



SYC Track COVID-19 Guidelines and Procedures



Phase II Program Activity Plan

- The fall 2020 season of SYC Track and Field will begin on August 30 and end on November 8.
- All practices will be held at West Springfield High School on Sundays in three sessions:
 - Session I (8: AM – 9:15 AM) will include no more than 20 1st – 3rd graders.
 - Session II (9:30 AM – 10:45 AM) will include no more than 45 4th – 8th graders.
 - Session III (11 AM – 12:15 PM) will include no more than 45 4th – 8th graders.
- Practices will consist of traditional track workouts and conditioning. No substantive changes will be made to our program's methods.
- Competitions may be cancelled or altered based on health restrictions. All competitions currently scheduled are tentative. If cancelled, practice will be conducted as normal on that date.

On-site Field Procedures

- **Before Practice:** Before coming to practice ensure you have completed any daily health screenings.
- **Arrival:**
 - Upon arrival, parents and athletes must check-in at the designated check-in tent. Check-in will consist of verifying the daily health screening, recoding attendance, relaying procedures, and answering questions.
 - Parents and athletes must wear a mask while checking in.
 - It is recommended that parents remain off the practice field for the duration of the practice.
- **During Practice:**
 - The number of participants (coaches and players) will be below 50.
 - All participants must maintain a distance of 10 feet away from other participants except in accidental instances.
 - Masks for players are optional during practice, however, coaches must always wear one.
 - Each player must bring their own water bottle, which will be placed in a specially designated area.
 - Spectators must remain on the bleachers unless special circumstances require closer supervision (please notify a coach).

- **Departure:**
 - Upon the closing of practice, parents, spectators, and players must immediately leave the practice area unless they are interacting with a coach.
- Signage will be displayed in a prominent location reminding visitors of proper procedures. Coaches wearing specially designated yellow vests will be available to answer any COVID-19-related questions.

Equipment

- Equipment will be sanitized before and after each individual's use. We do not anticipate using shared equipment this season.

Coaches/Activity Volunteers

- Coaches will use spray bottles to sanitize players hands before, during, and after practice.
- As aforementioned, coaches must wear a mask for the duration of practice.

Field Monitor Volunteers (required)

- At each session there will be at least one dedicated field monitor and all coaches will be trained on COVID-19 guidelines and procedures.
- Field monitors will wear specially designated vests.
- Field monitors will be responsible for ensuring check-in compliance, mask compliance, social distancing compliance, etc.
- The SYC Track field monitor will be paid through direct deposit from our year budget.

Communication

- All Return-to-Play guidelines will be communicated to parents before the season begins, be accessible on our website, and handed out during the first three weeks of practice.
- All questions and comments can be directed to the field monitors or track@sycva.com.

Phase III

There will be no changes to our program between Phase II and III.