



2021 CONSIDERATIONS FOR HOLDING AN IN PERSON ROAD RUNNING EVENT IN MANITOBA DURING COVID-19

As Manitoba begins to lift or adjust restrictive public health measures, it is important that those responsible for road running events consider the possible risks and identify and implement risk mitigation measures if they are considering holding a live event during the COVID-19 pandemic. The following is a summary of Order 1 and 12 introduced by the Province of Manitoba on August 7, 2021 as they pertain to outdoor public gatherings and sporting facilities:

- **1(2) A wedding, funeral or other organized gathering may take place at an outdoor location if the number of persons attending does not exceed the lesser of (a) 1,500 persons; or (b) 50% of the capacity of the location where the wedding or funeral is conducted or 150 persons, whichever is greater.**
- **12(1) Outdoor sporting and recreational facilities may open with no further restrictions under these Orders.**

These Orders are in effect until September 7, 2021. To view the Orders in their entirety, visit: https://manitoba.ca/asset_library/en/proactive/20212022/orders-soe-08052021.pdf

The objective is to minimize the risk as much as possible, bearing in mind that some risk will always remain. It is recommended that the following Risk Assessment be completed by the Race Committee so that you will be properly prepared to mitigate the risks and protect the local community as well as the event's participants and all others involved in the running of the event. It is also recommended that the attached Waiver be included as part of the registration process and that each participant be required to complete the attached COVID-19 Participant Questionnaire and Attestation as of event day.

Finally, the attached "Event Attestation Form" must be completed by the person that will be representing your event on event day (usually the Race Director), and received by the Manitoba Runners' Association office prior to event day.

RISK ASSESSMENT FOR ROAD RUNNING EVENTS

Consider the following when planning your event:

- Do participants interact with many other people during the event?
- Do participants interact closely (two metres) with others during the event?
- Do participants have prolonged close interactions with others during the event? Prolonged contact is defined as lasting for more than 10 minutes of time being less than two metres away over multiple interactions.
- Is the event crowded on a regular basis?
- Do any interactions occur in an indoor space ie: restrooms?
- Can you maintain a list of participants for 21 days to ensure appropriate public health follow-up can take place if a participant is exposed to COVID-19 during the event?
- Do participants frequently have contact with high-touch surfaces ie: restroom facilities, water stations, food tables?
- Are facilities available where participants can wash and/or sanitize their hands (hand hygiene stations/supplies) after contact with high-touch surfaces?
- Are there participants or spectators who may be at a higher risk of severe illness ie: people over 65 years of age or people with underlying health conditions?
- Will the event include non-local participants or spectators?

In order to minimize these risks it is important to implement measures that involve separating people from each other or shared surfaces through physical distancing and physical barriers. It is also important to ensure that all volunteers, participants and organizers understand the risks and are aware of the preventative measures including physical distancing, respiratory etiquette, hand hygiene and self-monitoring.

For examples of risk mitigation measures please visit the Province of Manitoba site: https://www.gov.mb.ca/asset_library/en/coronavirus/activities-guidelines.pdf (pages 3-7).



MANITOBA RUNNERS' ASSOCIATION, INC

2021 EVENT ATTESTATION FORM

This attestation is made between:

The Manitoba Runners' Association, Inc (herein called the MRA)

and _____ (herein called the Event)

represented by _____ (herein called the Race Director):

Due to the special circumstances created by the COVID-19 pandemic, the Race Director attests to the following supplemental 2021 MRA Race Standards:

1. I will ascertain the requirements of the city/town in which my event will take place and will obtain permission to hold my event from said city/town.
2. I will adhere to the rules and regulations that have been put in place by the Province of Manitoba and the Public Health Agency regarding Public Gatherings, and will inform my committee, volunteers and participants of any changes to these rules.
3. I will inform my committee, volunteers and participants of the preventative measures to be observed at the event (ex: hand washing, respiratory etiquette, physical distancing, self-monitoring).
4. I will ensure that first aid services will be available and will include masks, eye protection and gloves. I will have a protocol in place to respond to anyone feeling unwell during the event.
5. I have read and understood the Insurance Policy Contagion Exclusion issued by Sport Manitoba (attached).

Manitoba Runners' Association, Inc.

Race Director

Date

Date

2021 SAMPLE PARTICIPANT WAIVER AND RELEASE FOR ROAD RUNNING EVENTS

In consideration of the acceptance of this entry in the **<NAME OF EVENT>** I, for myself, my heirs, executors, administrators and assigns, waive any claims to which I may become entitled for injury or damage and release **<NAME OF EVENT>** and all other organizers, sponsors, representatives, their agents and employees and any other person or organization assisting in this event, including the Manitoba Runners' Association, Athletics Manitoba, the Event Director, the **<NAME OF CITY/TOWN>**, the Province of Manitoba, and their employees and agents and other participants and volunteers in the **<NAME OF EVENT>**, from any claims for damages or injury suffered by me as a result of my participation in this Event. I further state that I am in proper physical condition to participate in the Event and I am aware that road running is a potentially dangerous activity and am aware that participation could, in some circumstances, result in physical injury or sickness, disease, or contagion including but not limited to COVID-19. I will comply with all the rules and regulations of the Dominion of Canada, Province of Manitoba and Manitoba Public Health concerning matters of health and safety and specifically as they relate to COVID-19 or such other communicable disease or contagion. I give my permission for the free use of my name and picture in broadcast, telecast or written account of this Event.

I acknowledge that I have read and understood this Waiver and Release and further acknowledge that by signing this Waiver and Release that I have waived the right to maintain a lawsuit against **<NAME OF EVENT>** on the basis of any claims released herein.

Name of Participant (print)	Signature of Participant	Date of Birth
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Name of Parent or Guardian (print) (if under the age of 18)	Signature of Parent or Guardian	Date
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COVID-19: PARTICIPANT QUESTIONNAIRE AND ATTESTATION

I attest that I (or my minor child Participant named below) am not experiencing any symptoms of illness such as a fever, cough, difficulty breathing, shortness of breath or malaise (severe fatigue or feeling of being generally unwell).

If the Participant develops these symptoms, I agree that I will immediately inform the First Aid Provider and leave the premises.

I am aware that the Participant must follow the safety and hygiene protocols of the Province of Manitoba, the Provincial Health Officer, Athletics Manitoba, Manitoba Runners' Association and <Name of Event>.

I attest that:

- The Participant has not travelled internationally in the past fourteen (14) days.
- The Participant has not travelled to an area highly impacted by COVID-19 within Canada in the past fourteen (14) days.
- The Participant has not and does not believe that they have been exposed to a person with a confirmed or suspected case of COVID-19.

I attest that:

- The Participant has not been diagnosed with COVID-19, OR
- The Participant has been diagnosed with COVID-19 and been cleared as noncontagious by provincial or local public health authorities (confirmation from a medical practitioner will be required and maintained in a confidential file by the organization)

I acknowledge and agree that the Participant will follow recommended Provincial, Municipal, Facility, Athletics Manitoba, Manitoba Runners' Association and <Name of Event> guidelines, laws and protocols in order to reduce the spread of COVID-19.

All Participants agree to abide by the following points when taking part in <Name of Event>:

- Participant agrees to stay home and avoid the event if feeling sick or experiencing symptoms of illness.
- Participant agrees to sanitize their hands upon entering and exiting the event area with soap & water or sanitizer.
- Participant agrees to follow social distancing protocols of staying at least 2 metres away from others.
- Participant understands that if they do not abide by the policies/guidelines, that they may be asked to leave the competition site.
- Participant acknowledges that there are risks associated with entering the competition site and that the measures taken by the event organizers and participants, including those set out above, will not eliminate those risks.

I acknowledge that the foregoing statements are true.

Name of Participant (print)

Signature of Participant

Date of Birth

Name of Parent of Guardian (print)
(if under the age of 18)

Signature of Parent of Guardian

Dated as of Date
of Competition