



Sirius Athletics Coronavirus Protocol. Cross Country 2020

Dear Parents. We are working hard to balance the social, emotional and physical benefits of participation in our club with increased safety procedures to protect the athletes, coaches and their families during this pandemic. We have combined recommendations from the CDC, USATF, and local government with some common sense measures to help accomplish this, yet still provide an enjoyable and valuable experience for your child. As new information becomes available, these procedures may be modified.

We ask that parents not send their child to practice if they are exhibiting any symptoms of the Coronavirus or other illness including, but not limited to:

- Fever (*more than 100 degrees Fahrenheit*)
- Dry cough
- Fatigue
- Headache
- New loss of taste or smell
- Gastrointestinal upset, including vomiting and diarrhea
- Itchy, painful patches on skin (*especially in young people*). These patches often show up on the toes and have been referred to as "COVID toes."

In addition, we ask that your child refrain from practices for 2 weeks or after 1 week and a negative COVID-19 test if he or she has been in close contact (*within 6 feet for 15 minutes or more*) with anyone who has a confirmed case.

Drop off Procedures:

Drop-off will be from 4:15-4:30. We will take no-touch temperatures for all participants. Anyone with a fever over 100.2 will not be allowed to practice. IF you must be late for practice, it is the parent's responsibility to take their child's temperature and report it to coaching staff. Parents may drop-off (*after temperature check*) or stay, but we ask that you remain distanced from the team.

Parents volunteers are still welcome to join us on the runs provided they comply with the same safety standards as athletes.

Water Bottles:

All athletes should arrive at practice with a clearly labeled water bottle. We are unable to provide a communal water source. HINT for the hot weather: Send a second frozen bottle of water (*be sure it's flexible-so it doesn't crack in the freezer*) so your child will have ice cold water later in the practice.

Face Coverings:

When coaches, volunteers and athletes are not running or cannot socially distance, they will be asked to wear a face covering unless there is a medical reason not to do so. Sirius Athletics will provide a cooling neck wrap that is easily worn around the neck and can be pulled-up when necessary.

Running Groups:

Depending on the number of participants, we will assess an athlete's current fitness level and divide the team into two groups based on running pace.

The majority of runs will take place on the wider roads and trails where there is more opportunity to stay distant, yet connected.

Efforts, including visual clues and reminders, will be made to keep athletes who do not live in the same household 6' apart but even with everyone's best intentions, keeping kids distanced is not guaranteed.

Spitting, Coughing, Sneezing etc.:

We will review common sense rules with athletes to help reduce any risk associated with these.

Competitions:

For the most part, we will be keeping things small and local this season. Facilities are very hard to secure and travel increases risk, so intrasquad meets and/or low-key dual meets will replace our previously hosted meets. *(If any parent has land they would consider loaning for a cross country meet, please contact me and we can discuss the possibility and logistics. Thank you!)* Emphasis will be on learning, fitness and team building. We have tentative plans to attend 2 larger meets, which are completely voluntary. Athletes will have the opportunity to run the Athens Christian course independently and have their time plugged into results.

The boys and girls races have been separated to limit the size of the field in all but the older kids, where numbers don't merit this precaution.

Please, feel free to contact me with any concerns, and/or recommendations. We are all in this together for the benefit of our kids and I value your insight.

Thank you!

Rachel Hopkins

Founding Director, Sirius Athletics

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