

Wits for Wellness 5K COVID Plan

The Wits for Wellness 5k, originally scheduled for April 2020, has been moved to September 19, 2020. As Virginia is in Phase 3, plans have been developed to host the 5k in a manner in which minimizes risk to all 5k participants, volunteers, and college staff that may work the event.

The 5K is hosted on the Middletown Campus, begins and ends at the Student Union Building, and the course is entirely on the Lord Fairfax Community College property. The Wits for Wellness 5k is sponsored by the Shenandoah Valley Runners, who will be doing the timing for the event. COVID risk mitigation is outlined below.

Race/Participant Logistics

- This event is open to all ages and is therefore at the discretion of the person to register. The 5k Run/Walk is not targeted at high-risk populations.
- No onsite/race day registration will be allowed, therefore eliminating the public from showing up and attending the event.
- All participants will be required to pre-register on RunSignUp, an online race day registration software.
 - o Participants will pick up pre-packaged swag bags, including race T-shirts and disposable race numbers with chips, on September 18. All attendees will pick-up race day chips and shirts outside on the porch area of the student union building. Cones and/or tape will be used to delineate spots in line, using the 6 feet protocol.
- All participants will complete an online self-screening one hour prior to arrival (see below). Additionally, all participants will be required to complete an official LFCC "Health Safety Agreement form.
- The race will utilize wave starts of 10 people every 10 minutes, so as to minimize congestion at the starting line and allow for physical distancing at the starting line.
- If EMS is called and COVID is suspected, we will alert them to symptoms, etc. LFCC Police and Security will also be present and will be notified.
- No side events will be included. We will eliminate such activities such as cornhole, that have been provided in the past.
- The water station will be eliminated from the course this year.
- Once a walker/runner has completed the course, he/she will be asked/encouraged to leave. No awards ceremony will take place at the end. Instead, all medals will be mailed to the winners with photos and results posted on the 5K website.
 - o Additionally, the Race Director will encourage all participants, via emails to come only with others who are participating. Spectators will be discouraged.
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Student Union Building Adaptations

- Large Tent style COVID signs will be present at main entrances. Additionally, signage will be posted on entrance doors and in the restrooms.
- Volunteers will be present at the entrances, wearing masks, to direct traffic flow. Additionally, signs will be posted on the doors. Participants can enter, to use the bathrooms, at the entrance

on Garland Snapp. To exit, participants will need to leave through the exit by Subway/out to parking lot.

- All lounge area chairs will be removed and all tables will be flipped in the SUB lounge area so as to prevent participants from hanging out indoors. Caution tape on the furniture, pool and ping pong tables will also be used so to prevent recreation indoors.
- One volunteer will be designated to clean tables, doorknobs, handles, etc during the entire event. A rotation will be developed where the volunteer goes from place to place cleaning continuously.
- The bathrooms in the Student Union Building will be available. Participants must wear masks inside of the Student Union Building.
 - o Masks will be available to those who did not bring proper face covering.
- Hand sanitizer stations, from the Fitness Center, will be placed at various intervals near the starting area and packet pick-up tables. The hand sanitizer stations will be placed in locations to maintain the six feet of physical distancing.

Wits for Wellness 5K Volunteers

- All volunteers will participate on their own accord and are not required to be part of the event.
- All race day volunteers, who are working inside the building or having direct contact with participants will be required to wear masks. Those volunteers directly handing a participant a race chip or T-shirt will also be wearing gloves. Volunteers, assigned as course marshals, will carry gloves and masks in their pockets and will put them on in the event of an emergency or direct contact with a participant. Otherwise, course marshals simply stand on the course and point in the direction that the participant should go while monitoring for any medical events.
- All volunteers will receive an email containing COVID best practices, including the CDC handwashing video. <https://www.cdc.gov/handwashing/videos.html>.
- All equipment that volunteers use during the event will be sanitized immediately after.

COVID-related concerns

- Stacey Ellis, in coordination with Police/Security and Whitney Miller, will serve as points of contact for all COVID related concerns during the event.
- Attendees will be given contact information for the race director, the police officer on duty, as well as local EMS (911).

Return to Phase One

In the event that the Governor returns to phase I or other guidance is received that prevents our ability to proceed, the event will be postponed. Stacey Ellis, Race Director, will communicate with all participants that the event will be moved to April 10, 2021. Refunds will be offered to participants.