

MIOCA TIME TO TEAL 5K: MAY 8, 2022

COVID SAFETY GUIDELINES

The well-being, peace of mind and safety of our participants and the event staff is top of mind in our planning and execution.

A virtual race option is actively available to allow participation in a safe, distanced space. With this option, all race materials are mailed at the same cost as participating at the in-person event.

For in-person race registration:

- Early packet pick-up will be available Monday through Saturday, 11am-6pm at Ann Arbor Running Company on South Ashley.
 - Offering multiple days prior to race day will prevent lines and gathering day-of.
 - Masks will be encouraged for pick-up.
- Day-of registration and packet pick-up will be offered outside, under a tent in the lot at Ashley & Huron.
 - Only one member of a given party is needed to register or pickup on race day.
 - Face masks/coverings and social distancing are recommended during pick-up in more populated tent area.

For race day:

- There will be a separate finish areas for the 5k and fun run to allow for distancing.
- Masks are suggested while waiting in lines at pickup or registration, traveling to and from transportation, using the restroom and waiting for the event to start or finish.
- Volunteers and staff will wear face coverings.
 - Gloves will be worn if handling food items.
- Hand sanitizer will be provided in race packets, at tables and near restrooms in the event area.
 - Touch-points will be minimized for participants.
- Any food items provided by the race will be individually packaged.
- Notice of Covid precautions will be emailed out to all participants prior to race day with the following rules:
 - Masks and face coverings are encouraged in the event area before and after the race.
 - All participants are recommended to bring their own Personal Protective Equipment.
 - If you've tested positive and are or have recovered from Covid-19, been exposed to it, have Covid-19 symptoms (listed below) or have been medically quarantined in the last 14 days, we respectfully ask you to not participate or visit the in-person race. Refunds will be available to those who cannot attend due to illness.
 - Covid-19 symptoms include: fever, cough, shortness of breath or difficulty breathing, as well as severe tiredness/fatigue, sore throat, muscle or body aches, diarrhea, loss of taste or smell, runny nose/congestion, nausea or vomiting or diarrhea.
 - Do not spit. Cover your mouth if you have to cough or sneeze.
 - Maintain distance when possible while participating in the race.
 - Do not congregate at the finish line, there will be space between Liberty and Huron to meet up with your parties after completion of the race.
 - Please ask spectators to distance along the race route rather than at the start/finish area.