

COVID-19 Mitigation & Safety Plan for JOURNEYS | The Road Home

JOURNEYS | The Road Home recognizes that in operating the Superhero 5k Run/Walk, there are risks of exposure to COVID-19 for participants and staff, as it is highly contagious. In addition, COVID-19 can spread easily and exponentially and while persons of all ages are at risk for catching COVID-19, individuals with compromised immune systems and the elderly may be at particular risk.

In operating, JOURNEYS acknowledges the risks of COVID-19 exposure to its participants and staff and is committed to providing a safe and healthy environment. To ensure that, the following Mitigation & Safety Plan in response to the COVID-19 pandemic has been developed. All staff, including JOURNEYS employees, Board members and volunteers, are responsible for implementing and complying with all aspects of this plan to mitigate the potential for transmission of COVID-19 during the Superhero 5k, and requires full cooperation among staff and volunteers. Only through this cooperative effort can the safety and health of all staff and participants during our event will be maintained and established. JOURNEYS staff and volunteers have full support in enforcing the provisions of this policy.

We want to ensure that our race participants and staff remain healthy and safe. Our Plan follows Centers for Disease Control and Prevention (CDC), Illinois Department of Public Health (IDPH) and Cook County Health guidelines.

JOURNEYS has always taken pride in putting on safe events for our participants. As we plan to return to event production, we will be openly communicating any/all changes to the Superhero 5k Run/Walk in regards to COVID-19. Circumstances are constantly changing and we will continue to adjust to ensure a safe and healthy race experience.

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Infection Prevention Measures

Protective Supplies:

Masks/Face Coverings

- Masks/Face coverings are **REQUIRED** at all times for JOURNEYS staff and volunteers. JOURNEYS will provide these masks.
- Masks/Face covering are **REQUIRED** to be worn by race participants at all times when not on the course. Masks/Face coverings will be required at the starting line and in all areas not on the course. Participant's masks/face coverings must be put on immediately after finishing the race (Superhero 5k staff will instruct participants to do so). Participants choice of face covering should be appropriate. If a participant does not have a masks/face covering, JOURNEYS will provide one.

Gloves

- Provided to all staff and volunteers handling food & beverages. Gloves are required to be worn for the safety of our participants. The gloves will be provided by JOURNEYS.

Disinfectant and sanitation

- Disinfectant and sanitation materials provided to staff and volunteers.
- Hand washing and sanitation stations will be placed at the start and finish lines and throughout the event space.
- Hand sanitizer will be available to participants, staff and volunteers at all times, provided by JOURNEYS.
- Staff and volunteers must wash their hands before interacting with participants. If hand-washing is not possible at that time, hand sanitizer should be used.
- Hand washing/sanitizing should occur frequently by race staff, volunteers, and participants.

Sanitation and Respiratory etiquette:

- Directions will be provided to staff, volunteers and participants on proper handwashing procedures on all handwashing stations.
- Signs indicating proper respiratory etiquette will be posted for staff, volunteers and participants. These signs will illustrate, covering their mouth and nose with their sleeve or a tissue when coughing or sneezing and to avoid touching their face, in particular their mouth, nose and eyes, with their hands.

Running Safely in Group Gatherings

- Participants are advised not to engage in traditional forms of physical contact (handshakes, high-fives, hugs, partner stretching, etc)
- No spitting! Participants are told to bring their own tissues/hand towels for spitting, blowing nose, sweating, etc.
- Participants are encouraged not share personal items such as water bottles, energy drinks, towels.

Identification and Isolation

Screening Process:

- Participants, staff and volunteers will be informed of, and encouraged to, self-monitor for signs and symptoms of COVID-19.
- Participants, staff and volunteers will be required to sign a waiver indicating they are COVID-19 symptom free at the time of the event. The pens used by those signing will be sanitized between each use.
- During the check-in process the day of the race, all participants, staff and volunteers are required to have their temperature taken at various “Health Screening” booths. Thermal scan to detect fever will be administered to everyone entering the event space. Having multiple health screening booths will discourage congregating and will substantiate that all participants, staff and volunteers are safe throughout this process.

Quarantine Process:

- Participants, staff and volunteers that report mild symptoms are to remain at home.
- Those with symptoms to remain home for 14 days.
- Those with symptoms to seek testing to confirm COVID-19 diagnosis and follow orders from healthcare provider

Protocols for Social Distancing

Social distancing will be implemented throughout the event space and on the racecourse. Social distancing, also called “physical distancing,” means keeping a safe space between yourself and other people who are not from your household. To practice social or physical distancing, all participants, staff and volunteers are required to stay at least 6 feet (about 2 arm lengths) from other people who are not from your household in both indoor and outdoor spaces. Social distancing should be practiced in combination with other everyday preventive actions to reduce the spread of COVID-19, including wearing masks, avoiding touching your face with unwashed hands, and frequently washing your hands with soap and water for at least 20 seconds. Signs encouraging social distancing will be posted throughout the event space and throughout the course.

Here are the changes being implemented by JOURNEYS to abide by the [CDC Social Distancing Guidelines](#):

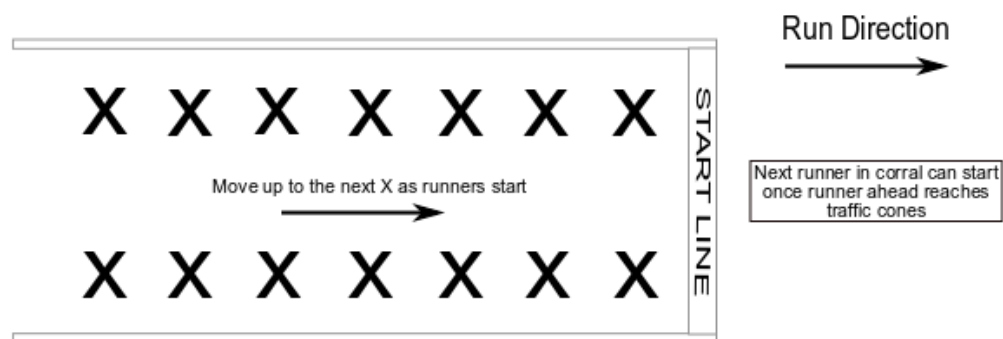
Limited Number of Participants

- To have control over the social distancing efforts, JOURNEYS has decided to cap the number of participants for this year’s Superhero 5k. This decision was made to keep all participants, staff and volunteers safe.
- This year, only **200 participants** will be able to sign up for JOURNEYS LIVE Superhero 5k. Those who are unable to sign up once the cap is met are encouraged to participate in our VIRTUAL Superhero 5k.

Staggered Start Times / Heats

- Upon arrival to the race, all participants are required to check-in at one of our socially distant check-in tables.
- Once checked-in, the participant will receive a heat number and start time. Each heat (*A heat is run over the same course at different times*) will receive a designated time to approach the starting line and begin the race.
- Start times will be spread out every ten minutes.
- Each heat will have 20-30 participants.
- When each heat is at the starting line, they must remain socially distant with their masks/face coverings on. 30 cones will be placed 6 feet apart (15 in each row) to map out where each participant should be standing. Once a participant crosses the starting line and are away from other runners, they may remove their mask/face covering. Here is a break down of our heat schedule and an example of the starting line social distancing plan:

HEAT 1 – 8:30AM (30 Individuals)
HEAT 2 – 8:40AM (30 Individuals)
HEAT 3 – 8:50 AM (30 Individuals)
HEAT 4 – 9:00AM (30 Individuals)
HEAT 5 – 9:10AM (30 Individuals)
HEAT 6 – 9:20AM (30 Individuals)
HEAT 7 – 9:30AM (20 Individuals)



Finish Line

- Masks must be put on IMMEDIATELY after crossing the finish line (Superhero 5k staff and volunteers will instruct participants to do so).
- The finish line will be located away from the starting line in the circumstance that a heat is finishing the race before a different heat begins.
- Spectators are not allowed to congregate around the finish line. They will be instructed to leave if doing so.
- JOURNEYS will NOT be handing out any medals, t-shirts, etc. at the finish line. This is to make sure no one is congregating around the finish line waiting for their medal, t-shirt, etc. Awards will be sent via mail after the event to participants.
- Water bottles and recovery snacks will be individually packaged in bags and placed on a table away from the finish line. Participants can approach the table and grab a bag for themselves. The recovery bags will not be handed out by staff to prevent contact.

Event Space

- All tables, chairs, booths, etc. will be placed at least 6 feet from each other to encourage social distancing.
- Placing tables, chairs, booths, etc away from each other will also discourage congregating in certain areas.
- Multiple check-in and health screening tables will be used to encourage social distancing.

Portable Toilets

- Delivery company will set them per socially distanced regulations (at least 6 feet apart and back to back if needed)
- Hand sanitizer and washing stations will be setup with toilets with signage indicating proper handwashing.
- JOURNEYS will include reminders of social distancing/CDC guidance throughout the area.

Communications and Training Practices

Staff and Volunteers

This COVID-19 Mitigation & Safety Plan will be communicated to all staff and volunteers working the Superhero 5k event on June 19th, 2021. Necessary training will be provided.

Instructions will be communicated to all staff, including employees, volunteers, vendors and other event workers about protections and protocols, including:

- 1) Mandatory social distancing requirements
- 2) Sanitation requirements
- 3) Practices for hygiene and respiratory etiquette
- 4) Requirements regarding the use of masks/face-coverings and/or face-shields by workers

All staff and volunteers are to take an active role and collaborate in carrying out the various aspects of this plan, and update the protections, protocols, work-practices and training as necessary. This COVID-19 Mitigation & Safety Plan will be sent to all staff & volunteers. will be updated as necessary by JOURNEYS.

Participants

This COVID-19 Mitigation & Safety Plan will be communicated to all participants running/walking the Superhero 5k event on June 19th, 2021. Necessary communication will be provided.

Protocols will be communicated to all participants including:

- 1) Mandatory social distancing requirements
- 2) Practices for hygiene and respiratory etiquette
- 3) Requirements regarding the use of masks/face-coverings and/or face-shields by workers

All participants are to take an active role and collaborate in carrying out the various aspects of this plan. Failure to do so will result in the disqualification of the participant. This COVID-19 Mitigation & Safety Plan will be available for participants to view on the Suphero5k Run Sign Up website as a PDF.

Waiver for Participants to Sign

**All participants of the Superhero 5k, staff, and volunteers will be required to sign a waiver stating that they are in good health and acknowledge the risk of participating in this event.*

WAIVER OF PARTICIPATION AND RELEASE OF LIABILITY

In consideration of being permitted to participate in either JOURNEYS | The Road Home Superhero 5K Run/Walk (in Palatine), VIRTUAL Superhero 5K Run/Walk, and/or One Mile Fun Run, I hereby acknowledge and agree as follows:

Having read this waiver and knowing these facts, I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS JOURNEYS | The Road Home as well as its officers, Board members, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct any event (“Releasees”), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

In consideration of being allowed to participate the Superhero 5k organized or sponsored by JOURNEYS | The Road Home, the undersigned acknowledges and agrees that:

1. Participating in and volunteering for JOURNEYS | The Road Home organized run/walk, virtual runs or races are potentially hazardous activities, which could cause injury or death;
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation;
3. I will not participate in any JOURNEYS | The Road Home organized Run/Walk events, virtual runs or races, unless I am medically able and properly trained. By my electronic signature, I certify that I am medically able to perform activities associated with JOURNEYS | The Road Home and am in good health, and am properly trained;
4. I agree to abide by all rules established by JOURNEYS | The Road Home, including the right of any official to deny or suspend my participation for any reason whatsoever;
5. I grant JOURNEYS, and its licensees and sponsors, the right, permission, and authority to use my photograph in any form of media now and forever known, or other account of the Run/Walk, in perpetuity, and waive any rights to future compensation arising from same. Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.
6. I understand that any and all activities in which I participate, whether physically with JOURNEYS | The Road Home, or on my own, or with others at the suggestion, recommendation, or advice of JOURNEYS | The Road Home members, are included within the activities subject to this Waiver and Release.
7. I acknowledge that if I sustain an injury or illness during a JOURNEYS | The Road Home event, that medical assistance may be offered and administered to me, and/or transportation to a medical facility may be arranged and that I would acknowledge agreement to receive such assistance. However, if I decline such medical assistance or transport to a medical facility and have willingly elected to continue participating in the event with full understanding that my conduct may increase my risk of serious injury or death, including other unknown risks not reasonably foreseeable at this time, and that I willingly agree to assume all risk and accept personal responsibility

for my actions and any damages as a result of such injury, including permanent disability or death, and I do hereby release, discharge and covenant to indemnify and not to sue JOURNEYS | The Road Home, its Board members, employees, affiliated organizations and sponsors.

8. I also agree to save and hold harmless and indemnify each and all parties herein referred to above from all liability, loss, cost, claim or damage whatsoever as a result of my actions referenced herein. I understand that unforeseen obstacles, and dangers, natural or manmade will occur during the event and that I am participating with caution and take full responsibility to take proper action to avoid these unforeseen obstacles, and dangers

9. The parent or legal guardian who signs the Waiver Agreement on behalf of a minor, incapacitated and/or mentally challenged person (hereinafter "Said Person"), hereby acknowledges that he or she has the legal capacity and authority to act on behalf of Said Person to legally bind Said Person to the Waiver Agreement. The parent or legal guardian who signs the Waiver Agreement agrees to indemnify and hold harmless the Released Parties for any expenses incurred, Claims made, or liabilities assessed against them, as a result of any insufficiency of legal capacity or authority to act on behalf of Said Person in the execution of the Waiver Agreement.

10. I agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/communication/guidance.html>. I assume all such risks being known, appreciated, and accepted by me.

11. 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 any activities associated with JOURNEYS | The Road Home. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death.

12. I acknowledge that in the rare circumstance that COVID-19 conditions divert back to Phase 3 (Outdoor activities permitted in groups of 10 or fewer with social distancing), there is a chance we will have to cancel the in-person version of the Superhero 5k. If that happens, all participants registered for an in-person race will be automatically switched to the virtual option and receive new instructions for completing their race.