



SAFE COMMITMENT

Our LUNG FORCE event has been reimagined to provide the experience you know and love, while adhering to CDC guidance. It will take our entire LUNG FORCE community – volunteers, participants, and staff – to make event day a success.

These guidelines could change as we are regularly monitoring local guidelines and will follow the stricter of the policies to ensure optimal lung health for our community.

What to Expect on Event Day

All participants, volunteers, and staff must pass a digital health screening questionnaire prior to entering the venue.

- Temperature checks, or other screening measures, may be required at your location.

Masks & Social Distancing

- Participants, volunteers, and staff will be required to wear a face mask other than when you are **actively** walking and 6ft away from others that are not part of your 'pod'.
- We are following CDC guidance, as you are outside you are able to pull your mask down while **actively** walking and 6ft away from others that are not part of your 'pod'.
- Face masks will be available prior to entry, for participants that do not bring one.
- Bandanas, face gators, and shields may not be substituted for masks.
- Assigned start time, lanes, waiting areas, and directional signage will be used to support social distancing of 6ft or more between participants throughout the event.

Cleaning and Sanitizing

- Hand sanitizer will be available throughout the event.
- Water will be provided in a sealed bottle rather than cups.
- High touch surfaces will be cleaned frequently throughout the event.
- We will use increased safety and hygiene practices for staff and volunteers including use of masks and regular hand sanitization.

What Else Will Be Different?

- Event capacity will be reduced to support local social distancing ordinances.
- Spectators will not be allowed unless accompanying a participating minor.
- Participants will be given an arrival time or wave time and asked to remain outside the event area or in their vehicle prior to their start time.
- Messaging and event announcements will be used to communicate wave starts.
- No gathering at the finish line.
- Participants will be required to depart the event upon completion of the event.
- Arrangements will be made to support a socially distanced packet pick-up.
- On-site packet pick-up may be limited or unavailable at your event.



- In person, opening ceremonies, after-party activities, and award ceremonies will not be held this year.
- Gatherings of any sort are not allowed at the venue, including the parking lot.

What Are My Responsibilities as a Participant or Volunteer?

Masks & Social Distancing

- Wear your face mask, other than when you are **actively** walking and 6ft away from others that are not part of your 'pod'.
- Maintain 6ft of distance between you and others.
- Reduce frequency, proximity, and duration of contact with others.
- Avoid congregating before/after the event.
- Avoid touching your face and surfaces.

Need It, Bring It

- Proof of digital image displaying the passing of the health screening questionnaire.
- Water bottles will be available, but you may also bring your own. Unless restricted by location.
- Hand sanitizer will be available, but you may also bring your own.
- If necessary, carry medications or nutrition with you. (example: inhaler, granola bar)
- Bring your own face mask.
- Additional donations in a sealed envelope with participant name, address, and amount on outside of envelope – THANK YOU!

Have a Plan for Event Day

- Complete and bring image displaying the passing of the digital health screening questionnaire.
- Read all emails, social media posts, and event day information.
- Know your start time and the procedures for entering the event.
- Be alert to signage and instructions throughout the event.
- Limit what you bring to the event and have a plan for your gear.
- Gatherings of any sort are not allowed at the venue, including the parking lot.
- Ensure fundraising minimum has been achieved and bring any other donations in a sealed envelope – THANK YOU!



What if I've had the COVID-19 Vaccine?

Achieving widespread immunity through vaccination will be key to ending the pandemic, but it will take time to get there. All participants, including those who have received the COVID-19 vaccine must abide by the event day guidelines.

Feel Sick? Stay Home

- Any individuals entering the venue must abide by the guidelines listed in our event day digital health screening questionnaire.
- Temperature checks, or other screening measures, may be required at your location.

Unable to join us in person? Contact us and we can transfer your registration to our virtual Walk Your Way program.

Despite COVID-19 our mission continues, now more than ever, we appreciate your support by participating in the event, in person or virtually, to allow us to continue our critical mission.

As your Trusted Champion of Lung Health, we are also committed to fulfilling our promise of responsible recreation. Therefore, the American Lung Association will continue to closely monitor public local health conditions and CDC guidelines. In order to appropriately protect our participants' well-being and the community at large, the American Lung Association reserves the right to cancel, postpone, or alter the 2021 LUNG FORCE event.

Should the LUNG FORCE event be altered to a virtual event, your registration will automatically transfer to virtual participation in our Walk Your Way program. Any funds raised will transfer with your registration. Participants who raise \$100 or more will earn a LUNG FORCE t-shirt. Raise \$150 or more to qualify for an additional incentive item.

If the LUNG FORCE event is canceled or postponed, funds raised will support the American Lung Association's mission.

