

**Como Lake Park**  
**Covid 19 - Cross Country 5K Open Rules:**

**All Runners should arrive to Como Lake Park 1 hour before there race time in order to get registered. We ask that runners leave right after their race ends.**

**Rules for Runners:**

1. Must wear a mask at all times.
2. You do not have to wear a mask during your race.
3. You must wear your mask at the start line and carry mask on your arm or in a pocket during the race. Once you are finished racing you must put your mask back on.
4. Bring your own water bottle with your name on it.
5. You are only allowed 2 spectators.
6. You are responsible for your own supplies.
7. Make sure you conduct a daily symptoms assessment before each meet or invitational (check temperature).
8. If you are experiencing any symptoms, you must stay home.

**Rules for Spectators:**

1. Must wear a mask at all times.
2. Provide personal items for your runner and label them (example: water bottle).
3. Spectators should not congregate around the start or finish line.
4. Only 2 spectators per runner are allowed to attend the meet or invitational.
5. You must social distance yourself from other spectators and runners. (6 feet apart).
6. Make sure you conduct a daily symptoms assessment before attending a meet or invitational (check temperature).
7. If you are experiencing any symptoms, you must stay home.

Thanks you in advance for your cooperation and help in this matter.

Kind Regards,

Coach Charlie & Coach Barry