



TRACK & FIELD RETURN TO ATHLETICS PLAN

Program Start Date: **Tuesday 10/6/20**

Zoom Check In - Tuesday and Wednesday 4:30pm to 5pm

In Person Workout - Thursday 4:30pm to 5:30pm @ Inderkum High

School Track

Check - in Procedures: - **Must be pre- approved for check-in/clearance** (all forms turned in/Covid 19 slide presentation seen & complete/AD approved) then athletes will be permitted to enter the stadium for on site pre-screening

- Meet in front of the snack bar at the stadium to check in.
- When athletes arrive at the check-in area the 6 feet social distancing requirement will be implemented and each athlete will be required to stand six feet apart. We will have one single Pod of (up to) 25 athletes.
- If any athletes arrive by bicycle or on foot, we will allow them a cooling off period before check-in.
- 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.
- Athletes will wash hands for 20 seconds after spacing their water bottles (one at a time in restroom)
- Workouts will be on the track inside the stadium. Athletes will be located in every other lane (1, 3, 5, 7) during activities in order to comply with the social distancing requirement.
- Athletes will be reminded to remain six feet apart before starting the workout. During the workout I will continuously remind the athletes to be aware of the distancing requirement.

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