**Georgetown Cross Country**

**COVID 19 Pandemic Guidelines for Cross Country**

Georgetown Jr/Sr High School has issued mandatory pandemic guidelines and all student athletes will be required to follow them. The following guidelines are specific to cross country and will be followed by all coaches and student athletes at all 2020 summer conditioning and practice sessions.

* Conduct daily symptom assessment (self-evaluation) - Anyone experiencing any of the following symptoms listed by the CDC must stay home: Cough, shortness of breath, fever, chills, muscle aches, headaches, sore throat and new loss of taste or smell. A daily monitoring form will be completed at the start of conditioning/practice.
* Please notify head coach if you are staying home because of symptoms or experience symptoms after participating in conditioning or practice.
* Please notify head coach and stay home if you have any personal contact with anyone who has been diagnosed with COVID 19.
* Always adhere to six-foot physical distancing. No more than 10 students in a group
* No touch rule – refrain from high fives, handshakes, or other physical contact.
* Wash hands or use hand sanitizer – before and after conditioning/practice.
* Do not share water bottles or equipment – everyone must bring and use their own yoga mat and bring their own water bottle.

Please refer to the Georgetown Jr/Sr High School Athletics Pandemic Guidelines for the complete set of guidelines.