

# 2021 adidas Indoor Track Nationals Covid-19 Mitigation Plan

## Everyone

Please understand that COVID-19 has changed the way events are being operated. Guidelines are subject to change at any time.

**ANYONE who is not willing to follow these guidelines will be asked to leave the facility with NO refund.**

- Coaches are responsible for confirming that all athletes and coaches participating in this event have not had COVID-19 symptoms or come into contact with someone who has tested positive for COVID-19 within 14 days prior to the event or has had a temperature greater than 99.9 degrees.
- Parents/Spectators are responsible for confirming that their athletes participating in this event have not had COVID-19 symptoms or come into contact with someone who has tested positive for COVID-19 within 14 days prior to the event or has had a temperature greater than 99.9 degrees. If this is the case, please inform your coach(es).
- Individuals who are sick or simply not feeling well must stay home.
- Individuals who are at risk or immunocompromised are encouraged to stay home.
- Individuals with COVID-19 symptoms within 14 days prior to the event or any individual who has been exposed to COVID-19 will not be allowed in the facility. If either of these applies to you, please do your part and **STAY HOME**.
- If you are experiencing any of the symptoms listed below, have been around someone experiencing symptoms, or could be infected, and **please STAY HOME**.
  - Fever or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat

- Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea
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- Face coverings are required and must be worn at all times. Only athletes in their actual event competing may have a mask off during competition.
  - Athletes are required to maintain social distancing standards while in the facility. This includes the warm-up area, warm-up track, and the competition area.
  - You will be asked to leave if you are not adhering to the mask and social distancing policy, or if there are any other COVID-19 related safety concerns.
  - A limited number of spectators, coaches, and athletes will be allowed in the facility during defined sessions.
  - The schedule may be adjusted based on the number of athletes participating to ensure that the meet is not exceeding the COVID-19 capacity limits.
  - Everyone will be required to complete a COVID-19 waiver.
  - Frequently touched items will be cleaned between each session by Virginia Beach Sports Center and event staff.
  - During the event, spectators, and coaches must observe social distancing requirements.
  - NO coaches or spectators will be allowed in the warm-up area.

### **For Athletes**

- Sharing of equipment is prohibited.
- Throwers must provide their own throwing implements (Shot Put, Weight).
- High Jump and Pole vault mats will be cleaned between sessions and during the event.
- Starting blocks will be cleaned between each race.
- The warm-up track is reserved for athletes that have checked in for their event.
- Upon completing an event, that athlete becomes a spectator and must leave the facility immediately.

**Thank you in advance for being patient and prepared for potential changes. We are under the control and guidance of multiple agencies and decisions may be made on-site to ensure that CDC, State, and local COVID-19 guidelines are being adhered to. We will do our best to provide live and frequent updates during the meet.**