

OTHTC Rules for Prevention of COVID-19 Spread

Kern County is currently an area of high COVID-19 transmission. OTHTC requests your cooperation in abiding by the following rules and recommendations to avoid spreading or contracting COVID-19 or another communicable disease.

- **Do not** come to this event, as a participant, volunteer, or spectator, if you have a fever, cough, shortness of breath, or other symptoms of COVID-19.
- We strongly encourage all participants to be vaccinated, or have a recent negative COVID-19 test.
- **Maintain** at least 6 feet of distance (about 2 arms length) between yourself and people who don't live in your household.
- Consider wearing a mask, even outdoors, whenever you are unable to maintain a 6-foot distance between yourself and others not in your household. (Per CDC, for high or substantial transmission areas.)
- In the start area, spread out according to your estimated finishing time. Wear a mask until the race has begun and runners and walkers have spread out sufficiently.
- Use the provided hand sanitizer (e.g. after using toilet facilities or before eating).