



# RUNNING SAFETY GUIDELINES

CARA urges runners to commit to COVID-19 related running safety guidelines.

The Chicago Area Runners Association, CARA, is a non-profit organization committed to serving and advocating for the local running community. With over 10,000 members, CARA is the nation's third-largest local running organization, and for over 40 years, we have served as the voice of local runners. Learn more at [www.cararuns.org](http://www.cararuns.org).

## RUNNING SAFETY GUIDELINES

CARA urges everyone to practice safe social distancing and to commit to COVID-19 related running safety guidelines until Phase 5 is reached.

### SOCIAL DISTANCE

Always maintain 6-ft from others, including those you may run with. Make room for safe passing, even if it means slowing down, stopping, or changing your route.

### FACE COVERS

Run with a mask or face covering if you must run in places where you may encounter others, such as city sidewalks or trails.

### WHERE TO RUN

It is best to run from home. If you do travel for a run, avoid locations that may become overly crowded.

### WHEN TO RUN

Run during off-peak hours when sidewalks and trails are less congested. Change your route if you come across a crowded area.

## GROUP RUNNING

Gathering increases the risk of spreading the virus amongst the group, and eventually to your family at home. Runners should respect gathering limitations through each reopening phase.

Do not gather with others if you are feeling sick or ill, and or have a fever, or if you have been in contact with someone unrecovered from COVID-19. If running with others, avoid physical contact (hi-fives, hand shakes, hugs, close group selfies, partner stretching, etc.), spitting, nose-rocketing, and sharing of items (hydration, fuel, towels, etc.).

### PHASE 1

INDIVIDUALS



### PHASE 2

INDIVIDUALS



### PHASE 3

10 OR FEWER



### PHASE 4

50 OR FEWER

