

## **SLO TOWN TRACK CLUB COVID-19 BEST PRACTICES**

In an effort to reduce the risk of COVID-19 spread, SLO Town Track Club will implement the following:

- Maximum group size of 10 athletes
- Outdoor activities only
- No shared objects among athletes
- Social distancing will be practiced at all times with athletes remaining at least 6 ft apart during warmup/cooldown and 15-20 ft apart during running activities
- Face masks will be required during training sessions. Face masks can be removed, at the coaches' direction, for certain activities.
- All participating athletes must live within SLO County
- Actively encourage coaches, athletes and their families who are sick or have recently had a close contact with a person with COVID-19 to stay home
- Ensure that hand sanitizer is available at all training sessions
- Reinforce healthy hygiene behaviors, including utilizing hand sanitizer, avoiding contact with one's eyes, nose and mouth and covering coughs and sneezes
- Each athlete will be required to answer health screening questions related to COVID-19 before each training session.
- Document/track incidents of possible exposure and notify local health officials and families immediately of any positive case of COVID-19.

Every family that chooses to participate in SLOTTTC's training sessions must sign a new waiver and release form with expanded COVID-19 information. All families must also be aware of the following symptoms of COVID-19, stay home when exhibiting any of these symptoms and notify SLOTTTC if any symptoms are present.

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell