



## LUNG FORCE RUN/WALK 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 – staff, volunteers, and participants – to make event day a success.

These guidelines could change as we are regularly monitoring local guidelines to ensure optimal lung health for our community.

The American Lung Association strongly recommends that all participants be fully vaccinated for COVID-19. All participants will need to pass a digital health screening questionnaire and adhere to mask policies at outdoor events.

### What to Expect on Event Day

#### Health Screening

- All participants, volunteers, and staff must pass a digital health screening questionnaire prior to arriving at the event.
- Additional screening measures may be required at your location based on the venue or local COVID-19 requirements.

#### Masks & Social Distancing

- Participants, volunteers, and staff will be required to wear a face mask except when you are **actively** walking or running and are at least 6ft away from others, regardless of your vaccination status.
- Bandanas, face gators, and shields may not be substituted for masks.
- Directional signage will be used to support social distancing of at least 6ft between participants throughout the event.

#### Cleaning and Sanitizing

- Hand sanitizer and/or hand washing stations 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 may be limited to support local social distancing ordinances.
- Messaging and event announcements will be used to communicate start times.
- Arrangements will be made to support a socially distanced packet pick-up.
- Where applicable, opening and closing ceremonies will be spatially distanced and masks will be required.
- Participants should make every effort to be spatially distanced and wear a mask when less than 6ft apart.

## **What Are My Responsibilities as a Participant or Volunteer?**

### **Masks & Social Distancing**

- Wear your face mask other than when you are actively **walking or running** and at least 6ft away from others.
- Make every effort to maintain at least 6ft of distance between you and others.
- Reduce frequency, proximity, and duration of contact with others.

### **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.

### **Feel Sick? Stay Home**

- All individuals entering the venue must abide by the guidelines listed in our digital health screening questionnaire.
- Additional 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 lifesaving 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 local health conditions and CDC guidelines. 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 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. Your registration fee and any funds raised will transfer with your registration. Participants who raise \$150 or more will 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. You may request to transfer your registration fee to the next event date, but please note that registration fees are non-refundable.

