and suppliers required at the finish line will wear a mask and maintain 6 feet from participants.
- Participants will be required to put their mask on once they cross the finish line once they have caught their breath.
- Participants will not be permitted to gather at the finish line and post race area. At no point shall the gathering at the finish area exceed the Public Health Order outdoor gathering limit.
- Participants must collect their items (medal, food and water) and leave the area as soon as possible.
- Stations at the finish area will be self-serve (hydration, medals and post race nutrition).
 - oWater will be bottled water.
 - oFood will be pre-packaged granola bars.
 - oMedals will be placed on a table for the participants to collect individually.
 - o Volunteers will be on hand to replenish supplies only. There will be no points of contact between the volunteer and participants.
 - o Volunteers will be instructed to maintain 6 feet from each other unless they are from the same household or bubble.
 - oVolunteers will be provided with masks, gloves, and hand sanitizers at the self-serve stations.
- Hand sanitizers will be available at high touch point locations for both participants and volunteers (food and medal collection, hydration station)
- Where practicable, cleaning of high touch points between finishers will take place. The event will use Health Canada approved products that are listed to be effective against COVID-19.



POST RACE

- In the instance of a possible COVID-19 exposure, the event will work with Public Health to notify those at risk.
- A seafood chowder banquet has been a tradition of the Sea Me Run NS Marathon event. This year we will offer takeout only with pre-packaged bags available. The process for picking up chowder will be communicated in pre-race communications. Masks and distancing will be required for all catering staff, volunteers and patrons.
- A race evaluation will be completed to ensure all participants felt safe during the event and provide a reminder to report any illness to race administrators.

