

COVID-19 Safety Protocols

Lady Scots Track & Field

Locker Room

- 1) Only used if necessary.
- 2) Masks will be worn at all times.
- 3) Only two people at a time allowed.
- 4) Athletes will enter the locker room underneath the stadium and exit the doors which face the Education Foundation building.
- 5) Hand sanitize going into locker room and again leaving locker room.

Practice

- 1) Masks will be worn when arrive, during warmup, core work, breaks, and the first 200 meters of every rep.
- 2) 6+' (aiming for 10') distance - arrival, during warmup, core work, breaks, departure, and during training
- 3) On most training days, the training groups are no larger than 4.
- 4) Hand sanitize at beginning and end of practice and after porta potty use.
- 5) Throwers - hand sanitize in between reps.
- 6) Implements (discus, shot puts, medicine balls, etc.) sanitized each day.
- 7) Bring a 64 oz insulated jug of water to practice every day.
- 8) Complete the Health Screen Survey every day before practice. If answer "yes" to either or both questions, please do not come to practice.

Team Meetings

- 1) Masks will be worn at all times.
- 2) We have team meetings the day before a meet. We will do these at Germany Park on the field (weather permitting). This will allow us to be socially distant.

Bus Rides - More information will be sent later

- 1) Masks will be worn at all times.
- 2) Hand sanitize before getting on bus and when getting off bus.
- 3) May ride with parent to the meets, but must be at check-in at stadium on time and follow the bus.
- 4) Bring a 64 oz jug of water to each meet.
- 5) No eating on the bus.

Travel

- 1) If travel during a holiday, weekend, etc., must let Coach Bailey know so the return to practice date can be determined.
- 2) Ex: If travel Mar. 12th-Mar. 17th, athlete will return to practice on Mar. 25th.
- 3) Ex: If travel Mar. 12th-Mar. 21st, athlete is done with season unless alternate on a Varsity relay and the runner can come back to practice on April 1st if relay qualifies for Area Meet.