

Howard County Striders Group Run Guidelines*

The following advisements and expectations apply for all HCS group runs:

- Do not participate if you are feeling sick or ill, and or have a fever, or if you have been in contact with someone unrecovered from COVID-19.
- Persons from high risk groups for COVID-19 complications should consult their physician before participating.
- Do not engage in traditional forms of physical contact (hand shakes, high-fives, hugs, partner stretching, etc.).
- Do not engage in close group pictures/selfies. Always maintain social distance guidelines.
- Don't spit or "nose rocket" your nose in public – bring along tissues or a small towel or a hanky if you need to get rid of some snot during your run/walk. If you must spit, do so away from people and areas that will have foot traffic.
- Do not share personal items, such as hydration, energy gels, towels, etc.
- Participants are encouraged to wear a face covering. Masks or face covers should be required anytime persons cannot maintain social distance, or if local guidelines require.
- Howard County Striders will not be providing water on the Bagel course therefore participants should self carry personal hydration (bottles/packs).
- Avoid gathering in a location that may cause conflict for others in the area, including businesses, customers, and residents.
- Never block entryways, sidewalks, trails, or access to bathrooms or fountains. Ensure that others have room to get past the group while maintaining social distance guidelines.
- As runners gather in their groups, they should maintain at least 6-feet of distance from each other.

*these guidelines are adapted from The Chicago Area Runners Association (CARA) and Road Runners Club of America (RRCA)