



CROSS COUNTRY RETURN TO ATHLETICS PLAN

First day of Workouts: **Thursday 6/25/20**

Will workout Every Tuesday and Thursday, 8:00am

Meet at North Natomas Regional Park (Farmer's Market Area) at 8am for check in.

Check - in Procedures:

- When athletes arrive, there will be a check-in area with social distancing lines for each athlete to stand six feet apart. We will have one single Pod of (up to) 25 athletes.
(usually no more than 15-20 attend summer conditioning)
- If any athletes arrive by bicycle or on foot, we will allow them a cooling off period before check-in.
- Athletes will wash hands for 20 seconds upon arrival (one at a time in restroom) then,
- Touchless Temperature checks will be taken and the Covid-19 questionnaire will be administered to ensure clearance for each athlete prior to workout.
- All athletes will be required to bring their own water bottles with their names on them and they will be spaced out six feet apart.

I will remind athletes to remain six feet apart before starting our run. We will then proceed on the designated route and return. We will finish practice with stretching in an open area to allow for the six-foot spacing.

No parents or non-team members will be allowed at practice, only athletes and coaches.