



Carry Forward Virtual 5K: Tips for Navigating COVID-19

Before you decide to run or walk solo or ask your closest friends to join your squad for the Wounded Warrior Project® (WWP) Carry Forward® Virtual 5K, check your local and state guidelines to ensure the highest level of safety for your event. Here are some helpful resources:

- ★ [Centers for Disease Control and Prevention \(CDC\)](#)
- ★ [World Health Organization \(WHO\)](#)
- ★ [Overseas Security Advisory Council \(OSAC\)](#)
- ★ [U.S. State Department](#)

Decide to squad up? Below are some tips to help you manage expectations with your squad and ensure safety on your big day.

Communication with Your Squad

When planning your 5K:

Keep your squad up to date via email and social media. Share any updates regarding COVID-19 and its impact on your event day.

- ★ One way is to centralize your information via a squad Facebook group page!

Establish expectations. Tell your squad where (email and/or social media) and how often you plan to communicate updates to them. This will help field questions and manage their expectations.

Be transparent. Keep open and honest lines of communication with your squad about the decision-making process on whether to cancel or postpone your 5K.

This information was accurate at the time of publishing, September 08, 2020. Should you have any questions, please contact the [Carry Forward team](#).



Event Day Safety

- ★ Advise members of your squad to stay home if they are feeling sick. In lieu of attending, ask them to show their support by donating instead!
- ★ Provide hand sanitizer.
- ★ Increase space and limit contact between your squad. Ensure social distancing guidelines are in practice.
- ★ Create designated sanitation stations and stock them with hand sanitizer and disposable disinfectant wipes.
- ★ Clean frequently touched surfaces and objects.