
Raven Run Club - Mitigation Plan: Return to In-person

Updated: March 2021

Overview

With the continuing downward trend of cases of Covid-19 and per capita vaccination rates in Alaska, we feel we can safely return to in-person training groups. We will continue to follow the most current Municipal Guidelines as a safety precaution.

This document describes the measures taken by Raven Run Club and Kids Running to minimize the spread of COVID-19. It is subject to change in response to Municipal, State or Federal guidelines. These protective measures are based on advice from public health experts and are intended to protect Raven Run Club and Kids Running participants, and the public.

Safety Measures

Coaching Screening

1. Coaches will not work if they have been feeling sick within 72 hours of practice.

Participant Screening

1. Participants will be required to check in with coaches at the beginning of each workout, to create a log in case of contact tracing.
2. Participants will be reminded in advance of guidelines and requested not to attend if they are positive, have been exposed to someone who is positive, or is feeling unwell.

Face Covering & Physical Distancing:

1. Participants will wear face coverings during check in, warm ups, and anytime they are not exercising with Raven Run Club. Masks can be removed during exercise.
 2. Participants will remain 6' apart from each other and coaches during exercise.
 3. Participants will be divided into groups and separated to support physical distancing.
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