



Healthy Kids Running Series Spring 2021 In-Person Race Day Guidelines for Participants/Spectators

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Healthy Kids Running Series' ("HKRS") first core value is Family First. We hold the health and wellness of our HKRS family, our coordinators, participants, and spectators as our highest priority. We are excited to offer safe, in-person racing this upcoming spring!

We have adopted the below safety measures and guidelines for in-person races.

NOTE: We are monitoring all state and local laws, as well as recommendations from the CDC. Race day rules and regulations are subject to change in accordance with your state and local mandates which supersede this document.

- Those experiencing COVID-19 symptoms are not permitted on-site. The CDC's list of symptoms is [here](#). Community Coordinators retain the right to ask anyone displaying symptoms to leave for the safety of all attendees.
- We ask all attendees to wear a mask and observe social distancing (minimum of 6 ft.) wherever possible. Runners are also requested to wear face masks until they begin racing.
- Hand sanitizer will be made available at registration.
- We encourage pre-race registration online to eliminate on-site race registration.
- We will not provide snacks or water on race day. Please bring filled reusable water bottles and/or snacks as needed for your runners.
- Coordinators will break races into heats as needed to keep our Pre-K and quarter mile races into heats of 10 or fewer. The half mile racers will run in heats of 15 or fewer and the milers will be spaced and run in heats of 20 or fewer. Assigned heats and race start times will be communicated by Coordinators via email and spaced to minimize the number of attendees on-site at once.
- Pre-K heats will be awarded by heat (not division). Kindergarten and above will be scored by division using the times across multiple heats.
- We will extend starting lines where possible to allow for more spacing between runners.
- No high fiving, shaking hands or contact of any kind as runners cross the finish line. Just lots of smiles and cheering please! Jump for joy, throw those hands in the air, clap and cheer! Let your runner know how proud of them you are!
- We are encouraging runners to move away from the finish line area as soon as they finish and have their race bib removed.
- We ask spectators not to crowd the finish line area and to remain socially distanced. Please stand back and allow runners and race staff space to manage the finish line area.
- Stay connected with us by opting into the RunSignup text alert service while registering, allow our Coordinators to communicate with you directly.

Most importantly be safe, bring a smile, cheer our runners and encourage a #GetUpandGo attitude! We look forward to hosting you this spring!

Healthy Wishes,
HKRS Team

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