

Written Plan for Conducting Operations of Spokane Youth Distance Team (Under Spokane Mercury Athletic Club)

1. Anyone experiencing symptoms of illness should not come to practice and stay at home.
2. Prior to attending each practice, each coach and each athlete (or their parent) must complete a survey answering basic health questions related to COVID-19. Athletes experiencing any symptoms of or exposure to COVID-19, or who's household members have been exposed or are experiencing symptoms, will not be permitted to attend practices.
3. Parents/family members may not congregate or mix households while practice is conducted.
4. Athletes must maintain at least six feet distance between one another. Coaches will design workouts to maximize this requirement.
5. Athletes will not be grouped with more than five other athletes at one time.
6. Athletes must bring a bag to store all their belongings during practice and take measures to keep their belongings separate from others' belongings.
7. When clothing is removed, it must be placed in each athlete's designated bag; bags will be stored at least six feet apart during practices.
8. All athletes must wear masks during training. During competitions, athletes may remove masks at the starting line and put them back on when finished competing.
9. All parents, family members, coaches and spectators must wear masks at all times.