



## San Antonio RoadRunners

PO Box 12474  
San Antonio, TX 78212

SARR Policy 22-01

January 13, 2022

### **SARR COVID-19 Policy Supplement**

1. While the San Antonio RoadRunners running club (SARR) attempts to maintain a safe environment for all participants in club events, including training programs and Meetups, SARR assumes no responsibility if a participant becomes infected with COVID-19 and its variant strains while participating in such events.
2. All registered participants are obligated to sign a waiver that includes language that they abide by the Centers for Disease Control's (CDC) current recommendations for the prevention of the spread of COVID-19 and records of those waivers will be held for a period of two (2) years from the time of signature, electronic or otherwise, on the SARR Google Drive.
3. Additionally, all waivers should contain the latest wording that include COVID waiver language, including the following:

“In addition, 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 this event. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand the risk of becoming exposed to or infected by COVID-19 in connection with my participation in this event and personally assume this risk for any injury to myself.”
4. SARR will implement additional COVID-19 training program and Meetup protocols participant safety as follows:
  - a) Recommend but not mandate masking up before and after group runs.
  - b) Recommend but not mandate social distancing 6-ft from other participants before and after group runs.

- c) Recommend that any photos taken at an event and posted online by program coaches, pace leaders or co-organizers should be with subjects that are fully masked and social distanced 6-ft from other participants.
  - d) Stagger starts in small groups with the fastest runners starting first to prevent a crowded course.
  - e) Suggest runners maintain safe distances from other runners while on the course to minimize inhaling what others exhale.
  - f) Participants should bring their own hydration and nutrition.
  - g) SARR will not provide shared food or hydration, with these exceptions:
    - A minimal amount of bottled water for emergency use can be on hand.
    - Snacks can be provided only if they are commercially pre-packaged.
    - Provide a clean sign-in process with hand sanitizer, a clean/dirty pen system or touchless/electronic sign-in, and have on hand backup masks and disinfectant wipes.
5. Participants who test positive for COVID-19 should not return to training or Meetups until five (5) days after their symptoms have resolved and be required to wear a mask at a training event for five (5) additional days, or not return to training or meetups for ten (10) days after their symptoms have resolved if unable to wear a mask. These guidelines follow the most current CDC isolation guidelines (updated Jan. 4, 2022):  
<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#isolation>
  6. A SARR incident report will be generated for each known COVID incident by the training program's head coach or Meetup co-organizer, to be completed in full and turned in to the club's Safety Officer at [safety@saroadrunners.com](mailto:safety@saroadrunners.com).
  7. An email from the club's Safety Officer, or designee, will be generated and sent to inform all event participants of a COVID positive participant and recommend other participants consider getting a COVID test, or other appropriate action. They should refrain from participating if their test is positive, as stated per the above-mentioned CDC isolation guidelines.

*Keith Click*

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