

***THIS DOCUMENT PLAN IS UNAPPROVED AND RELEASED
FOR PARENT INFORMATIONAL REVIEW ONLY.***

MVXC 2020 Summer Workout Plan

This document will outline the plans to safely run practices during Summer, 2020, for the Monta Vista cross country team.

If at any time, coaches become aware that state, county or other governmental agency issues directives that are in conflict with the protocols described here, coaches will make the appropriate changes and notify school administration. Governmental instructions will override this document.

Training Periods

Summer training will be broken into two periods of three weeks each:

- Period 1: June 22 through July 4.
- Period 2: July 6 through July 25.

Participation

These are optional workouts and in no way are these workouts mandatory.

Parent Consent and Support

The parents of participants will be required to provide active consent for the participation of students. The cross country coaches will offer a zoom pre-training meeting with parents prior to the first practice to discuss this document and the planned practices and answer any questions the parents may have (Appendix A). Parent participation in the meeting is not required in order for athletes to participate.

Prior to joining workouts, parents must email **(NEED TO CHECK WITH SCHOOL ABOUT HOW TO DOCUMENT PARENT CONSENT)** one of coaches and acknowledge:

- That the parent has read this document.
- That the parent will do home screening of their student-athlete for COVID-19 symptoms on a daily basis, have the child stay home if there are any symptoms, and report to the coach on a weekly basis temperature checks and a summary that symptom screening was done during the week.

Cohorts

Athletes will be divided into cohorts to reduce crowding, risk of spreading COVID-19 to larger groups, and to facilitate contact tracing if needed.

Each cohort will have a maximum of 12 students. When an athlete is assigned to a cohort for a period, that athlete may not be moved to another cohort until that period ends (if an athlete is assigned to Cohort 1 for Period 1, they may be moved to Cohort 2 only after Period 1 ends on July 4).

Coaches must only work with one cohort during each time period (if a coach is assigned to Cohort 1 in Period 1, they may not work with any other cohort during Period 1).

Athletes will be assigned to cohorts prior to the first practice in that period. Cohort rosters will be sent to the athletic director prior to the first practice. No athletes may be removed from a cohort during the period. If less than 12 athletes are initially assigned to a cohort, more athletes may be added during the period so long as (a) the cohort total does not exceed 12 and (b) the athlete added was not part of another cohort during that period.

Athletes may not join

Parent Screening/Support

Parents agree to take the athlete's temperature daily, and screen the athlete for the following symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If the athlete has any of these symptoms, including symptoms that include allergies, the parents agree to keep the student home and notify the coach of these symptoms as soon as practical.

Students are encouraged to shower and wash their workout clothes and facemasks on a daily basis after workouts.

On a weekly basis, parents will confirm to coaches that these protocols are being followed.

Workout Protocols

All workout activities will take place outdoors. There will be no use of gyms, locker rooms, or weight rooms by the cross country team for training during this summer. Workouts will last no more than two hours. There will be a maximum of five workouts per week per cohort.

Any person with cold or flu symptoms, or have active allergies which share any symptoms with a cold or the flu, will not be allowed to take part in workouts. Any person displaying these symptoms will be asked to leave immediately.

Coaches and students must wear a mask upon arrival at the workout location and keep the mask on as the group gathers. Masks should be worn at all times when not actively participating in a workout. Masks should only be removed during strenuous activity.

If more than one cohort is present at the same time, each cohort must be at least 25 feet apart. When using the track, if two cohorts are there at the same time, one cohort would be in one end of the field and the other cohort at the other end, and there will be no interaction between cohorts.

All individuals within a cohort, including both coaches and athletes, must remain at least 6 feet apart at all times. During meetings, stretching, and other relatively stationary activities, cones or other markings will be provided to help with distancing.

Athletes will be advised that if they violate the 6' requirement repeatedly while on runs, they will be removed from the cohort.

Athletes will carry masks at all times during the workout, even during strenuous exercise. While running in the community, athletes are asked to be considerate of pedestrians and other citizens.

- Provide plenty of space to walkers and others.
- If entering a more congested area, consider slowing down and wearing the mask they are carrying.

If a student arrives late or misses a workout, they are not allowed to join another cohort to make up the workout.

Coaches and athletes are required to bring their own water bottle and not share with others. Any athletes that do not have a mask or a water bottle upon arrival at practice, will be sent home and may not participate with the team that day.

Other safety measures

- If an individual in a cohort is diagnosed with COVID-19, the cohort is suspended and all members of the cohort are placed on a 14-day quarantine.

- Parents agree to report any confirmed COVID-19 diagnosis shall be reported to the coach (Kirk Flatow), athletic director (Nick Bonacorsi) and the school principal (Ben Clausnitzer). If someone is diagnosed, coaches cannot discuss this with other students or families.
- Hand sanitizer must be available
- Students are required to come straight to workouts and leave immediately afterward. No gathering in the parking lots or field/courts

Equipment

- Equipment will be divided between cohorts for each time period; our plan is to use one shed per cohort and have foam rollers and other equipment divided into the different sheds, so that each cohort has it's own equipment.
- Equipment, if used, will be thoroughly wiped down with a disinfectant after each workout.

Facility

- Workouts may be on or off campus.
- When using the track, coaches will close gates to prevent unauthorized use.
- Coaches will be responsible for opening and closing the track including the restrooms.
- No one else may use the track while students are working out.
- Only one athlete may use a restroom at a time.

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Appendix A: Pre-Workout Parent Meeting Zoom Link/Invitation

Kirk Flatow is inviting you to a scheduled Zoom meeting.

Topic: Parent Meeting--Summer XC Training

Time: Jun 17, 2020 05:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/81668730777?pwd=akhNeEcwYnQzd1JTc0FHnk5hTHJzZz09>

Meeting ID: 816 6873 0777

Password: 092397

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