

COVID-19 Guidelines

Please follow these guidelines while at Tuesday 5K, and all other group workouts, and help everyone stay as healthy and happy as possible this year.

- Check in online before you arrive
- Maintain a distance of 6ft. (2 arms lengths) between yourself and teammates.
- Wear face coverings before/after workouts or whenever you are closer than 6 ft.
- Come prepared - there may be no hydration support.
- No sharing water, food, towels, rides, or accessories with people outside of your household.
- Wave hello - no touching people outside of your household.
- Don't come if you're feeling ill.
- Please wait 14 days before coming to a group workout if you were in close contact with a person who tested positive for COVID-19 (even if you test negative within the 14 day time period).
- Communicate with a TTT coach if you test positive for COVID-19.
- Please wait 14 days and receive a negative test result before coming to a group workout if you tested positive for COVID-19.

Read more from the CDC about protecting yourself and others. [More here.](#)