

Running Club – COVID 19 Response Plan – University of Arkansas

Plan for Practices & Other In-Person Activities

- Our club will modify our practices/conditioning to fit the physical distancing requirements by assigning our members to pods. There will be 3 members in each pod. These pods will be assigned based on running pace categories. We will begin each practice with a social distancing circle. In this circle, we will maintain 6 feet of physical distancing. This will provide us with a way to safely begin each practice by warming up and getting to know each member. Once we begin the run, the pods will leave at different times based on their assigned pace category. At this time, 12 feet of physical distancing will be required as is policy with vigorous exercise.
- No, our club does not have a direct relationship with an umbrella organization.
- To meet attendance infrastructure needs, we will ensure that an officer is at every practice recording attendance with a google doc that is accessible by all officers. We will also use this as an opportunity to pre-screen members for COVID symptoms, this information will also be uploaded in the google doc. If the member does not meet the pre-screen requirements, they will not be allowed to practice.
- Our club will meet transportation needs by 1. requiring members to travel in their designated pods and 2. requiring that face-masks be worn while traveling in any vehicle.

Recruitment & Retention

- The initiatives that are essential to our organization's ability to pursue its mission: our club will provide/maintain a safe-environment for each member, as well as provide weekly reminders of the modifications in this document.
- Our club will focus on meeting the needs of each of its members, creating a safe-environment, and facilitating growth.
- Our club is adjusting recruitment/retention by being more inclusive, and increasing online presence (group-me, Instagram, hog-sync).
- New risks have mostly been identified as keeping our members safe by following all ADH guidelines. We don't compete in any events, and all races for the year are cancelled. It is unlikely that these things will change.
- With reduced in-person experiences, our club will build and enhance connection/relationships through group-me, Instagram, and Strava. We will also be more intentional at getting to know members during our practices.
- We will on-board new members by having a zoom meeting where we will get to know new members and discuss new policies. This will apply to existing members as well.
- We will communicate with our members about the steps we will take to reduce risks by sending reminders in group-me and having an on-boarding zoom meeting.
- Membership expectations/responsibilities will be maintained by weekly reminders at practice and through group-me. Members that don't adhere to guidelines will be asked not to practice.
- We will engage fully remote members through email, Instagram, and group-me.