

## **GOTR 5K FAQ**

### **COVID restrictions**

To ensure participant safety, participants will not be permitted to attend the end-of-season celebration if they answer yes to the YMCA screening questions:

- Have you or someone in your household tested positive for COVID-19 within the last 14 days?
- Have you experienced new or worsening fever, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea in the past 48 hours?

### **Social Distancing**

Please follow social distancing best practices, staying 6 ft away from other participants whenever possible. There will be social distancing marks around the start and finish line areas, as well as around the team gathering locations.

### **Masks/protective face coverings**

Face coverings/masks are required at all times for all participants, running buddies, coaches, and volunteers while not engaged in intense physical activity. Face coverings will be required while on YMCA property. A buff or multifunctional headwear worn around the neck is suggested, should you encounter any volunteers or non-participants on the course/trail.

### **Weather**

Please be prepared for all weather conditions on race day. The 5K celebration will still occur despite the cold, rain, or snow (eek!). In the chance of any serious inclement weather, we will contact sites regarding any possible delays or cancellations.

### **Start times/waves**

Each team will be assigned a specific arrival and start time. Please do not arrive earlier than your assigned time. We ask that after completing the 5K, participants vacate the finish line/team gathering areas as soon as they are able, in order to maintain social distancing and group size requirements for the next team(s).

### **Course/trail usage**

Please be aware that the trail/course will remain open to the public and be conscious of trail traffic (bikes, pedestrians, runners), as well as automobile crossings. We will have a uniformed officer at the main intersection of the course, and volunteers will be staged at each access/cross-section of the trail where cars may enter/exit into public areas. Please mind all officer and volunteer signals to walk, cross, or stop.

**Directional signage**

Directional signage will be displayed at the turnaround point of the trail, along with 1-2 volunteers. Volunteers will also be at all main trail crossings.

**Parking**

Please only park in designated areas at the Waukee YMCA main lot. Do not park in lots of other nearby businesses, on the grass, or on the main roads, unless directed by one of our parking attendants.

**Restrooms/facilities**

Indoor restroom facilities at the Waukee YMCA will be open and available to participants, accessible at the South door of the building. There will also be outdoor portable toilets available in the start/finish line areas.

**Running buddies/spectators**

Due to social distancing and maintaining group size requirements, we are not able to allow spectators into the start/finish line areas or team gathering locations for this event (YMCA property). Girls will only be allowed one running buddy and should only be accompanied by their running buddy on race day. Running Buddies must pre-register online prior to November 13. No day of running buddy registration will be allowed due to maintaining accurate group counts.

Spectators are welcomed to cheer on participants along the course/trail. The course will follow the Raccoon River Valley Trail west along Hickman Road. Spectator vehicles not transporting runners (girls and/or their running buddies) will be required to find alternative parking options, such as at the trailheads. Please use designated public parking; parking in spaces not marked for public use is at your own risk.

**Post-race food and water**

Individually packed snack bars, bananas, and bottled water will be available for participants after the race. We ask that participants move quickly through the finish line area, maintaining social distancing from others and require masks at all times in these areas.