



# **FRONT RUNNERS NEW YORK**

## **FRNY Forward Guidelines to Healthy and Safe Club Activities**

**Amended: March 14, 2022**  
**By: Board of Directors**  
**Effective: immediately**

### **Objectives**

In line with current New York State (NYS) and New York City (NYC) laws, this document contains requirements and recommendations for healthy and safe club activities. Initially created in response to the Covid-19 pandemic, this document is intended to ensure the health and wellbeing of current and future club members during the current and any future public health crises.

### **Application**

The following requirements and recommendations apply only to regular and special events organized by FRNY. Club members and visitors are expected to follow these guidelines as well as all relevant NYS and NYC mandates. Club members and visitors who do not follow the guidelines will be asked to leave by event coordinators.

For indoor events, e.g. Saturday Breakfast, Swim Class, Long Runs bag drop & brunch, the club defers to the host's policy communicated ahead of time.

The club does not take responsibility for non-club events.

### **Updates**

These Guidelines will be updated regularly. For specific protocols of club events, host's policies or last-minute changes, please check the weekly Gram, committee newsletters, and social media announcements.

## Requirements

	Show proof of Covid-19 vaccination *	Wear mask or buff	Consume food & beverages	Maintain distance	Limit number of people	Responsible committee
Fun Runs @Central Park	No	No	Yes	No	No	Wednesday Fun Run Committee & Board
Saturday Breakfast @Rutgers	Yes	No	Yes	No	No	Board based on Rutgers Church policy
Coached Workouts @Central Park & Riverbank	No	No	Yes	No	No	Coaching Committee
Coached workout @The Armory	No	No	Yes	No	No	Coaching Committee
Long Runs while running	No	No	Yes	No	No	Long Runs Committee
Long Runs while at host's place	No (check weekly LR email)	No (check weekly LR email)	Yes (check weekly LR email)	No (check weekly LR email)	No (check weekly LR email)	Long Runs Committee based on host's policy
Swim class @Sacred Heart Pool	No (check weekly Multisport email)	No (check weekly Multisport email)	Yes (check weekly Multisport email)	No (check weekly Multisport email)	No (check weekly Multisport email)	Multisport Committee based on Sacred Heart Pool policy
Biking	No	No	Yes	No	No	Multisport Committee
Other outdoor club events	No	No	Yes	No	No	Board
Other indoor club events	No (check weekly Gram)	No (check weekly Gram)	Yes (check weekly Gram)	No (check weekly Gram)	No (check weekly Gram)	Board based on host's policy

\* Proof of Covid-19 vaccination: NYS "Excelsior Pass," CDC "White Card," passes and cards issued by other US states, EU "Green Pass," passes and cards issued by other foreign governments.

## Recommendations

### Get vaccinated

The Board of Directors strongly encourages all club members to get fully vaccinated against Covid-19. If you are not fully vaccinated, visit <https://www.vaccines.gov/> for more information.

Club members and visitors who are not fully vaccinated are expected to refrain from close physical contact with others and to wear a mask or face covering when in proximity to others. The sharing of personal items, including gels, water bottles, towels, is not allowed.

### If you are sick, stay at home

Club members and visitors who have been feeling sick, have any symptoms, or have been in contact with anyone diagnosed with Covid-19, should not attend club events. Instead, they should follow NYS and NYC mandates and CDC recommendations.

If club members, who tested positive for Covid-19, have recently attended club events, they are expected to inform the Board of Directors at [board@frny.org](mailto:board@frny.org). All reported cases will be treated confidentially and used only to notify fellow club members.

### Stay informed

For those interested in learning more about current Covid-19 mandates, the Board of Directors recommends the following sources:

- New York City: <https://www1.nyc.gov/site/doh/covid/covid-19-main.page>
- New York State: <https://forward.ny.gov/>

### **Questions & concerns**

For questions or concerns, reach out to the Board of Directors at [board@frny.org](mailto:board@frny.org).