



Westerly Track & Athletic Club, Inc.

P.O. Box 211

Westerly, Rhode Island 02891

Safety Plan – Version 1.1

Tom McCoy Family Fun Run Series

Revision History

Version	Author	Date	Notes
1.0	Jeff Walker	5/19/2017	Initial safety plan
1.1	Jeff Walker	6/29/2020	Updates for COVID-19, in accordance with RI Dept of Health rules and USATF guidance. Updates are in blue font.

1. Background

The Westerly Track & Athletic Club (WTAC) was established in 1975 and is a IRS recognized 501(c)(3) non-profit organization that supports recreational and competitive running. Proceeds from our events allow us to continue to support local youth running programs. We are a member of USA Track & Field – New England (USATF Number 99), which is the governing board of track & field, racewalking and distance running.

Our free summer fun run series been run annually since 1976, and is named after a popular local runner and coach, Tom McCoy. The series typically runs on Wednesday evenings for ten consecutive weeks from early June through mid August. Registration opens at 5:30pm, with the running events starting at 6pm.

In 2020, the ten week series was slated to run June 3 through August 5, but due to RI COVID-19 Phase II restrictions in June limiting crowd sizes to 15, we cancelled the first five weeks, and will start on Wednesday, July 8. The State of RI entered Phase III on June 30, 2020, with an outdoor event limit increased to 250.

Start & finish: Collins Avenue, Westerly, RI

Course options: ~~1/3 mile (children age 10 & under only)~~, 1 mile, 5K

2. Children's Run

The Children's Fun Run has been cancelled for 2020. In accordance with USATF COVID-19 guidelines, we are strongly discouraging spectators, and accordingly, out of



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an abundance of caution recognizing the high spectator to runner ratio in those aged 10 and under, we have made the difficult but prudent decision to cancel the kids' run.

~~The children's race has its own slot, so as to keep the younger children separate from racing adults. Parents, older siblings, and friends are encouraged to run with the youngest children to give them support and comfort. The children's race is a rectangle with adult course monitors at corners. Each turn is intentionally a right angle, so that children are never crossing any streets. We have an adult "sweeper" to follow the last child, so that we know all children are in before we proceed.~~

3. 1-Mile and 5K Events

~~At the conclusion of the children's race,~~ we have a single combined start for both the 1-mile and 5K course. Both courses share the first mile and return to the starting point, at which time those running the 1-mile event are done, and those running the 5K depart to start a larger 2.1 mile loop. For safety purposes, these courses were intentionally setup to cross minor streets only, and never require a runner to cross a major, busy road. Every course turn is marked with a "sandwich board" type of hinged marker, with a highly visible course directional arrow painted in red against a white background for easy viewing.

4. Additional Safety Information

Parking is on a gravel parking lot, owned by the Pleasant View Inn. The parking lot is adjacent to the registration and a short walk to a dead-end dirt road to the start, thus no streets are crossed. Overflow parking is situated ¼ mile away at St. Clare's church, with no crossing of major roads. Permission is sought and obtained each year from the two respective property owners.

WTAC volunteers are on hand each week to man registration, facilitate the events, and provide parking marshals for an orderly experience. We wait until we believe all runners and walkers have returned to the start/finish. Before leaving for the evening, we police the general area around the start/finish line, including neighbors' yards, and pick up any remaining trash.

On very hot nights (typically when it's above 80 degrees), the club provides cold water to all participants, and frequently announces for participants to take it easy in the heat and stay hydrated. ~~In 2020, due to COVID-19 concerns, we will not provide any food or water, and will instead remind runners to bring their own water and hydrate.~~

The club owns an AED and has personnel trained to operate it, and also has first aid kits available and on site. We restock the first aid kits at the beginning of the summer



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season, and again periodically as supplies are depleted. The most often used supplies are band-aids and cold packs.

5. COVID-19 Specific Additional Safety Steps

The following is a listing of safety steps the WTAC is taking to address COVID-19 concerns. This is in addition to safety steps already enumerated in our standard plan, and should not be construed as an exhaustive list:

- We will cap our number of participants at 100, well below the State of RI requirements of 250 maximum, but following our Governor's advice of "smaller is safer".
- Our electronic registration process will open two days before each event, and will include the additional mandatory questions this year:
 - *Have you exhibited any signs or symptoms of COVID-19 in the past seven days?*
 - *Have you had any close sustained contact with anyone who is sick within the past 14 days?*
 - *Have you had any international travel, or traveled on a cruise ship or river boat, within the past 14 days?*
- Our waiver will be expanded to include the following additional verbiage this year:
 - *I agree to abide by the Rhode Island Department of Health (RI DOH) and Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19).*
 - *I understand that my participation includes possible exposure to and illness from infectious diseases, including but not limited to MRSA, influenza, and COVID-19.*
 - *I acknowledge the contagious nature of COVID-19 and other communicable diseases and voluntarily assume the risk that I may be exposed to or infected by COVID-19 and/or other communicable diseases by participating in this event. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death.*
 - *I certify that I have not recently tested positive for, and am not exhibiting symptoms of COVID-19, which include a cough, shortness of breath or difficulty breathing, loss of taste or smell, headache, chills, muscle or body aches and/or sore throat.*
 - *I certify that I do not have a household family member/roommate who has recently tested positive for or exhibited the above-referenced symptoms of COVID-19.*
- Upon arrival at the event, participants will be subject to additional screening, including non-contact forehead temperature checks. Anyone registering a temperature of greater than 100.4°F or 38°C will not be allowed to participate.



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- Our events are in the **low risk** stratification category as defined by the USATF COVID-19 Working Group. Specifically:
 - We will be asking both club volunteers and participants to observe social distancing in accordance with State of RI COVID-19 requirements (6 foot distancing, and masks to be worn when this cannot be accommodated).
 - We will have a staggered start of no more than 10 participants per wave.
 - The course has a minimum 6' width throughout.
- Club volunteer staff will screen themselves prior to any practice for any symptoms of COVID-19 using this tool: <https://health.ri.gov/covid/for/business/> . Any person exhibiting signs of illness or who have been exposed to a person with COVID-19 must be excluded from the activity in accordance with CDC and RI Department of Health guidelines at <https://health.ri.gov/diseases/ncov2019/> .
- We are eliminating most of our typical promotional mediums, including Facebook, Running in the USA, mass e-mail blasts to past participants, and local newspaper event listings. This is all in an effort to keep numbers small this year.
- Through e-mail to our club members and our website, we will be strongly discouraging spectators and reminding runners and walkers that registration will be online only, with various event restrictions.
- We are eliminating our traditional paper-based registration forms and switching completely to online pre-registration only. This eliminates handling of papers and pens and gathering at a registration table.
- We will provide hand sanitizer at the port-a-jon (in addition to the stocked sanitizer inside the unit as cleaned before every event and locked until event time) and at the start/finish line.
- We are eliminating timing this year, including having a person timing at the finish line and having a person collect self-reported times.
- Along with the elimination of the mass start, we will be asking people to perform social distancing while listening to brief pre-event instructions.
- We will continue to monitor guidance from the State of RI and the USATF, and will make adjustments as necessary to adhere to any changes in crowd size maximums or safety protocol.