



## HGRA Track Covid-19 Preparedness Plan

This document represents the Highland Groveland Recreation Association (HGRA) Track Program COVID-19 Preparedness Plan for athletes, volunteers, staff, and parents/spectators (referred to collectively as “participants”).

It is our intent to abide by all guidelines and recommendations from the Minnesota Department of Health (MDH) and the Centers for Disease Control (CDC) regarding organized sports.

These Guidelines apply without regard to whether or not any particular individual has been vaccinated against the COVID-19 virus.

### General Requirements

Any participant should refrain from participating in or attending an HGRA Baseball event if they:

- Are experiencing any of the established COVID-19 symptoms, including but not limited to: mild to severe respiratory illness with fever, cough and difficulty breathing.
- Have been in contact with someone with COVID-19 in the last 10 days.
- Are a vulnerable individual and Minnesota is in Phase One or Phase Two of reopening guidelines. A vulnerable individual is an elderly individual and/or an individual with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma and those whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

Prior to attending an HGRA event, participants are required to review a screening survey that checks for COVID-19 symptoms, close contacts with confirmed cases and quarantined cases, and out-of-state travel. A suitable survey will be posted on HGRA’s web site at [www.hgra.org](http://www.hgra.org).

### Face Masks/Face Coverings

Due to the emergence of new and apparently more contagious strains off the coronavirus, as well as the difficulty of maintaining distancing among young athletes during competition:

- All participants are required to wear a mask at and during all HGRA events.
- Participants will be required to exit the HGRA event if they are not in compliance with this policy.

HGRA will review this face covering policy on an ongoing basis and will announce modifications of it if/when doing so is considered appropriate.

## **At the Field**

- Adhere to all guidelines in the HGRA Covid-19 Preparedness Plan available at (hgra.org);
- practice pods will be 22 people or less (120 participants, 12 coaches, 2-6 quality controllers (depending on board guidance) and 110 spectators will be the maximum number);
- There will be a maximum of 6 teams during each practice or meet session;
- there will no more than 250 people in the stadium at one time (250 is the maximum attendance allowable due to COVID-19);
- only one parent per participant in the program (some parents may need to watch from outside the venue due to attendance limits);
- track will utilize 6 stations (long jump, grass hills, 200m east, 200m west, high jump area, and the grass soccer fields) to keep pods from intermixing during practice;
- all participants and coaches are encouraged to wear masks (required when less than 6ft of space between people) to keep everyone safe along with maintaining 6-feet of social distance during practice and meets;
- all spectators are encouraged to wear masks and maintain a minimum of 6-feet between other people;
- all participants and coaches are required to fill out a weekly screening test for Covid-19 symptoms available at (hgra.org).

## **Entry/Exit**

The program will use two entrances, one for entry and one for exiting.

- The entrance on the Snelling Ave side will be used for entry. Participants and parents will be instructed to stay outside on the fields until it is their practice time.
- The exit will be the Montreal Ave side where most of the parking is available. This plan will ensure there are never too many people at the entry or exit, as this is usually the busiest place at Track practice.

## **Coaches**

- Coaches are required to wear masks and maintain 6-feet of distance during practice.

- Wash hands before arriving and after returning home. Please supply your own sanitizer.
- Only show up if you are healthy and have a normal temperature.

## **Participants**

- Maintain 6-feet of space between people whenever possible.
- Wash hands before arriving and after returning home. Please supply your own sanitizer.

## **Spectators**

- Maintain 6-feet of space between people;
- One spectator per participant max;
- Spectators must remain on the grass hills or the bleachers;
- Only show up if you are healthy and have a normal temperature;
- Wash hands before arriving and after returning home. Please supply your own sanitizer.

## **Quality Controllers**

- Role is to make sure people are staying 6-feet apart and practicing/spectating within HGRA's stated COVID-19 plan guidelines (HGRA COVID-19 Preparedness Plan).
- All participants are expected to comply with requests and directives of Quality Controllers

## **Track Meets**

- Meets will be split into two groups (8U and 9U) and then (10U and up) to adhere to venue attendance limits of 250.

The 8U and 9U group will have a meet for the first 2 hours and then the 10U and up group will have a meet for 2 hours.

- Meets will continue to be on Saturday for the first two meets (Week 4 and 6) and Wednesday for the late season meets (Week 8 and 10).
- All guidelines for practice apply to track meets.

## **Events**

- 100m & 200m – will be contested with participants in every other lane (3 participants per race);
- 400m – will be contested with participants in all lanes because the event start maintains 6-feet of space per person. Participants will remain in lanes until the finish line;

- 800-1600m – will be contested and participants will be encouraged to maintain 6-feet of space between other each other while running. (12 participants per heat max);
- Long Jump – will be contested and participants must remain 6ft apart during all times. (no more than 20 people in the long jump area at one time);
- Softball Throw – will be contested and the softball must be sanitized after each throw by a softball retriever. (no more than 20 people in the softball throwing area at one time)

### **Equipment**

- Any necessary equipment (cones, watches, batons, softballs, pinnies) will be assigned to the coach of each team. All equipment used during practice must be sanitized after use. Equipment will only be used when necessary (setting up mini-tracks, relays, or other drills and games).
- Equipment use will be kept to a minimum and mostly used in the form of cones to ensure participants are maintaining proper social distance of 6 feet during practice and meets.

Certified by:

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