



## COVID-19 SAFETY PROTOCOLS

### GOALS:

1. A safe yet fulfilling race experience
2. Reduce contact points by 90%
3. Avoid mass gatherings of 100+

We all look forward to a fun, relaxed atmosphere celebrating a return to racing, yet we all also know things will be different.

Our approval to hold this race is contingent on the following protocols below, and we appreciate you doing your part to make this a SAFE event.

Those not cooperating will be asked to leave and could be subject to disqualification. Runners are responsible for their own actions. The intent of these protocols matters more than exact wording – loopholes and technicalities will not fly.

These protocols have been approved by Mayor Fuller with the City of McKinney and are in line with current state and local regulations. They are subject to change if regulations are updated.

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**ALL PARTICIPANTS** (runners, staff, and volunteers) are required to:

**[SIGN OUR COVID-19 WAIVER](#)**. To ensure contact tracing. This includes signing an electronic waiver certifying:

- You have not had symptoms of COVID-19 or been exposed to COVID-19 within the past two weeks,
- You will notify us if either occurs between your signing and arrival at the race
- You agree to contact us if you test positive within 2 weeks after the race
- You acknowledge the changes and additional restrictions on this year's race

All participants and volunteers must **always WEAR A MASK**, except when running.

**TEMPERATURE CHECK** (contactless) upon arrival. Those with temperatures above 100.4F will be required to leave and transferred into the VIRTUAL event.

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### MAJOR CHANGES:

- No Race Day Registration or Packet Pickup
- No Spectators Allowed
- Wave Starts
- No Awards Ceremony or Results Tent
- No Bag Check
- Finishers will NOT be allowed to hang out after the race. They will grab a To-Go Bag and leave the race site. The To-Go Bag includes a finisher medal, bottled water, and factory-sealed snacks

## VIRTUAL OPTION:

A virtual race option is available for those who are unable to attend or choose not to participate in the timed event on race day. Participants can contact [customerservice@amptrunning.com](mailto:customerservice@amptrunning.com) to transfer into the VIRTUAL event.

## RACE START:

Runners will be divided into waves of 100, starting every 15 minutes, beginning at 7:00 am.

- Runners must start in the wave they are assigned to. **NO EXCEPTIONS**. If a runner misses their start time, they will be transferred into the VIRTUAL event. **BE ON TIME**.
- Runners must pass through 2 Checkpoints before entering the start corral.
  - Checkpoint 1 – Temperature Check. All runners who meet the temperature criteria will receive a wrist band.
  - Checkpoint 2 – Corral Manager will verify each runner has a face covering and wrist band before they can enter the start corral.
- Runners may **NOT** attempt to enter Checkpoint 1 or 2 until **15 minutes prior** to their start time. In other words, do not show up at the start corral at 7:00 am if your wave does not start until 8:00 am. We must minimize the number of people at the event site and in the start corral.
- Runners must stay away from the start corral until the previous wave has departed.
- There will be 4 starting chutes in the start corral, appropriately social-distanced. See Site Map for details.
- Runners will select a start time (wave) **PRIOR to RACE DAY** through their Race Roster Dashboard at <https://raceroster.com/dashboard/participants/27155>
- Deadline to select a start time (wave) will be Thursday, November 11<sup>th</sup> at midnight.

## CUT-OFFS:

All runners will have a minimum of 3.5 hours on the course. The courses close at 11:30 AM.

## EVENT & PARTICIPANT TIMELINE:

Runners will be divided into waves of 100, starting every 15 minutes, beginning at 7:00 am. AMPT Running Co will allow registrants to pick a start time based on pace and estimated finish time. Please try to be as accurate as possible when predicting your finish time and selecting a wave.

- 7:00 am – Wave 1 (Half Marathon ONLY – Recommended finish time of 1:50 and faster)
- 7:15 am – Wave 2 (Half Marathon ONLY – Recommended finish time of 1:51 to 2:15)
- 7:30 am – Wave 3 (Half Marathon ONLY – Recommended finish time of 2:16 to 2:40)
- 7:45 am – Wave 4 (Half Marathon ONLY – Recommended finish time of 2:41 to 3:05)
- 8:00 am – Wave 5 (Half Marathon & 10K – Recommended finish time of 3:06 to 3:30)
- 8:15 am – Wave 6 (10K & 5K ONLY)
- 11:30 am – Course Closes

## SPECTATORS & GATHERINGS:

Spectators are not allowed. Those not signed up for the race will only be allowed to wait for runners and watch from their vehicle in the parking lots. Celebrate with your family & friends post-race at a different location. Gathering and loitering in groups will not be allowed before or after the event. Event staff will strictly enforce social distancing as well as prompt post-race departure from the race site.

## RACE SITE:

- Porta-Potties and Hand Sanitizing Stations will be increased. Social Distancing in the restroom and/or porta-potties lines will be enforced.
- Finishers will **NOT** be allowed to hang out at the race site once they finish. They will grab a “To-Go Bag” and leave the race site immediately. The To-Go Bag includes a finisher medal, bottled water, and factory-sealed snacks.
- Runners are expected to depart the race site after finishing.

## AID STATIONS:

*Expect slower service at aid stations as we all navigate the new guidelines. Expect much fewer volunteers and a self-support event.*

- Runners are strongly encouraged to **bring their own hydration** for pre-race and during the race. Water stops will NOT be as plentiful and staffed as they have been in prior AMPT events.
- Energy sports drink (Gatorade) is not guaranteed. For safety purposes we are providing factory-sealed food and beverage ONLY. Please bring your own electrolytes.
- Volunteers at aid stations will wear face coverings and gloves at all times.
- Volunteers will leave water on the tables for runners to pick up.
- Volunteers WILL NOT hand water to runners.
- Volunteers will stand behind the water tables, a minimum of 6-feet away from the runners.
- Tables will be sanitized prior to the race and throughout the race.
- Cups (or water bottles) will be spaced out for easier access for the runners.
- Runners should cover face when stopping at aid stations.
- **Or... We may use 8 oz. water bottles for safety reasons and recycle the bottles.**
- For health and safety purposes, we ask runners to refrain from tossing used cups or bottles on the ground. Please be courteous to our volunteers and **discard cups or bottles directly into trash receptacles.**

## COURSE SUPPORT:

Volunteers will NOT provide personal, one-on-one service that the AMPT Team prides itself on. Contact minimization is the goal. Runners should be self-sufficient as much as possible.

- *Expect much fewer course monitors on the course. **Pay close attention to turn signs.*** We do NOT guarantee a course monitor will be present at every turn.
- Course Monitors will wear face coverings at all times while directing runners along the course.
- When passing others, we encourage runners to cover their face and use a wide berth where possible.
- Medics will be on the course if needed.

## TIMING & AWARDS:

- All timing will be Chip-Time.
- There will be NO Gun-Time.
- There will be NO Results Tent. Finish times will be available on runners' personal devices shortly after they finish the race.
- Overall and Age-Group winners will be determined after all results are verified.
- Age group winners will be notified via email. After validation of mailing addresses, awards will be mailed to the winners.
- Age Group Categories have been modified to make this LIVE event possible and cost-effective. Awards will go ONE DEEP in each category.
  - 1st Overall Male and Female
  - 1st Overall Male and Female Masters (40+)
  - 1st Male and Female in the following age groups:  
14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 & Over

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If someone associated with the race tests positive for COVID-19 in the two weeks post- event, we will follow strict CDC guidelines on reporting and communication to all potentially exposed parties. The individual's identification will be protected.

## I AGREE TO THE FOLLOWING:

- I acknowledge the contagious nature of COVID-19 and voluntarily assume all risks that I may be exposed to or infected by COVID-19 as a result of participation in this event.
- I agree not to attend if I have had a known exposure to COVID-19 or exhibit a fever, cough, shortness of breath, or other symptoms of COVID-19. I further understand that I will be asked to submit to a non-contact temperature check at the event.
- I agree to wear a mask or face covering and adhere to social distancing guidelines at the event. I understand masks do not need to be worn while running, but are required before and after the event.
- I agree to avoid gathering and loitering in groups before and after the race. I understand that I must leave the race site immediately after receiving my To-Go Bag.
- I understand that for the safety of all people involved, all participants in the event will be required to adhere to all safety protocols and are subject to immediate removal for non-compliance.
- I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 by attending this event and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at this event may result from the actions, omissions, or negligence of myself and others, including, but not limited to, AMPT Running Company employees, volunteers, and race participants and their families.
- I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I may experience or incur in connection with my participation at the event ("Claims"). On my behalf I hereby release, covenant not to sue, discharge, and hold harmless AMPT Running Company, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of AMPT Running Company, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any AMPT Running Company event.