



Track and Field Program Return to Play Plan 2021

Arrival

- Upon arrival at the Track and Field Team practice, please report to your coach/assigned team volunteer to complete the COVID-19 questionnaire/temperature check.
- If you arrive early, please stay in your car.
- Following check-in, your Coach will assign you to a group of 10 including athletes, partners, and coaches.
- Masks must be worn in the parking lot/gathering area before starting your practice, and while walking to and from any public bathroom.
(Please be aware that any public restroom, like a port-o-john, is most likely not sanitized regularly.)

During Practice

- You must wear a mask. This includes while you are practicing all track and field skills.
- Coaches should pre-assign groups of no more than 10 individuals to train together and those groups will remain the same throughout the entire season.
- Please do not share equipment if possible. If sharing is unavoidable, please sanitize before passing onto another teammate.
- If there is someone not participating in the practice, they are to stay in their car until the end of practice and not gather outside with others.
- Please provide your own water bottles, snacks, etc. Do not share these items with others.
- No high 5's, hugging, or touching of any kind during practice. Please keep a 6 feet distance when at all possible.

Important Information to Follow

- Wash your hands frequently. Suggested times are before and after practice.
- Please carry hand sanitizer with you in case you need it during practice
- Wear masks while in the parking lot/gathering area, bathrooms, and any other public or gathering area.
- Masks must be worn at all times during practice.
- It is suggested that coaches take mask breaks during practice along with water breaks.
- Please be mindful of gathering with only your assigned group throughout the entire practice and season.
- Please arrive on time and leave as soon as you are finished.
- Please do not attend practice if you are not feeling well.

Please be safe and smart as we ease back into sports!