

**Sports Backers 8k Training Team (8kTT): COVID-19 Impacts and Procedures**  
**Updated 5.26.2021**

As we navigate our ever-changing world, our mission to inspire you to live an active lifestyle remains. Now, more than ever, the Sports Backers team wants to keep you moving, but only in a way that keeps our participants, coaches, volunteers, staff, and communities safe and healthy. Our team has been working hard to revise our training plans to meet the current social distancing requirements so that we can get back to celebrating your active lifestyles through 8k Training Team in the safest way possible.

With individual's safety and transmission mitigation in mind, we have new training modifications and procedures that will allow us to safely operate 8kTT. These policies and procedures are in accordance with CDC guidelines and based on current recommendations for COVID-19 safety protocols and are subject to change at any time. The following does take into account vaccination status. You are considered fully vaccinated 2 weeks after your second dose following a 2-dose vaccine or 2 weeks following a single-dose vaccine.

**What Sports Backers 8k Training Team Coaches/Staff will be doing:**

- All coaches, staff, and volunteers who are not fully vaccinated will be required to wear a mask pre and post runs, including while at the stadium, parking lot, bathroom, team meeting areas, SAG stops and any other surrounding areas.
- No onsite registration, all registration must be done prior to arriving for training.
- Reducing communal surfaces.
- Hand sanitizer available for usage.

**8kTT Covid-19 Safety & Procedures:**

- In accordance with the CDC guidelines, all participants who are not fully vaccinated will be required to wear a mask at all times pre and post runs, including while at the stadium, parking lot, bathroom, team meeting areas and any other surrounding areas.
- All participants who are not fully vaccinated are encouraged but not required to wear a mask while running and at SAGs.
- When arriving for your teams first assigned start time, you must keep 6ft of social/physical distance between you and another person.
- We will start a limited number of participants on the route at one time, while also sending small groups of participants in different directions.
- When at a SAG do not congregate. Please consider putting on a mask if not fully vaccinated.

Our policies and procedures will continue to be updated as appropriate, all to ensure that we keep our participants, volunteers, staff, and communities safe and healthy. These procedures are subject to change at any time and we appreciate your flexibility.

## **SPORTS BACKERS COVID-19 Exposure Protocol and Policies** **Updated 5.26.2021**

In an effort to keep our participants, volunteers, and staff safe, we have established the following guidelines. These are applicable to all Sports Backers programs, training teams, and event participation (“Sports Backers sponsored activity”). The following policies and protocols do take into account vaccination status. You are considered fully vaccinated 2 weeks after your second dose following a 2-dose vaccine or 2 weeks following a single-dose vaccine.

- All staff and volunteers who are not fully vaccinated will be required to wear a mask while working or leading a Sports Backers sponsored activity outdoors, unless they are actively exercising. When indoors all staff and volunteers are required to be fully vaccinated to work or lead an activity.
- All Sports Backers staff will be required to make a self-health assessment prior to arriving on-site at a Sports Backers sponsored activity.
- All volunteers will be asked to make a self-health assessment prior to arriving at a Sports Backers sponsored activity or will be screened upon arrival.
- All participants who are not fully vaccinated will be required to wear a mask when attending and within the venue of a Sports Backers sponsored activity unless the participant is exercising.
- All participants must sign a waiver agreeing to the following:
  - I agree that I will neither attend nor participate in any class, training team or event if I, within 14 days prior to the Sports Backers sponsored activity: (i) have a suspected/confirmed case of COVID-19; (ii) shown any symptoms of COVID-19, including, without limitation, fever, cough, or shortness of breath; or (iii) have been in close contact with a person known to have COVID-19 (or any known symptoms thereof).
  - I agree to abide by the Center for Disease Control (CDC)’s 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: [cdc.gov/coronavirus/2019-ncov/prepare/prevention.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html).
  - I agree to abide by all federal, state, or local government regulations or health and safety guidance, as well as safety and risk mitigation practices required by race officials for this Event, including, but not limited to, physical distancing, the proper use of a face mask before and after the Event and any other safety requirements as instructed verbally or in writing by race officials.

### **Participant/Volunteer Exposure Disclosure Policy**

- Sports Backers will require and communicate the following policy as a part of all programs, training teams, and events:
  - All staff, volunteers or participants diagnosed with COVID-19 within 7 days of participating in a Sports Backers sponsored activity, will be required to report the diagnosis to the Sports Backers staff or volunteer lead of the activity, who will then

report it to Megan Schultz, Sports Backers Chief Operating Officer. You can also report the diagnosis directly to Megan Schultz at [mschultz@sportsbackers.org](mailto:mschultz@sportsbackers.org).

- Sports Backers staff will work closely with the participant with a positive case to identify any close contacts (less than 6 feet for greater than 15 minutes) that the participant had while at the Sports Backers sponsored activity. Sports Backers will then follow the notification procedure outlined below and will encourage the participant to also pass along known close contacts to the Virginia Department of Health.

### **Sports Backers Notification Procedure**

- If a participant, volunteer, or staff is diagnosed with COVID-19 within 7 days of participating in a Sports Backers event, class, or training team and suspects that they came into close contact (less than 6 feet) with any other participants, volunteers or staff for more than 15 minutes, all other participants, volunteers, and staff must be notified within 3 days.
- The notification will be in writing and include the following information: date of the possible exposure, plan for the continuation of Sports Backers sponsored activity, and contact information of a Sports Backers staff member.
- If a participant, volunteer or staff member is identified as a close contact of someone that has a confirmed case of COVID-19, the close contact will receive a call from Sports Backers staff making them aware of the potential exposure. If the close contact has not been vaccinated they will be asked to not attend any Sports Backers sponsored activity for 14 days from the potential exposure. If the close contact has been vaccinated and is not experiencing any symptoms, the close contact will be allowed to continue to lead and/or attend Sports Backers sponsored activities.

### **Safe Return Policy**

- A staff member, volunteer, or participant may safely return to a Sports Backers sponsored activity when all of the following criteria has been met:
  - Person has had no fever for at least 24 hours **and**
  - Person's respiratory symptoms have improved (e.g. cough, shortness of breath) **and**
  - 10 days have passed since the participant's first symptoms appeared