



SYC Cross Country COVID-19 Guidelines and Procedures



Phase II

Program Activity Plan

- The fall 2020 season of SYC Cross Country will begin on September 4 and end on November 6.
- All practices will be held at either South Run REC Center (at the soccer barn) or at Irving Middle School on Friday evenings between 5:30 PM and 7 PM.
- Practices will consist of traditional cross country workouts and conditioning. No substantive changes will be made to our program's methods.
- Competitions may be cancelled or altered based on health restrictions. All competitions currently scheduled are tentative.

On-site Field Procedures

- **Before Practice:** Before coming to practice ensure you have completed any daily health screenings.
- **Arrival:**
 - Upon arrival, parents and athletes must check-in at the designated check-in table. Check-in will consist of verifying the daily health screening, recording attendance, relaying procedures, and answering questions.
 - Parents and athletes must wear a mask while checking in.
 - It is recommended that parents remain distanced from the practice location for the duration of the practice.
- **During Practice:**
 - The number of participants (coaches and players) will be below 50.
 - All participants must maintain a distance of 10 feet away from other participants except in accidental instances.
 - Masks for players are optional during practice, however, coaches must always wear one.
 - Each player must bring their own water bottle, which will be placed in a specially designated area.
 - Spectators must remain on the sidelines unless special circumstances require closer supervision (please notify a coach).
- **Departure:**
 - Upon the closing of practice, parents, spectators, and players must immediately leave the practice area unless they are interacting with a coach.
- Signage will be displayed in a prominent location reminding visitors of proper procedures. Coaches wearing specially designated yellow vests will be available to answer any COVID-19-related questions.

Equipment

- Equipment will be sanitized before and after each individual's use. We do not anticipate using shared equipment this season.

Coaches/Activity Volunteers

- Coaches will use spray bottles to sanitize players hands before, during, and after practice.
- As aforementioned, coaches must wear a mask for the duration of practice.

Field Monitor Volunteers (required)

- At each session there will be at least one dedicated field monitor and all coaches will be trained on COVID-19 guidelines and procedures.
- Field monitors will wear specially designated vests.
- Field monitors will be responsible for ensuring check-in compliance, mask compliance, social distancing compliance, etc.
- The SYC Cross Country field monitor will be allotted at \$125 registration credit.

Communication

- All Return-to-Play guidelines will be communicated to parents before the season begins, be accessible on our website, and handed out during the first three weeks of practice.
- All questions and comments can be directed to the field monitors or track@sycva.com.

Phase III

There will be no changes to our program between Phase II and III.