

Due to the surrounding circumstances of COVID-19. FOTC wants to encourage all athlete's, volunteers, and spectators to be mindful of their health and safety when in attendance at the event. Below are health considerations (from the Centers for Disease Control and Prevention) FOTC recommends people in attendance to practice:

- Wearing mask
 - Attendee must supply mask of their own
- Washing and/or sanitizing hands frequently throughout the day
- Practice social distancing (6 feet apart)
- Self-monitor for COVID-19 symptoms. People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
 - CDC States “This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.”
 - If an individual is symptomatic, we recommend the individual self-quarantine/isolate and do not come to the event
- Practice proper cough/sneeze etiquette
 - Use a tissue to cough/sneeze into and if not available use the inside of your elbow and do not spit
 - Wash/sanitize hands immediately after
- Be aware of one's health risk level to COVID-19 before coming to the event and if you are at an increased risk level, FOTC recommends that you do not attend the event
 - Adults of any age with the following conditions **are at increased risk** of severe illness from the virus that causes COVID-19:
 - Cancer
 - Chronic kidney disease
 - COPD (chronic obstructive pulmonary disease)
 - Down Syndrome
 - Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies

- Immunocompromised state (weakened immune system) from solid organ transplant
 - Obesity (body mass index [BMI] of 30 kg/m² or higher but < 40 kg/m²)
 - Severe Obesity (BMI ≥ 40 kg/m²)
 - Pregnancy
 - Sickle cell disease
 - Smoking
 - Type 2 diabetes mellitus
- Adults of any age with the following conditions **might be at an increased risk** for severe illness from the virus that causes COVID-19:
 - Asthma (moderate-to-severe)
 - Cerebrovascular disease (affects blood vessels and blood supply to the brain)
 - Cystic fibrosis
 - Hypertension or high blood pressure
 - Immunocompromised state (weakened immune system) from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines
 - Neurologic conditions, such as dementia
 - Liver disease
 - Overweight (BMI > 25 kg/m², but < 30 kg/m²)
 - Pulmonary fibrosis (having damaged or scarred lung tissues)
 - Thalassemia (a type of blood disorder)
 - Type 1 diabetes mellitus