

Covid 19 Operational Plan

“Hill Climb Run”

Organized by the Capital City Road Runners

The Capital City Road Runners (CCRR) will be organizing and putting on a special event called “The Hill Climb” run on October 10, 2020. The following is the Covid 19 Operational Plan in conformity with the Province of New Brunswick Covid 19 guidelines.

The Capital City Roadrunners has been in existence for more than 40 years. It is a mature and responsible organization having put on innumerable regular and special runs and races over the years. It is a fully volunteer organization counting about 100 members and is administered by a Board of Directors comprised of annually elected members. Its goal is to encourage running and athletics in the greater Fredericton area and offer athletic and social events for its members as well as runners in general. The CCRR typically offers two “fun runs” every week which are loosely organized. In addition, it organizes up to ten or more special or annual competitions or races. Since the onset of the Covid 19 pandemic, it initially ceased all activities including the weekly fun runs. When the provincially prescribed regulations were eased it reinstated the twice-weekly fun runs but with limited physical contact but the occasional post run socials were abandoned.

CCRR is desirous to offer a safe and modest event to re-ignite interest in the Club and provide a fun event while observing the requirements of the Covid 19 regulations; one requirement being the establishment of a documented Operational Plan. While the documented plan doesn't need to be approved by WorkSafeNB or Public Health, it needs to be available at any time. Organizers could be asked for it by either regulatory body.

How the Run will work..... The Hill Climb event has the runners do as many loops as they can in 30 minutes following a specified route on the Odell Park trails. There is a Hill Climb Trophy that will be awarded to the First Female and Male runners who complete the most distance in the 30 minutes.

Provisions to Respect Covid 19 regulations..... This event will be restricted to 50 participants only. This Operational Plan will be distributed to all CCRR club members in advance and prospective participants will be asked to consider and ensure that they answer “no” to the screening questions:

- a) Have you had close contact within the last 14 days with a confirmed case of COVID-19?
- b) Have you been diagnosed with COVID-19 within the past 14 days?
- c) Have you returned from travel outside of New Brunswick within the last 14 days?
- d) You have been told by public health that you may have been exposed to COVID-19.

Participants will be reminded of these screening questions again at the beginning of the event and anyone who answers positively to any of these questions will be prohibited from participating in the run.

Participants will be reminded to observe the required 2-meter social distancing and will be advised to wear face masks if they cannot observe the 2-meter distance. A short awards ceremony will be held at the start/finish which is in the open air.

The CCRR Board of Directors feels it can put on this event in a safe and responsible manner and in conformity with the provincial regulations.

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