



## 2022 Safety Plan

Updated January 17, 2023 - 8:57 AM

This safety plan below is designed to cover the 2023 Frozen Paw 5K event to be held on Sunday, January 22, 2023. While we recognize the impact the pandemic has had on our communities, we are also aware that things may look very different in January. As such, we will again be implementing processes and procedures to keep everyone safe—runners, volunteers, and our own staff.

### Community Directors involved in preparing this safety plan:

**Stephen Moran** – Special Event Manager

**Joe Baldwin** – USATF Certified Course Manager

**Chief Steve Schettenhelm** – City of Rochester Police Chief

**Chief John Cieslik** – City of Rochester Fire Chief

### Expo & Packet Pickup

In a typical year, the City of Rochester Fire Hall serves as race day packet pickup for our participants. The location is an inside facility and is held on the day of the event. Race Day packet pickup is offered for two (2) hours prior to the race start.

**2023 Plan:** We will continue to utilize the Rochester Fire Hall as the packet pick-up location. Masks will not be required, but any participant, spectator, or volunteer may wear a mask if they feel inclined to do so.

**Field Size** — Normal field capacity is 800 participants broken down into the following events:

- Sunday: 5K Run: 800 Runners

**2023 Plan:** The goal for 2023 is to maintain the overall field size and adjust the timeline of events to allow for adequate social distancing at the Start Line, Finish Line, and Refreshments Area.

### Start Times

- 5K: 9:00 AM | Finish Time between 9:15 AM and 10:30 AM

### Course Maps

The course routes for the event allow for adequate social distancing, provide minimal or no overlap, and allow for start lines to have numerous corrals for staging.

- [5K Course Map](#)

## **Masking**

All participants may, but are not required to, wear masks/face covering in non-competition times:

- Pre and post-race
- Start Line Corrals
- Immediate finish line

All staff and volunteers may, but are not required to, wear masks with complete coverage of the nose and mouth as described in CDC guidelines.

## **Communications**

- Outline safety procedures for participants, staff/volunteers, and spectators;
- Publish on registration page and website;
- Email to participants prior to race day.

Diagrams outlining specific patterns of flow will be developed; specifically diagrams for the packet pickup, start line, aid station, finish line, and refreshments will be developed.

## **Start Lines**

- The Start line for the 5K is located on Mill Street.
- Runners will be allowed to line up according to their expected pace. Faster runners to the front with slower runners to the back.

## **Water / Aid Stations**

- No nutrition/water on course

## **Finish Line & Post Race**

- Finish line chute will be open to allow finishers to spread out
- Runners "encouraged" to leave finish area ASAP
- Results streamed live and sent to mobile devices
- No awards ceremonies.
- Finisher medals will be distributed at packet pickup
- Pre-packaged food items available at the finish line following event.