Eastside Runners COVID-19 Safety Procedures

**Updated June 11 2021 with latest Washington state guidance**

(People are considered fully vaccinated two weeks after receiving the second dose of either the Pfizer or Moderna vaccines, or two weeks after the one shot Johnson & Johnson vaccine.)

*Stay home when sick or if a close contact of someone with COVID-19.*

- All runners and spectators are required to stay home if they feel unwell, show any signs of COVID-19, or are a close contact of a confirmed case. Any such person will not be allowed to participate and should contact his or her primary care provider or other appropriate health-care professional.

- Anyone who was excluded due to COVID-19 symptoms or because they are a close contact must follow DOH and local public health isolation and quarantine guidance before returning to our group runs.

- People with underlying health conditions should consult with their medical provider regarding participation in athletic activities.

*Pre-registration for each run*

All participants must pre-register online for each run. Same-day online registration is allowed~~.~~ Registration will include signing consent and commitment to ESR’s reopening policies (this document) and an attestation that the participant has no COVID-19 symptoms and has not been in close contact with a confirmed case in 14 days. ESR shall retain registration data for 30 days after the activity in order to aid possible contact tracing.

*Transportation – This section does not apply to fully vaccinated persons*

Those who are not in the same household are encouraged to travel in separate vehicles if possible. For travel groups that include more than one household in the same vehicle whether in a carpool or on a bus, all members of the travel group, including the driver, must wear a face covering and spread out as much as possible within the vehicle. Limit travel groups to those who have been in regular contact. Encourage family members to sit together. Maximize ventilation in the vehicle by opening windows.

*Masks*

Fully vaccinated participants do not need to wear masks. Masks/buffs are required for all participants who are not fully vaccinated directly before and directly after the run. Any spectators who are not fully vaccinated must wear facial coverings at all times per the Department of Health facial covering order. Masks need not be worn while you are running if a distance of 6 feet from the nearest runner can be maintained.

*Physical Distance*

Physical distance of 6 feet must be maintained between participants who are not fully vaccinated when not running. Participants who are not fully vaccinated must make an effort to remain 6 feet from other participants on the course as much as possible.

*Hygiene*

Participants must wash their hands frequently and cover their sneezes and coughs. Wash hands often with soap and water for at least 20 seconds before and after running, especially after touching shared objects or blowing your nose, coughing, or sneezing. Avoid touching your eyes, nose, and mouth. If soap and water are not readily available, use a hand sanitizer that contains 60-95% alcohol content. Cover all surfaces of your hands and rub them together until they are dry. Runners should not share water bottles, towels, or snacks and should not spit (saliva, sunflower seeds, etc.).