



Sirius Athletics Coronavirus Protocol. Spring Track - 2021

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:

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.

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.

Event Groups:

This spring, we will ask athletes to choose their preferred events at the beginning of the season and

divide the team into smaller groups based on their preferred events, age and ability. While there will be some overlaps, efforts will be made to keep the same groups together throughout the season.

Visual clues and reminders will be used to keep athletes who do not live in the same household 6' apart when possible, 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. The plan is to put together a series of small meets with area teams, but we are still waiting for commitments. In addition, facilities are very hard to secure and travel increases risk, so intrasquad meets and/dual meets may make up our season. Emphasis will be on learning, fitness and team building. We will assess, the current environment before opting in, or out of larger meets. All competitions are completely voluntary and athletes will be given the opportunity to test their skills and speed within our team.

This is a work in progress and will be updated as information becomes available. Please, feel free to contact me with any questions, concerns or recommendations.

Thank you!

Rachel Hopkins

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