

## CDMA COVID-19 Safety Provisions

In an effort to offer safe races to our members, and in order to stay within municipal guidelines for outdoor events, all participants must adhere to the following safety provisions:

**Contact Information:** Names and contact information for all crew members shall be provided at registration.

**Social Distancing:** Racers, crew members, and volunteers shall maintain a distance of at least 6 feet from other participants during the event.

**Spectators** will not be allowed at this event.

**Face Coverings:** All racers, crew members and volunteers shall wear face coverings (*covering nose and mouth*) when out of vehicle, from the moment they enter the CDMA parking lot. Racers may lower the face covering if necessary for breathing when exerting effort on the trail away from other people.

**Parking:** Vehicles will park according to bib number as directed by CDMA officials, with safe distance from other vehicles.

**COVID-19 Screening Criteria:** Racers, crew members, and volunteers must meet all of the screening criteria listed below to participate in the event.

- I have not been in contact with anyone diagnosed with COVID-19 in the last 14 days
- I have not had a positive COVID-19 test for active COVID-19 in the past 10 days
- I have not been told by a public health or medical professional to self-monitor, self-isolate, or self-quarantine because of concerns about COVID-19 infection
- I have not been out of state in the last 14 days, or if so, have a negative COVID test since returning
- I do not have any of the following symptoms:
  - Fever
  - Chills
  - Shortness of Breath
  - Cough
  - Sore Throat
  - Loss of sense of taste or smell
  - Headache
  - Sore throat
  - Diarrhea
  - Fatigue
  - Muscle or body aches