



## COVID-19 PROTOCOL

As we all navigate the momentous impact of COVID-19 on our daily lives and the lives of our loved ones, we are also faced with the reality that it has impacted the sports world significantly. West Coast Striders Track Club wants to assure you that we take the health, safety, and well-being of our organizers and participants seriously. We are monitoring the situation related to the novel coronavirus COVID-19 very closely. The below guidelines are set in place for the 2021 West Coast Striders Track Club Season. Failure to comply with the below protocols will result in athletes being removed from the West Coast Track Club for the 2021 season.

### Staying Home when Appropriate:

1. When you have tested positive for COVID-19
2. When someone you have had direct contact with has tested positive for COVID-19
3. When someone you have had direct contact with has been exposed to someone who tested positive for COVID-19
4. When you have a fever of 100.4 or greater
5. When you experience coughing, runny nose, body aches, headache or other flu and cold symptoms.

### Hygiene:

1. Wash hands before and throughout practice and events
2. Use hand sanitizer when hand washing is not readily available and as needed
3. Cough or sneeze into tissue or your elbow
4. Avoid handshaking, high-fives, fist bumps, etc.
5. Do not share waters, uniforms, clothing, food, headsets, tools, etc.

### Masks:

1. Masks are required to be worn at all times during practice and events when athletes are not competing
2. Masks are required to be worn by Coaches, Volunteers, Fans, Organizers, etc.

### Practice Protocols:

1. All youth athletes must have maximum one guardian present during practice. DROP OFFS ARE NOT PERMITTED.
2. Guardians present must maintain 6ft social distance from one another at all times.