COVID – 19 PLAN of ACTION

In response to the current state of events as they relate the Covid-19 Pandemic, the Idaho Dash Track Club has set up the following plan of action to proceed with our Summer season. We are using the most current information from Gov. Little’s office on re-opening the State. Our plan will follow along with the 4 Phases put forth by the Government.

**Phase 1 - May 1-15** - Continue with the online sending of workouts and kids should be working out on their own. We are working on getting videos of drills put together so if you are new to dash, you can watch some of our veterans do the drills.

**Phase 2 - May 16-29** - We can start meeting in smaller groups (less than 10 recommended) We can have workouts set up time staggered starting in the evening around 5:30-6 and work with specific event groups with coaches.  Example - Honell with hurdlers (6 kids)  Rich with Short Sprinters ( 7 kids) Floyd with jumpers (6 kids)... Parker and Jaycob with throwers (3 kids)  We can actually be at the track at the same time, but each group needs to keep the warm ups and workouts separated.  Obviously more than 1 coach can be with the groups which will allow for more personal attention...Athletes should wear facemasks (I have ordered for the team) and maintain proper social distancing during workouts. This means when warming up….spread out!!! Do not be right on top of each other. We will also put together a document that all athletes and parents/guardians must sign covering proper practice protocol.

**Phase 3 - May 30-June 12** - We can start doing more things as a team. (Recommended less than 50 people.)  This would look more like a normal practice for us except with maybe 2 groups.(depending on number of kids)  We will naturally be in smaller groups anyway for workouts when we split up.  Social Distancing and face coverings will still be mandatory. This will become the new normal until this is all over with.

**Phase 4 - June 13 forward** - Larger groups can start to gather. This is when we can start to host meets and move forward normally...or as normal as the new rules apply.  The meets that we are planning on holding will be adjusted to adhere to the social distancing recommendations. We may have to hold meets without spectators. We may also want to extend our normal summer season into August if we can't travel to Nationals because of restrictions out of our control.

These phases all follow the State’s plan for reopening and moving from one phase to another is contingent on the spread of the Covid-19 not getting worse. These dates can change and are fluid. Click on the following link to get more detailed information about opening the state.

<https://rebound.idaho.gov/stages-of-reopening/>

This is an unprecedented time and our ability to be flexible will be very important. As a coaching staff we will always make decisions based on the best interest of the kids!! We are fully aware and concerned about the health and well being of the kids. We also know that a lot has been taken from them already and want to give them some sense of normalcy. From Day 1, it has always been about the kids and always will be.

Thanks,

Coach Honell

Idaho Dash Track Club

AAU Member Club/USATF Member Club

USATF Level 2 – Sprints/Hurdles/Relays Certified

SafeSport/Positive Coaches Alliance Certified