

Melrose Running Club COVID-19 Phase 3 Club Runs

The Melrose Running Club will meet weekly following the current Federal Center for Disease Control, State of Massachusetts, City of Melrose Health Department, and Road Runners Club of America guidelines for group size, social distancing and face covering during the COVID-19 health crisis.

Following the guidance outlined below shows respect for your fellow MRC members and the Melrose and Stoneham communities. It is your obligation to identify when runners are not meeting these expectations so we can maintain a good relationship with our community.

Participant Expectations

- Do not participate if you are feeling sick or ill, and/or have a fever, or you have been in contact with someone who has been sick or ill
- Persons in a high risk group for COVID-19 complications should consult their physician before participating
- Do not engage in traditional forms of physical contact (handshakes, high fives, hugs, shoulder massages, etc)
- Do not engage in close group pictures, always maintain social distancing guidelines
- Refrain from spitting or nose blowing in public
- Do not share personal items (hydration, energy gels, towels, etc)
- Wear a face covering anytime you cannot maintain a social distance
- Carry your own hydration as needed, hydration will not be supplied
- Runners are expected to point out when other runners are not meeting expectations of the group
- Participants who do not make the effort to meet these expectations must exit the group
- If repeated incidents of runners failing to meet expectations, MRC Group Runs will be curtailed

Management of COVID-19 Cases

- The MRC COVID-19 Leaders are:
 - Regina Curran - 617-331-1263
 - Thuy Dang – 781-507-4425
 - Liz Tassinari – 781-492-2299
 - Jim Carson – 617-842-0892
 - Lois Parker Carmona – 781-424-5183
 - Haecha Donnelly – 781-475-0416
- If you participated in group runs and later test positive for COVID-19, notify a club COVID leader
- The MRC COVID-19 leader will maintain the confidentiality of any member who notifies them of a positive test
- The MRC COVID-19 leaders will notify all members who had contact with the infected person in the previous 14 days at a Club Run or event using contact information supplied during MRC membership registration

Meeting Location(s)

Per the City of Melrose the following outdoor meeting locations will be used:

- Primary Meeting Location: Melrose High School Practice Field (Cabbage Patch)
- Secondary Meeting Location: Melrose High School Parking Lot

Organization of Group Run

- For each run, runners must sign up for the run by texting or e-mailing their name to:
 - saturday@melroserunningclub.com, sunday@melroserunningclub.com
- Sign-up information will be used to track attendance for contact tracing purposes
- Signing up indicates that you have read and understand the expectations of MRC Club Run runners
- Follow up with a second text/e-mail if you decide not to participate in a run you signed up for.

Gathering Size

- Group sizes will be limited to 50 members
- Groups will be clustered by pace groups

Pre-Run

- Groups will gather at the Primary Meeting Location unless otherwise notified
- Runners must maintain at least 6 feet of distance from each other
- There will be no restrooms, go before you go
- Groups will assemble with their pace groups in a 2-by-2 formation following distancing guidelines
- Group runs will leave the meeting area in staggered pace groups
- The fastest pace group will leave first
- Subsequent pace group will wait 2 minutes after the prior group started before beginning their run

Group Run Guidelines

- Each runner should maintain 6 feet of separation from other runners
- Do not run in a cluster greater than 4 runners
- Ensure your face covering is properly on when separation cannot be maintained
- If a runner must stop and walk, cross the street or ensure your face covering is properly on
- Be respectful of others on the running route
 - Give pedestrians as much space as possible
 - Ensure your face covering is on when passing pedestrians or other runners
 - Avoid swarming when the group approaches others
 - Do not pass on both sides of another individual
 - Pass in single file following distancing and face covering expectations
- Warn other MRC members if you find expectations are not being met

Post Run

- Maintain social distance as you complete your run
- Continue to move to the end of the meeting area
- Avoid traditional physical contact (handshakes, high fives, hugs, shoulder massages, etc)
- Do not share food and beverages after the completion of your run
- Avoid mingling with or waiting for other runners after completing your run
- Head home shortly after completing your run

During COVID-19 Phase 3 there will be no formal MRC social gathering after the run