

COVID-19 Participation Protocol (Athletes)

- ❑ Each Athlete must perform and submit an honest symptom check prior to participation in that day's event. (Practice or Meet) The parents of athletes 10 and Under are responsible for submission. Athletes age 11 and up are responsible for their individual symptom check submission.
- ❑ All athletes must bring a face covering to each practice. The face covering must be worn at all times in the facility covering the nose and mouth. Exceptions apply when actively exercising or when drinking water.
- ❑ Athletes must social distance, (6 feet when possible), at all times. Hugging, shaking hands and fist bumps are no longer permitted during practice.
- ❑ Athletes must bring a water container to each practice. Their individual water containers must be clearly marked with their name or initials.

COVID-19 Participation Protocol (Coaches)

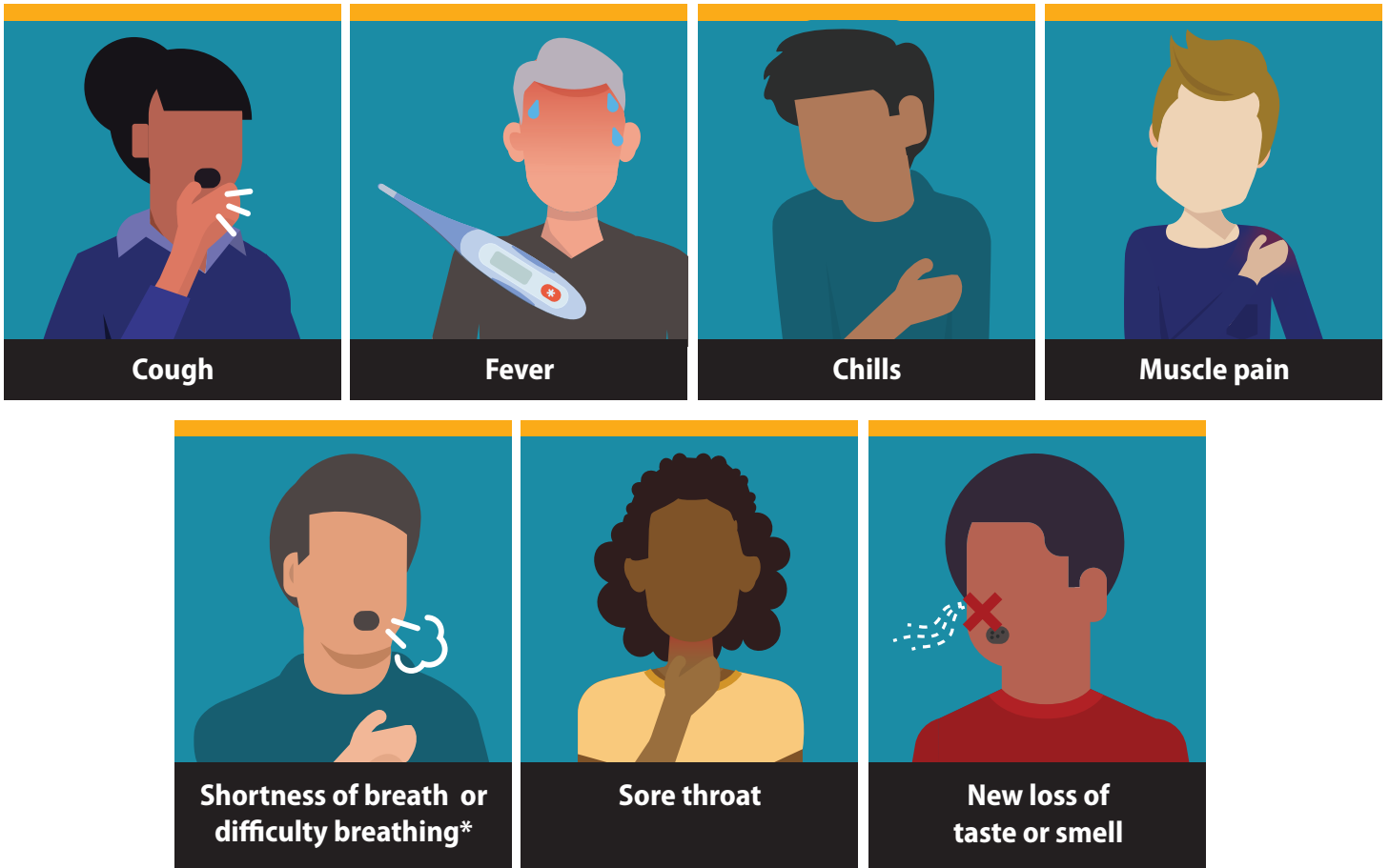
- ❑ A Coach is defined as an adult who has completed the Coach's application and the background check has been completed.
- ❑ Each Coach must perform and submit a symptom check prior to participation in that day's event. (Practice or Meet)
- ❑ All Coaches must wear a face covering to each practice. The face covering must be worn at all times in the facility covering the nose and mouth. Exceptions apply when drinking water.
- ❑ Coaches must maintain a social distance, (6 feet when possible), at all times. Hugging, shaking hands and fist bumps are no longer permitted during practice.

COVID-19 Participation Protocol (Spectators)

- All Spectators 10 years of age or older must wear a face covering upon entry to the practice site. The face covering must cover the nose and mouth at all times.
- Spectators must maintain a social distance at all times.
- Spectators must remain in the stands and should not enter the track, infield or pits where athletes are practicing.

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

***Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

