



# Cape Cod Marathon Weekend Oct. 24, 25 2020

## Covid-19 Operations Plan

Jack Afarian, Race Director  
Cape Cod Marathon Weekend Event  
[director@capecodmarathon.com](mailto:director@capecodmarathon.com)



## 2020 Cape Cod Marathon Weekend Event Operations Plan

The *2020 Cape Cod Marathon Weekend Event Operations Plan* was created by Jack Afarian, Cape Cod Marathon Weekend Race Director. This plan is loosely based on the *Recommended Guidelines for Small to Large Running Events* authored by Andrea Dowdy, Colfax (Denver) Marathon CEO and Creigh Kelley, Colfax Marathon Race Director. That document was created at the request of the Governor of Colorado to produce guidelines for road races during the COVID-19 crisis. It was produced in collaboration with many of the most respected road racing experts in the country.

I have also included quite a few of my own safety recommendations based on my many years of running, volunteering and organizing successful Marathons, Half Marathons and other road races. The intent of the *2020 Cape Cod Marathon Weekend Event Operations Plan* is to explain how all aspects of the event can be conducted safely using the most current COVID-19 safety recommendations from the State of Massachusetts and the Town of Falmouth regarding road races.

**As Race Director, my most important responsibility is to ensure the safety of everyone connected to the event. I firmly believe that the procedures explained in this document will allow the Cape Cod Marathon Team to achieve this goal.**

## What Has Been Eliminated This Year:

- **The Runners' Expo**, which is usually conducted indoors at the Gus Canty Recreation Center has been eliminated. There will be NO INDOOR activities related to the event this year. All Bib Numbers will be mailed to runners.
- **The Marathon Relay** has been eliminated mainly due to the complexities and challenges of managing safe social distancing at the Relay Exchange Zones
- **The Kids' Fun Run** has been eliminated due to the potential indoor needs surrounding this event and the possibility of extended family and friends gathering to watch the little ones run.

## What Has Been Added This Year:

- **A Virtual Version of the Half Marathon, Full Marathon and Clam Chowdah Challenge.** Because of runners' interest in this option, these will occur regardless of whether or not we are able to host a "Live" event.
- We may include the Marathon Relay as part of the Virtual option, but we're not sure at this point

## 2020 Cape Cod Marathon Weekend Event Operations Plan

### Runner Registration:

**REGISTRATION CLOSES on Sunday, Oct. 11 at midnight. There will be NO RACE DAY REGISTRATION  
There will be a limit of 1,500 runners for each race.**

- During Registration, for the safety of everyone, **runners must agree to (sign) and abide by the Social Contract**, which includes the following:
  - Always keep a social distance of 6 feet while in the entire general race area
  - Face coverings are required in the entire general race area until the runner crosses the starting line
  - If a runner does not wear a face covering at all times, except during the actual race, he or she may be disqualified and asked to leave the area. This includes the time after they have finished the race and are still in the general race area
  - If there is a non-running person with a runner and that person is not wearing a face covering, the runner may be disqualified and both people may be asked to leave the area
  - Runners will put face coverings back on after crossing the finish line
  - Runners must be “Healthy” (based on government guidelines for outdoor road race events)
  - Runners will “Trickle Start” between 8:00 am and 8:30 am (See Addendums A & C)
  - Spectators will be required to wear face coverings while in the general race area
  - Runners are encouraged to bring their own pre-race and during-race hydration
  - All runners will be chip-timed. There will be no gun-times
  - Bib Numbers will be mailed to all registered runners
  - Runners must bring their Bib Numbers with them to the race
  - Race Officials will monitor the area to enforce the COVID-19 regulations
- Runners who are registered prior to the incorporation of the Social Contract will be required to update their registration to include the signed Social Contract

## 2020 Cape Cod Marathon Weekend Event Operations Plan

### Pre-Event Communication:

- **Runners:** Will receive Start and Finish Line information and instructions via email, which will include the following:
  - There will be **NO Race Day Registration**
  - There will be **NO Bag Check**
  - When to put on you face covering (When you leave your car)
  - Where to arrive and park
  - Location and Usage of porta-johns
  - How the “Trickle Start” will work
  - How the Finish Line and Exit from the general race area will work
- **Vendors:** Vendor Contracts must include an agreement to abide by the most current Massachusetts government and local Town of Falmouth Covid-19 guidelines
- **The Public:**
  - We will consult with the Falmouth Health Department regarding the context of these messages
  - Online notifications will be posted via Facebook, Instagram, Twitter to recommend limited spectator gatherings and to follow the most recent government COVID-19 guidelines
  - A notice will also be published in the Enterprise Newspapers (Falmouth, Bourne, Mashpee, Sandwich) and the Cape Cod Times
  - An announcement will be made on Falmouth Cable TV (FCTV)
  - An announcement will be made on the Falmouth Chamber of Commerce website

## **Starting Line Management For the Half Marathon on Saturday:**

- The Starting Line and Finish Line are at the same location in Falmouth Town Hall Square
- We will use a “Trickle Start” procedure to keep all runners social distanced
- At 7:45 am, the Race Announcer will invite runners start entering the Starting Chutes
- Chute Managers will coordinate the filling of the Starting Chutes
- Runners must be wearing a face covering to enter the Starting Chute
- There will be Four Starting Chutes, appropriately social-distanced
- Each Starting Chute will have its own Chute Manager
- Runners will be reminded to abide by the 6 feet social distancing while in the chute
- At 8:00 am the Start Manager at the Starting Line will start the first runners in each chute
- Every 5 seconds thereafter, the Start Manager will start the next four runners
- This will allow approximately 500 runners to start every ten minutes
- This start procedure will allow us to start our limit of 1,500 runners within 30 minutes
- No runners will be allowed to start after 8:30 am
- Once all runners have started, the Starting Chutes will be converted to Finishing Chutes

## **Starting Line Management For the Full Marathon on Sunday**

- The Starting Line and Finish Line are at the same location on Falmouth's Main Street by the Village Green
- We will use a "Trickle Start" procedure to keep all runners social distanced
- At 7:45 am, the Race Announcer will invite runners start entering the Starting Chutes
- Runners must be wearing a face covering to enter the Starting Chute
- Chute Managers will coordinate the filling of the Starting Chutes
- There will be five Starting Chutes, appropriately social distanced
- Each Starting Chute will have its own Chute Manager
- Runners will be reminded to abide by the 6 feet social distancing while in the chute
- At 8:00 am the Start Manager at the Starting Line will start the first runners in each chute
- Every 5 seconds thereafter, the Start Manager will start the next five runners
- This will allow 600 runners to start every ten minutes
- This start procedure will allow us to start our limit of 1,500 runners in 25 minutes
- No runners will be allowed to start after 8:30 am
- Once all runners have started, the Starting Chutes will be converted to Finishing Chutes

## **Porta-John Locations and Usage:**

- A review of porta-john setup, safe usage and breakdown will be conducted in a meeting with representatives from the porta-john vendor
- There will be porta-johns set up along the course for both races
- There will also be porta johns set up throughout the general race area, appropriately social distanced
- All porta-johns will be sanitized before delivery to our event
- Hand Sanitizing Stations will be located throughout the general race area
- Hand Sanitizing Stations will also be located at the Finish Line
- All safety procedures will be communicated to runners
- Social Distancing in the porta-john lines will be enforced per the Social Contract



## Out on the Course:

- **Water Station setup:**
  - Volunteers at water stations will wear face coverings and gloves at all times
  - Volunteers will fill cups with water/Gatorade and leave on the tables for runners to pick up
  - Volunteers WILL NOT hand water/Gatorade cups to runners
  - Volunteers will stand behind the water tables, away from the runners
  - Tables will be sanitized prior to the race
  - Cups will be spaced out for easier access for the runners
  - **Or...We may have to use single use water bottles (which we don't really want to do) for safety reasons and recycle all of these bottles**
- **Course Monitors:**
  - Volunteer Course Monitors will wear face coverings at all times while directing runners along the course
- **Social Distancing:**
  - By using the "Trickle Start", runners will be social-distanced right from the start and will be encouraged to maintain social distancing throughout the race
  - When runners are passing other runners, they will be strongly encouraged to use a wide berth where possible

## Water Stations:

- Water/Gatorade Stations will be located approximately every two miles on the course for both races
- Water/Gatorade Stations will be located throughout the general race area to encourage social distancing
- Volunteers will fill cups and place them on the tables for runners to take
- **Volunteers will not hand water cups to runners**
- **Or, as previously stated, we may have to use single use water bottles for safety reasons and collect and recycle all of these bottles.**
- Volunteers will stand behind the water tables away from the runners

## Finish Line Management:

- The Starting Line and Finish Line are at the same location
- Once all runners have started, the Starting Chutes will be converted to Finishing Chutes (Addendum B)
- After runners cross the finish line, they will be reminded to wear their face covering and use hand sanitizers
- New face masks will be available if runners lose their face covering during the race
- Runners will be directed to move through the Finishing Chute
- Passing through the Finishing Chute, runners will first take a pre-filled Water Bottle from a table
- They will then take a To-Go Bag from another table. This To-Go Bag will contain packaged nutrition, Finisher Medal, Heat Sheet and “Swag-in-a-Bag”
- Volunteers will have placed the Bags on the tables and will stand behind the tables
- **Volunteers will not hand Water Bottles or the Bags to runners**
- After getting their Water Bottle and To-Go Bag, runners will be asked to gradually leave the general race area
- A fully staffed medical tent will be located near the finish line

## **Post Race Breakdown and Cleanup:**

- At 11:00 am for the Half Marathon on Saturday, Volunteers and Vendors will begin breaking down equipment
- At 1:30 pm for the Marathon on Sunday, Volunteers and Vendors will begin breaking down equipment
- All Trash will be placed in roll-away bins by Volunteers
- Republic Services will deliver the roll-away bins prior to the race and remove them after the event
- By 12:00 pm on Saturday, the breakdown should be complete
- By 3:00 pm on Sunday, the breakdown should be complete
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## Timing, Awards, Finisher Medals and Race Swag:

- All Timing will be Chip-Time
- There will be no Gun-Time
- Finish times will be available on runners' personal devices shortly after they finish the race
- Overall and Age-Group winners will be determined after all results are verified
- Winners will be notified via email
- After validation of mailing addresses, awards will be mailed to the winners
- Finisher Medals and Race Swag will be included in the To-Go Bag
- **There will be No Race Tee Shirts This Year**

## 2020 Cape Cod Marathon Weekend Event Operations Plan

### **Police Detail**

- As in previous years, Pre-Event Meetings will be held with the Falmouth Police Department to determine appropriate safety coverage for the event
- All Police Officers must wear face covering during the event when possible
- We do not anticipate a need for any additional Police presence from years past
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## 2020 Cape Cod Marathon Weekend Event Operations Plan

### **Volunteers:**

- All Volunteers will be required to wear face coverings and gloves at all times while at the race
- Volunteers will be encouraged to wear their Volunteer CCM Hoodies while on the race course or in the general race area
- Appropriate COVID-19 safety training will be provided to the volunteers

## 2020 Cape Cod Marathon Weekend Event Operations Plan

### **Medical Plan:**

- The Medical Tent will be located near the Finish line of both races
- All Medical Volunteers will be trained Doctors and Nurses and will be outfitted with appropriate PPE
- All Medical Volunteers will be sufficiently trained to handle race related issues
- Appropriate amounts of medical supplies will be located in the medical tents
- We will work with Falmouth Hospital and the Falmouth EMS to create a plan to transport runners to Falmouth Hospital if required

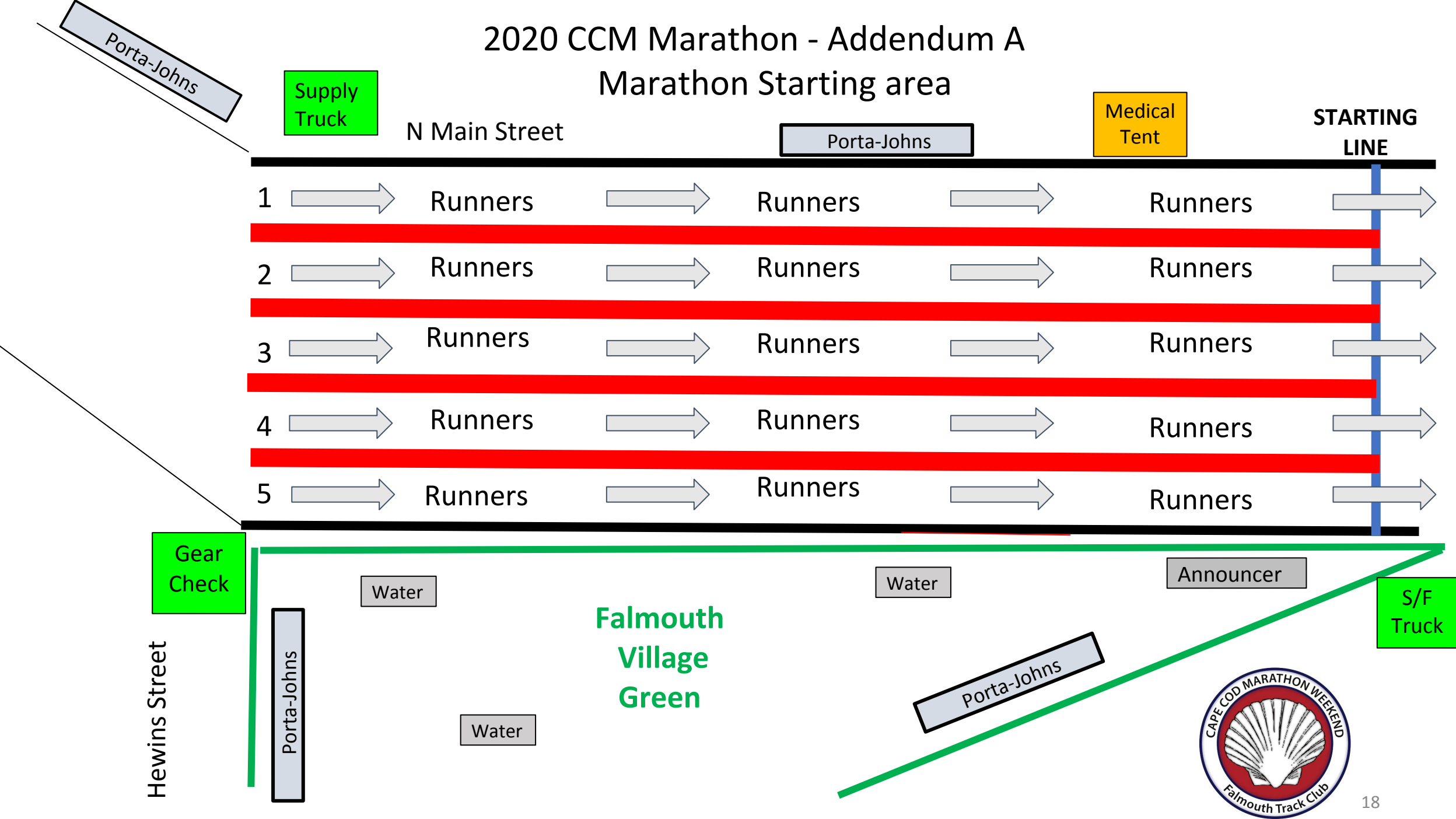


## **Communications Management:**

- As in past years, the Communications Team will be the Falmouth Amateur Radio Association (FARA)
- They operate in accordance with to their Communications Operations Manual, which will be updated to include the most recent COVID-19 safety guidelines
- Mobile operators will be on the course in the Lead Vehicle, Roamer Vehicle, Tired Runner Vans and Trailing Vehicle
- Details for the logistics of the Tired Runner Van operation need to be worked out
- Traffic issues, medical situations and any other runner related concerns will be communicated through their NET CONTROL
- Runner Information will be passed on by Bib Number only
- Communications will made, as necessary, to the Race Director, Medical Director and Course Director
- A procedure will be established to communicate with the Falmouth Hospital Emergency Room (less than a mile away) should the need arise to transport someone there

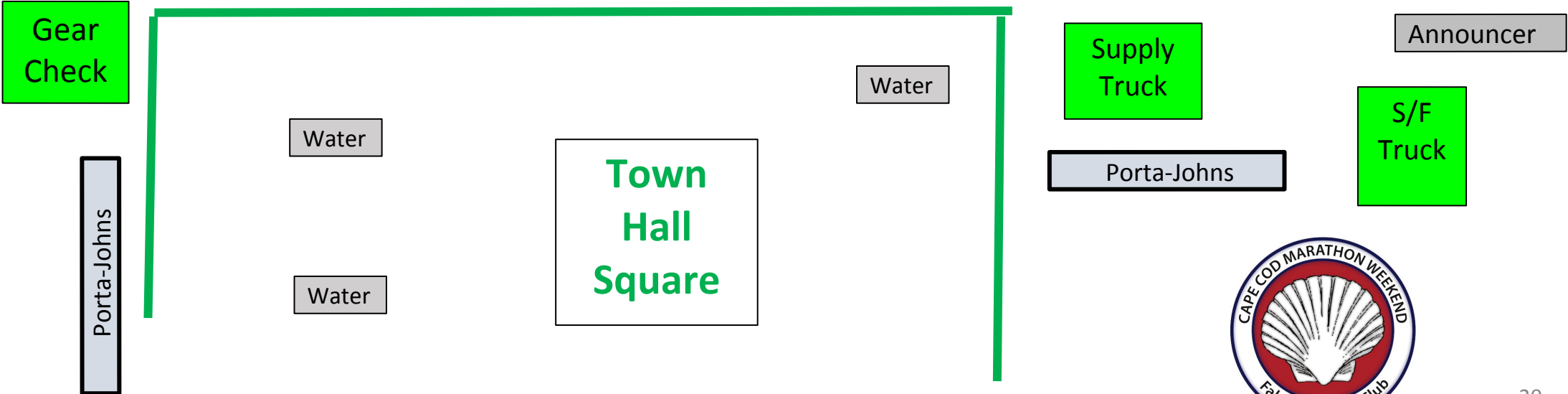
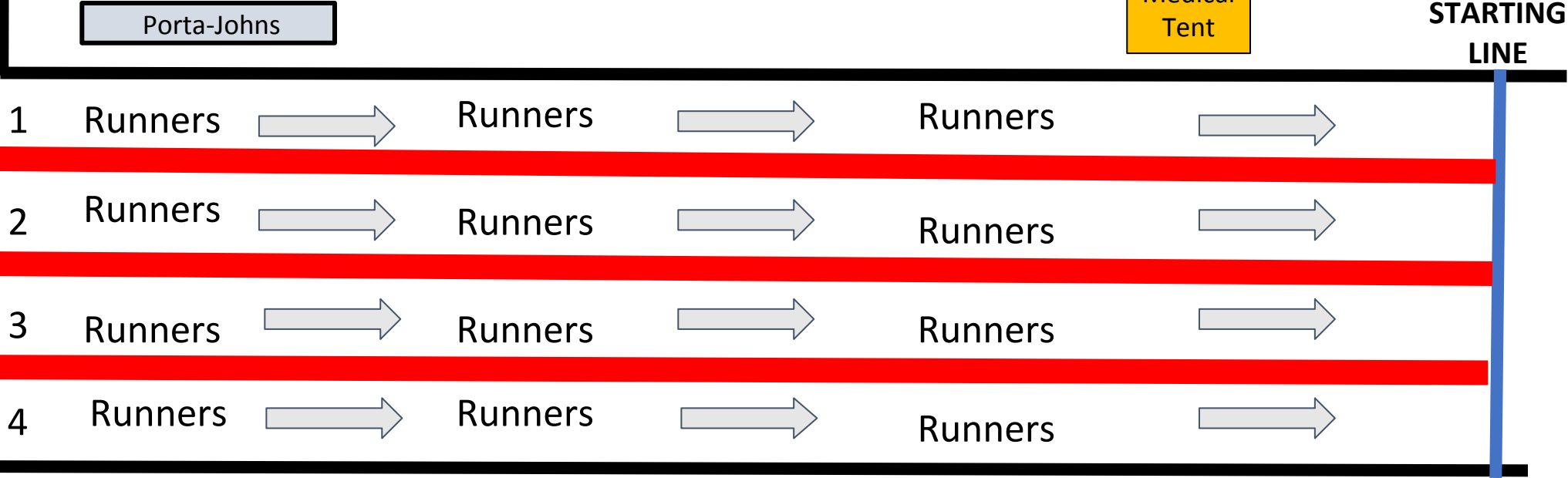
# 2020 CCM Marathon - Addendum A

## Marathon Starting area





# 2020 CCM Marathon - Addendum C Half Marathon Starting Area



# 2020 CCM Marathon - Addendum D Half Marathon Finish Area

