

## **Social Distancing Measures for RRFit**

The safety and well-being of our members and coaches has always been our top priority. While training might look different this season at RRFit, we are working hard to continue to bring you the same quality program our members have come to expect, while operating within the Williamson county Covid guidelines.

Our preparedness plan includes considerations for:

- Member Expectations
- Group Expectations
- Meeting Location
- Pre-Training Gathering
- Hydration Stations
- Post-Training Gathering

### **Member Expectations**

- Symptoms of COVID-19 include fever, cough, shortness of breath, decrease in sense of smell or taste, aches and pains, and sore throat. **STAY HOME** if you have any of these symptoms or if you have a fever of 100.4 or higher.
- Though not mandatory, members are encouraged to wear a mask, bandana, or a buff as a precaution. A limited number of masks will be available on site. We understand that for many, wearing face covering may not be possible while running or walking.
- Don't share personal items - hydration, gels, chews, towels, etc.
- Maintain 6 feet of space at all times and don't engage in physical contact - hand shakes, high-fives, hugs, etc.
- Group selfies must abide by social distancing guidelines - 6 feet of space and no touching.
- Consult your doctor if you are in a high risk group for COVID-19.

### **Group Expectations**

- All pace groups will be split into small groups.

- Small groups should adapt a single file or two by two formation while maintaining six feet of space.
- Groups should maintain social distancing when stopped at lights, hydration stops, crossing the street, etc.
- Groups should allow plenty of space when passing others.
- Groups should continue to follow standard safety guidelines and use signals for interval run/walks and or call out for cars ahead/behind, passersby, or other obstructions.

### **Meeting Space**

- We meet at the tennis courts on Harrell Parkway at Old Settlers' Park. The parking lot is a large open space allowing for small groups to spread out pre- and post-training while maintaining social distancing guidelines.

### **Pre-Training Gathering**

- Small groups should remain separated from other pace groups and not organize side by side.
- Announcements and instruction will be given directly to small groups.
- A hand sanitation area will be available onsite.
- Members should limit the surfaces they touch.
- Groups will roll out every 5 minutes to stagger the start times

### **Hydration Stations**

- Groups should move as efficiently as possible through hydration stations and stand aside if not refilling.
- Members should refill only as needed at stations to reduce the gathering of multiple groups around hydration stations.
- All members are expected to self carry personal hydration in a handheld, hydration pack, bottle, etc.

### **Post-Training Gathering**

- As pace groups complete their training, participants must maintain social distancing.

- Pace groups that want to complete post-run stretching must spread out and maintain social distance.

**Stay up to Date**

RRFit will provide additional updates and instructions through emails and newsletters as circumstances change

For questions or more information email [info@rrfit.com](mailto:info@rrfit.com).

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