



FLINT & STEEL
Colcord • Oklahoma

NEW LIFE RANCH
TRAIL RACE

COVID PROTOCOLS

The staff of New Life Ranch and the Flint & Steel Trail Run are committed to the safety and wellbeing of all guests. Because of this, the trail run may look a little different this year. Please familiarize yourself with the following expectations and protocols for our 2020 trail run in order to ensure a great experience for all runners and volunteers.

Key Highlights:



MASKS



TEMP CHECKS



**STAGGERED
START**

How you can prepare for Race Day:

- Monitor your temperature the week leading up to the race
- Minimize your exposure to public places and groups of people outside your household
- Follow CDC guidelines, as well as your local health ordinances
- Feeling sick, or experiencing any symptoms? Stay home. If you feel well enough, run the virtual race!

Check-In on Race Day:

- **The use of a mask covering the mouth and nose will be required of all guests at all times, the only exception being while you are racing.** Race staff and volunteers will be wearing masks at all times. If you cannot wear a mask for any reason, we invite you to run the virtual race this year.
- Check-in and packet pickup will be done from your vehicle at the entrance of our property
- Your temperature will be checked, along with the temperature of everyone in your vehicle. If anyone in your vehicle has a temperature above 100.4 F, you will be asked to pull aside and our medical staff will allow you up to 20 minutes to wait to re-check.
- If you are turned away due to temperature or other symptoms, you will receive your race packet and we invite you to run the virtual race this year.
- Our staff will walk you through the [Covid Screening questionnaire](#). Everyone in your vehicle will be screened with the same questionnaire.
- We ask that you not bring spectators with you unless absolutely necessary. If anyone in your car, even a non-runner, is experiencing a temperature above 100.4 F or any symptoms on the questionnaire, you will not be permitted entry into the event.

Other Safety Measures:

- **Again, everyone on site will be required to wear a mask at all times, except while racing.**
- We will have staggered, “rolling” starts to encourage social distancing. Be at the starting line a few minutes early for instructions.
- Stay at least 6’ apart from other guests as much as possible, even while masked.
- Utilize our hand sanitizer stations and hand washing stations, especially when entering or leaving any indoor space (i.e. restrooms, the camp store, etc.)

Thank you for your diligence and cooperation with these measures to ensure a safe, fun event for everyone involved. Please contact the Race Director, Shelby Mooty, at shelby@newliferanch.com with any questions.