

New Sport Protocols:

- All Coaches and Athletes must wear a face mask to practice while having meetings but may take them off before each run.
- All coaches and participants will do a self-assessment for signs/symptoms of COVID-19 prior to reporting to the activity each day. Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not oversee or participate in any workouts.
- There must be a minimum distance of 6 feet between each individual at all times.
- Spacing between locations or pods must be 20 yards for outdoor activities.
- No families or spectators will be permitted. The transitions of students being dropped off, getting to the activity, and then being picked up from the activity should be closely monitored.
- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students. Students should wear their own appropriate workout clothing (do not share clothing)
- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized by individual participants.

Additional Items:

- Must leave the school when done. There will be no hanging out in the parking lot or outside of the facility.
- No spectators of any type- This goes for parents, siblings, etc
- No high fives, no handshakes, no spitting

Pods:

- No more than 10 students per pod in one particular area
 - Rotate students coming in every 10 minutes with a new coach. This will require different drop-off and pick-up times.
- Participants should be grouped in the same pod with the same grouping each day