

2020 Farmington Youth XC COVID-19 Plan

***It is the families' responsibility to check their athlete's health each day before they attend a practice session. If an athlete has a fever, feels ill or has symptoms of COVID-19 they are unable to practice with the team.** Your choice to ignore this responsibility could endanger the participation of everyone within your athletes' pod.

1-Do you have temperature of 100.4 (F) or higher?

2-Do you have a new or worsening cough today?

3-Do you have any of these other symptoms?

Shortness of breath or difficulty breathing

Fatigue o Muscle or body aches

Headache

New loss of taste or smell

Sore throat

Congestion or runny nose

Nausea or vomiting

Diarrhea

***If your athlete contracts COVID-19 they must notify Adam Lippold or Ryan Tooley immediately with the date of contraction and date of positive test.**

***Any athlete with obvious symptoms of COVID-19 will be asked to leave practice immediately.**

***Athletes will be assigned a group (pod) and must stay within that pod at each practice.**

***Athletes cannot switch between pods. Athletes who live together must be in the same pod.**

***Each pod will have a designated drop off and pick up location. Please look for the small sign with your pod name. All drop off locations are near the tennis courts at Boeckman Middle School**

Pod A. near shed between softball fields

Pod B. near bleachers by softball field, (nearest tennis courts)

Pod C. near boeckman east entrance, (by tennis courts)

***Athletes must always maintain 6 feet of separation from anyone at practice . Distancing must be followed to participate with the team.**

***Athletes cannot share personal items while at practice. Includes but not limited to Cellphones, water bottles, towels, clothing etc.**

***Water will not be provided to the athletes. Athletes must bring their own supplies.**

***Suggested that athletes do not use the restroom while at practice. Porta Potties will be available, but it is recommended they use the restroom away from practice.**

***Athletes are not required to wear a mask at practices. Athletes who plan to run with a mask will not be allowed to run with the team due to the risks involved. Athletes can wear a mask during idle time at practice. (if you have further questions about this issue please contact Adam Lippold)**

Youth Cross Country Contact Guide

Adam Lippold - Coach

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651-792-5250

Ryan Tooley – FYTA director

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Coronavirus Information

Centers for Disease Control and Prevention (CDC):

Coronavirus (COVID-19) – www.cdc.gov/coronavirus/2019-nCoV

Minnesota Department of Health (MDH): Coronavirus – www.health.state.mn.us/diseases/coronavirus

State of Minnesota: COVID-19 response – <https://mn.gov/covid19>

MDH: Health screening checklist – www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf

Handwashing MDH: Handwashing video translated into multiple languages – www.youtube.com/watch?v=LdQuPGVcceg

Respiratory etiquette: Cover your cough or sneeze CDC: www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html

CDC: www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html

MDH: www.health.state.mn.us/diseases/coronavirus/prevention.html