



## **5K Race COVID-19 Precautions**

GOTR NOVA is taking extra precautions due to COVID-19 and we request your help in making sure everyone is safe at the 5K event. If you experience any of the symptoms of COVID-19, including the following: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea - we urge you to get tested and stay at home to avoid possible COVID-19 infection of your fellow participants, GOTR and race staff, volunteers and spectators.

GOTR NOVA strongly encourages you to wear a mask in the race village prior to and after the race. During the race, it is a reasonable expectation for runners to spread out and remove their masks while running if they are comfortable doing so. When the runners return to the finish line, GOTR NOVA again strongly encourages everyone to wear a mask. Masks and hand sanitizer will be available at any of the tents and at the 5K start/finish line if you forget or lose yours.

GOTR NOVA is looking forward to having a safe and successful 5K event and we appreciate your help.