



WINGS TRACK CLUB

Wings Track Club COVID-19 Practice Guidelines

COVID-19 ACKNOWLEDGMENT & LIABILITY WAIVER MUST BE COMPLETED TO PARTICIPATE.

The Novel Coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person to person contact. As a result, federal, state and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

The Wings Track Club has put in place preventative measures to reduce the spread of COVID-19; however, the organization cannot guarantee that you or your child(ren) will not become infected with COVID-19 or any other illness. Further, attending clinics, practices and track meets could increase your risk and your child(ren)'s risk of contacting COVID-19 or any other illness.

I. General

1. Parents must ensure that their athlete does not attend a practice session if they have COVID-19 symptoms (as listed in this document) or is lab-confirmed with COVID-19 until the below incubation period is met. Also, an athlete must not practice if they have had known contact with an individual who is lab-confirmed with COVID-19 until the below incubation period is met.
2. Prior to entering the practice area all athletes, coaches, and volunteers will be required to have their temperature taken and will be screened for COVID-19 symptoms listed below.
 - a. If the temperature is above normal and they answer **"YES"** to any COVID-19 symptoms listed below they will be asked to leave the practice area.
 - b. If temperature is normal they will proceed to hand sanitizing and sign-in.
3. Face covering will be required at all times, until the drill and running portion of the workout begins. Athletes should put on their mask as soon as they are finished with their workout set or during a rest period.
4. Face covering will be required at all times for coaches except beyond 10 feet of any other person.
5. The warm up and calisthenics will be set up with 6 feet between athletes in rows and columns. The spacing should be marked with cones.
6. For the purposes of this document, face coverings include non-medical grade disposable face masks, cloth face coverings (over the nose and mouth). Full-face shields can be worn over a mask as an additional layer of protection to protect eyes, nose, and mouth.
7. No hugging, touching, hand shaking, or fist bumping for support/encouragement.
8. If possible, only use every other lane during practice.
9. Athletes shall NOT share water bottles.

10. Site coaches shall divide athletes into pods by age and specialty (sprinters, distance, etc.). All workouts shall be conducted in "pods" of the same athletes. The pods shall always train and rotate together during practice to enable limited exposure and afford contact tracing should someone report an exposure at a later date.
11. Frequently touched surfaces and equipment (blocks, wickets, batons, implements, hurdles, high jump standards, etc.) shall be cleaned and disinfected after individual's use.
12. The Site Head Coach shall communicate these protocols in a clear manner to all athletes, coaches, and parents.
13. The Site Head Coach shall appoint a monitor at each practice who will have the responsibility to monitor and ensure that everyone is following the set protocols.

II. Incubation Period

Based on current CDC guidance, the incubation period can end for individuals experiencing no symptoms:

- On Day 10 after close contact exposure without testing,
- On Day 7 after close contact exposure and after receiving a negative test result.

III. COVID-19 Symptoms

In evaluating whether an individual has symptoms consistent with COVID-19, consider the following question:

Have they recently begun experiencing any of the following in a way that is not normal for them?

- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Loss of taste or smell
- Cough
- Difficulty breathing
- Shortness of breath
- Fatigue
- Headache
- Chills
- Sore throat
- Congestion or runny nose
- Shaking or exaggerated shivering
- Significant muscle pain or ache
- Diarrhea
- Nausea or vomiting

IV Screening Questionnaire Information

1. When asking individuals if they have symptoms for COVID-19, sites must only require the individual to provide a "**Yes**" or "**No**" to the overall statement that they are symptomatic for COVID-19, as opposed to asking the individual for specific symptom confirmation. Sites are not entitled to collect information during screening on the specific health information of an individual beyond that they are symptomatic.
2. All sites shall document and report to the Athletic Directors any individual who responded "Yes" to any of the above listed questions.
3. Parents, guardians, or adults accompanying athletes below 10 years old shall be responsible for answering screening questions.

Notes: This is not an exhaustive list, other steps may be necessary to help prevent the spread of the virus. Even when taking all precautions, there will still be a risk of transmitting illnesses. Everyone should stay vigilant about the health and welfare of members of their teams and households. Lastly, the situation with COVID-19 is ever-changing, therefore, these considerations may quickly become outdated. Please keep up with the latest health officials requirements in your county/local area.