

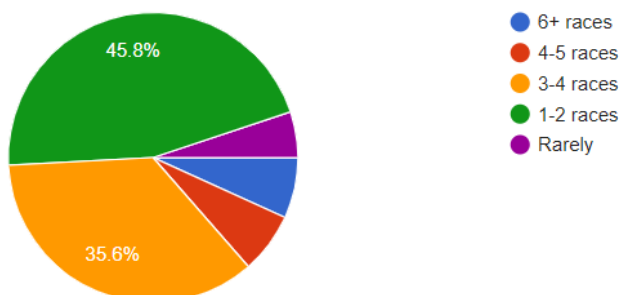


Comfort Level Volunteering—Survey

We would like to know your comfort level with volunteering in general. Your feedback will help us with our Safety Plan that includes protocols for a safe return to racing for Fat Dog August 6-8, 2021. This not a commitment, just a survey.

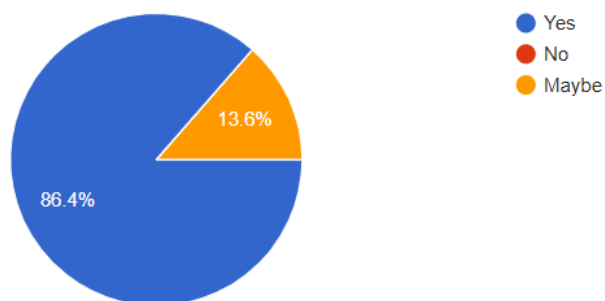
1. Pre-COVID-19, on average how often did you volunteer each year (number of races)?

59 responses



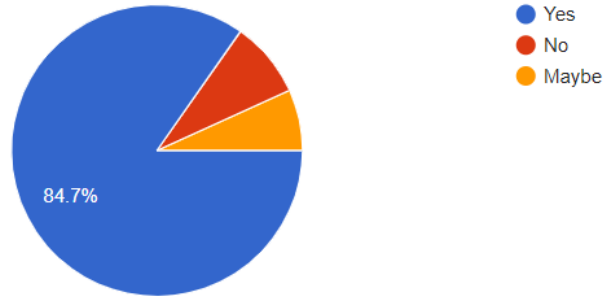
2. Pre COVID-19, did you intend to volunteer at events in 2020 or 2021?

59 responses



3. Do you plan to get a vaccine when available in your area?

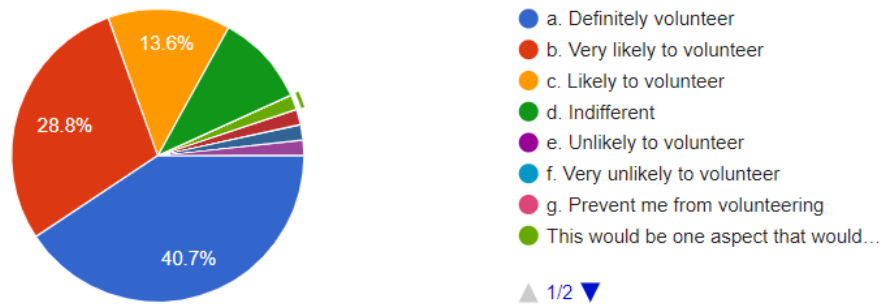
59 responses



Please tell us how important the following precautionary steps are to you when considering a return to volunteering.

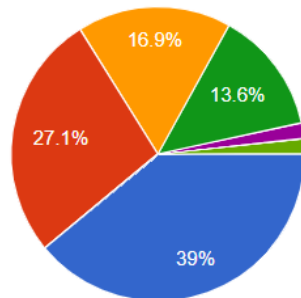
4. Everybody is required to wear a face mask when they are attending the race locations other than racing on trails (including volunteers, supports crews and racers).

59 responses



5. Package pickup would be adjusted to be low interaction, such as racers picking up pre-packaged race bags at an appointed time.

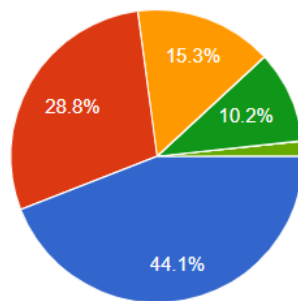
59 responses



- a. Definitely volunteer
- b. Very likely to volunteer
- c. Likely to volunteer
- d. Indifferent
- e. Unlikely to volunteer
- f. Very unlikely to volunteer
- g. Prevent me from volunteering
- will volunteer if not able to be racing

6. Hand sanitizer is made available to all volunteers.

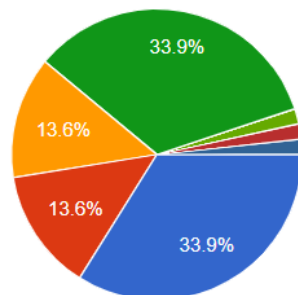
59 responses



- a. Definitely volunteer
- b. Very likely to volunteer
- c. Likely to volunteer
- d. Indifferent
- e. Unlikely to volunteer
- f. Very unlikely to volunteer
- g. Prevent me from volunteering
- will volunteer if not able to be racing

7. Gloves are made available to all volunteers.

59 responses

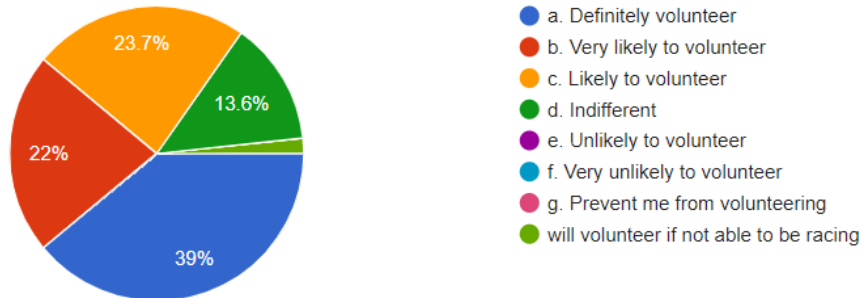


- a. Definitely volunteer
- b. Very likely to volunteer
- c. Likely to volunteer
- d. Indifferent
- e. Unlikely to volunteer
- f. Very unlikely to volunteer
- g. Prevent me from volunteering
- Gloves are a false sense of security a...

▲ 1/2 ▼

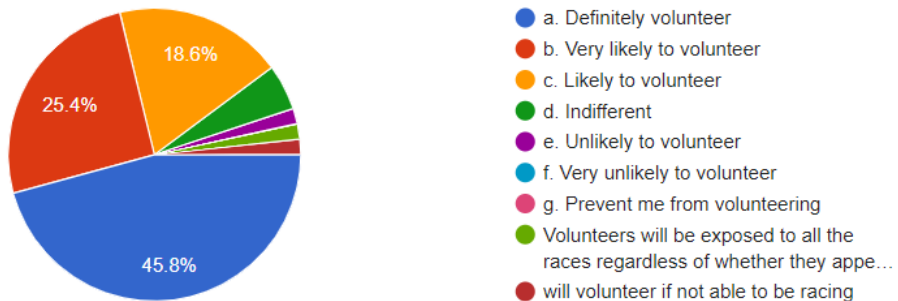
8. Hand washing stations are made available to all volunteers.

59 responses



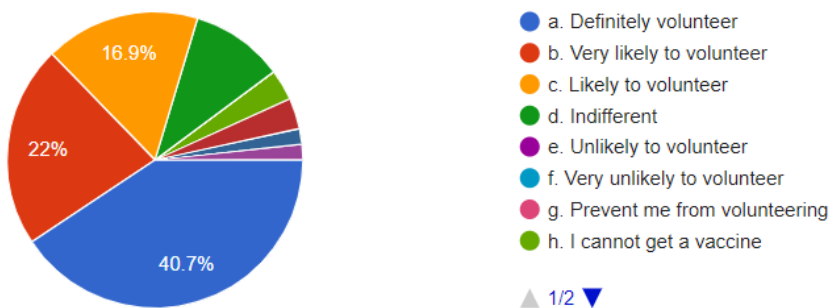
9. Measures are taken to reduce the density of crowds gathering in one area. For example, staggered starts, venues are only used with reduced capacity, racers spend less time at the finish.

59 responses



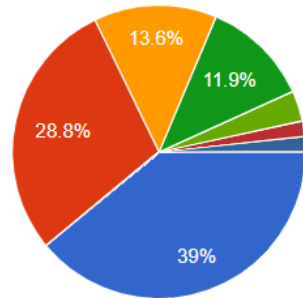
10. If you can get a vaccine before August, how likely are you to attend (if you are available).

59 responses



11. If racers coming from outside the country are expected to have either proof of vaccine or proof of negative test, how much would this influence your decision to volunteer?

59 responses



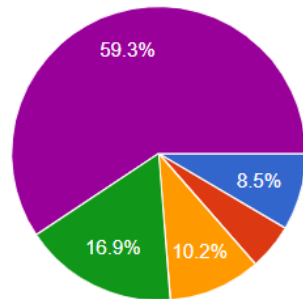
- a. Definitely volunteer
- b. Very likely to volunteer
- c. Likely to volunteer
- d. Indifferent
- e. Unlikely to volunteer
- f. Very unlikely to volunteer
- g. Prevent me from volunteering
- Self isolation prior to coming?

▲ 1/2 ▼

On a scale of 1-5 with 1 being low and 5 being high, how important are these items?

12. Racers are expected to use hand sanitizers and masks as they approach an aid station.

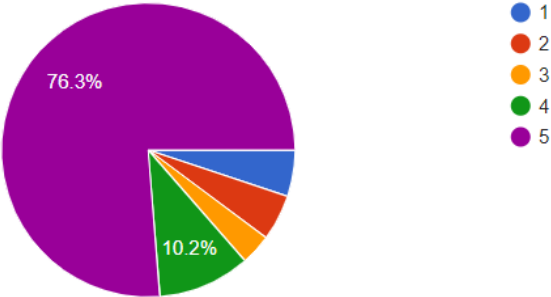
59 responses



- 1
- 2
- 3
- 4
- 5

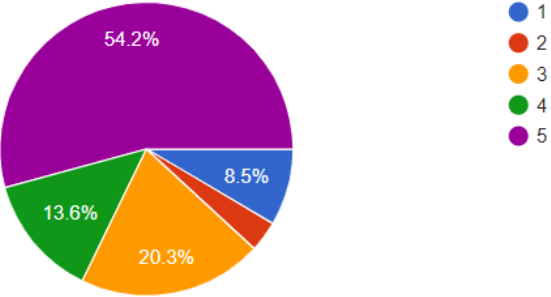
13. All people at the race are expected to sign a Participant Agreement and abide by the Safety Plan. If they do not abide by these requirements, they can be removed from the race. Any racer deliberately putting a volunteer at risk may be permanently banned from the race.

59 responses



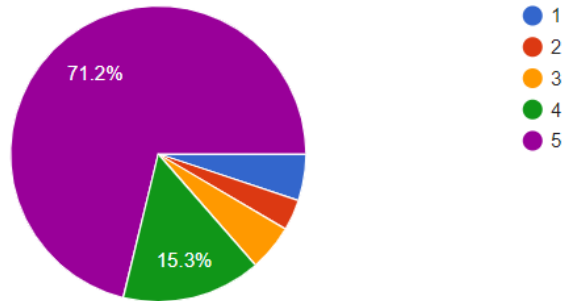
14. One volunteer will have the new role of Captain COVID to oversee all activities and have the power to remove racers or volunteers if needed.

59 responses



15. You would be working alongside other volunteers who take precautions seriously.

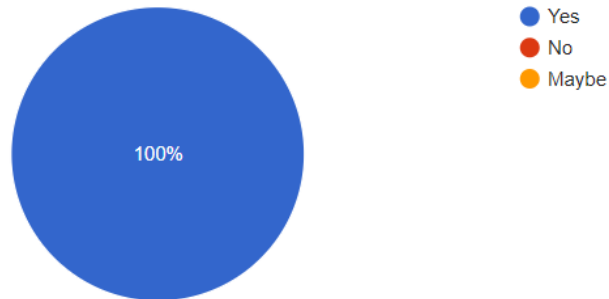
59 responses



About You

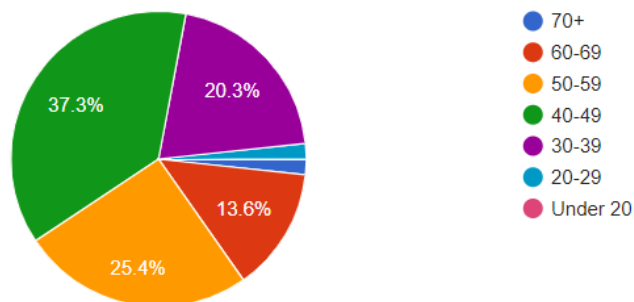
16. I would agree to follow the Safety Plan (maintaining distance, washing hands, wearing masks, and so on),

59 responses



17. What is your age?

59 responses




18. Bottom Line: what would make you most comfortable returning to volunteering?

- Vaccination.
- Having a clear COVID-19 plan sent ahead of time.
- Pre isolation of participants for 2 weeks.
- Physical distancing, wearing a mask and hand sanitizer available. Athletes shouldn't need to have masks on but should physically distance from volunteers unless absolutely necessary. We will be outside so chances of spread are low.
- I am comfortable volunteering.
- Knowing the proper precautions are in place.
- physical distancing.
- Proof of vaccination. But even without vaccination if there were staggered starts and re-designed aid stations, I'd be tempted.
- As long as there are sensible precautions in place, I am fine with volunteering. I do not require hospital level precautions, particularly when we are outside.
- Washing hands and not touching my face.
- All the protocols you mentioned would make me comfortable. Masks and sanitizer.
- You guys seem to have it covered.
- Outside volunteer station.
- Race director having good safety plan in place following provincial health rules.
- An overall decline in the number of active cases in BC. That the curve was generally trending downward.
- If everyone had to have a negative test within the last week and/or a complete vaccine. Any individual from outside BC would have to self-isolate for at least a week prior to racing.
- A sensible Covid-19 plan (but planning to run in 2021).
- Racers & volunteers are all vaccinated.
- People to just act normally. Masks/mandatory distancing, etc., is what makes me uncomfortable.
- Availability of vaccines and 70% immunization rate in countries runners come from.
- clearly defined safety protocols as the ones outlined in this survey that are strictly followed and upheld.
- Having a vaccine.
- Safety protocol in place and enforced as outlined.
- If safety measures are in place and followed.
- PHO goes ahead to hold group gatherings and races. Vaccines and mandatory masks/hand washing. COVID new counts are low in all of BC and travel restrictions are opened up.
- I think everything that you have covered is important. Monitoring for compliance will be the most difficult element.
- Strict safety protocols.
- All activities outdoor and distanced - no reasons to 'share air'.

- ALL RACERS & ALL VOLUNTEERS MUST HAVE PROOF THAT THEY HAVE HAD THE VACCINE PRIOR TO PARTICIPATION. Those that refuse to get the vaccine or are unable to get the vaccine prior to the race should not be racing or volunteering (including myself). This virus is insidious and participating in a race, any race, is not worth losing your life over. Also, it is well documented that marathoners & Ultra endurance athletes may often have a decreased immune response during and after participation in an event so could be more susceptible to getting the virus & the severe effects of the Covid-19 virus.
- Safety measures in place and followed by everyone.
- Negative COVID-19 test for runners outside of the country AND province.
- Social distance.
- Most likely.
- 100% adherence to COVID safety plan by all volunteers and racers.
- If safety is followed.
- Masks, clean hands, don't volunteer if you show symptoms.
- Clear processes for masking, distancing, etc., at times when working in close proximity indoors. Otherwise pretty comfortable with everything that takes place outside, as long as there are means of dealing with anyone who isn't cooperating with safety plans.
- Proper distancing.
- Everyone being on the "same page". Contract/agreements help with this.
- Knowing that like minded volunteers are abiding by the health authority advisories in place at the time of the event.
- Distancing, masks, sanitizing, respectful behaviour/interaction between volunteers/racers, reduced/restricted number of people allowed to crew a racer (i.e., 1:1).
- Overall, as the event is outdoors, I'm pretty comfortable with the event. I think reducing the crowded aspects like at the post-race BBQ area. Also, at busy aid station (like ours as it's the first one and typically the racers are still clumped together). I don't have concerns with things like racers filling their own water bottles and such, but having racers space out would be more important. I'd also 100% prefer handwashing to gloves. Too much garbage and I think it gives people a false sense of cleanliness.
- Runners need to wear a mask as they come into a station and require closer attention from volunteers. Once they select food, they can retreat and unmask to eat.
- Have a protocol and follow through on the protocol.
- Proof of vaccination or negative COVID-19 test.
- Lower number of cases worldwide.
- Solid Safety Plan executed effectively.

If you are a runner, how have you adjusted your routines to deal with the pandemic?

- Distance from other people, including choice of less popular trails, avoiding weekends and running with only a few like minded, COVID-19 safety conscious friends.
- Waaay less racing :(

- I honestly haven't much. Maybe try to give people a little more space on the trail but that's about it.
- Social distancing.
- Small groups and more solo runs.
- limited contact with family, no contact with friends besides running together.
- I only run with one or two others.
- Not running as much.
- Minimize running partners and no group runs. I have also stayed in my community (Fraser Valley) since August.
- Minimize contact.
- Smaller groups.
- Only run now with same two to three people. Avoid group runs or runs requiring car pooling.
- More solo training.
- I have reduced my running circle to 2 individuals, I use sparsely populated trails or go out on off-peak times.
- No changes yet.
- I'm considered a senior so safety is my priority. I will not participate in any race until everybody got their 
- No adjustments
- Being a good citizen: abiding to public health recommendations (social distancing, wearing a mask, etc.), exclusively solo runs, plan to immunize as soon as a vaccine is available for my demographic.
- Increased hand hygiene and cough/sneeze etiquette practice physical distancing and mask wearing when distancing cannot be maintained, increased exercise outdoors.
- I generally run solo and don't race much anyway.
- Run with masks, just in case trails get crowded, try to social distance as best as possible.
- I've been completely solo. No group or partner runs. I don't drive out of town for adventure runs and I stopped going to the gym. I take care of my parents who are high risk, so I take no risks.
- Less gym sessions. Try to go to trails early to stay away from people. Always slowing down and passing others with lots of space.
- Plan ahead and keep my distance.
- I have forgone group runs - I'm training alone.
- During activity, always maintain social distancing when passing people on the street or pathways. Use of full PPE in my job (face shield, medical mask, gown, gloves), frequent hand sanitizing, hand washing.
- Always carry a mask and hand sanitizer.
- Run alone, run on less crowded trails, no carpooling, keeping 2 m distance when talking with others, carry and use hand sanitizer.
- Social distance.
- Running alone or with people in my bubble only (no group runs), running earlier or less travelled trails to minimize contact with others.

- Just follow rules at aid station and package pick up and run my race as normal.
- Running alone but otherwise not much difference.
- Not at all. I'm a lone runner in a remote area.
- More remote runs, no treadmill/gym time.
- Lots of training in my own, ensuring I follow guidelines and recommendations.
- Running with only 2-3 people, keeping our distance, but often running solo.
- Some routes are too busy to run. Otherwise, yield when there is insufficient distance to pass safely.
- No group runs.
- Choosing routes with fewer people.
- Small, distanced group runs, no post-run socialization.

Survey created and compiled by Heather Macdonald, Race Director for Fat Dog 120 Trail Race.

[COVID-19 Precautions and Safety Plan](#) website page.