



## **CROSS COUNTRY RETURN TO ATHLETICS PLAN**

### **Practices begin Monday, July 6:**

- Coach will group athletes in a pod of 10 or less and that pod will stay together.
- Group A will meet on Mondays and Tuesdays from 9am-10:30am. Group B will meet on Wednesdays and Thursdays from 9am-10:30am.
- Athletes will need to have on file: COVID-19 Waiver and will sign off that they watched the Return to Athletics Presentation.

### **Flow of admission:**

- Coach will arrive before any athletes to ensure proper social distancing.
- Athletes will arrive in workout attire (no locker room access).
- Drop off will be at the gate near the track. When athletes arrive at the check in area they will stand on a marking on the ground so that they stand six feet apart.
- Once all athletes are checked in, the coach will walk athletes to the bathroom located in the gym lobby, allowing one at a time per gender.
- If any athlete arrives by bicycle or on foot, they will be allowed a cooling off period before check in.

### **Pre-Screening:**

- Pre-screening station will be located near the outside bathrooms connected to the gym:
  - Athletes will have their temperature taken
  - Athletes will complete the pre-screening survey.
  - Any athlete with a temperature over 100.1 will be unable to participate for 14 days and administration will be notified.
- Once the athlete is cleared, athletes will be sent to the designated restroom to wash their hands.
  - Athletes will be lined up using social distancing to wash their hands.
  - Students will also be required to wash their hands before they leave for the day.
  - Once athletes have washed their hands, they will proceed to the track

**Phase 1:**

- Athletes will be required to maintain 6 feet social distancing at all times.
- Athletes can bring their own water bottle and bags with their names on them and keep them spaced 6 feet apart. Athletes will not be permitted to share water bottles at any time.
- Facemasks are currently not being required, however if athletes choose to wear facemasks they may.
- Coaches are recommended to wear facemasks at all times.
- Only one athlete will use the restroom at a time. Designated bathroom will be outside of the gym.
- No parents or non-team members will be allowed at practice, only athletes and coaches.
- After practice and athletes have washed their hands, the coach will walk athletes to the front of the school while maintaining social distance to await pick up.
- Practices will consist of conditioning, and individual skill development.