

Athlete and Parents,

We are going to attempt to return to some level of training beginning on Tuesday June 23. There are a number of significant factors that determine what we can and cannot do at this time.

1. Governmental policies / overall status of the current COVID situation. This is mainly determined by which county we are in and the directions of the Governor as to which phase of reopening our region is in.
2. MHSAA guidelines. There are no specific athletics policies released by the state. MHSAA policies are determined based on information from the state though, so we are considering this the de facto state guidelines for athletics.
3. USATF guidelines. As a USATF member club (and our insurance provider) we need to adhere to their guidelines. USATF lists pole vault as a "medium risk" event for COVID.
4. Livonia Public Schools policies. These policies may go beyond the above mentioned guidelines. More importantly, their policies determine our ability to use our normal training facilities.

Based on the above items, there are two significant impacts as to what we can currently do.

1. As a medium risk event, we cannot jump onto the pads without sanitizing after every jump. This really isn't feasible, so this means we can't jump.
2. Livonia Public Schools currently is not allowing anyone other than LPS athletic teams to use their facilities. No outside organizations (which include us) are being allowed.

This means we will temporarily have to do our training at a different location and we will do our best to make training as valuable as possible without actually jumping. I am open to suggestions as to training locations, but to start we are going to try using Liberty Middle School in Canton located at 46250 Cherry Hill Rd, Canton, MI 48187.

While we are away from our normal training location these are important things to consider

1. Equipment will need to be transported. I will require help with this and need volunteers.
2. There will NOT be public restrooms or other facilities (ie. water fountains) available.
3. We will be limited to non-jumping activities.

These are the general guidelines we currently need to adhere to.

1. Laser temperature check and COVID screening questionnaire before practice begins. Questionnaire will ask the following questions. Do you have a fever, cough, sore throat, shortness of breath or had any close contact or cared for someone with COVID-19? If your answer is YES to any of these questions or your temperature is above 100 degrees, you will not be allowed to practice.
2. No indoor activities allowed.
3. No congregating in common areas, including the parking lot.
4. No more than 20 people per training group.

5. Must maintain 6 feet of physical distancing including during training.
6. Masks must be worn EXCEPT during physical activity.
7. No sharing of equipment.
8. Bring your own water bottle with your name on it. Do not share you water with others.
9. Bring your own hand sanitizer which needs to be used every 30 minutes.

With these guidelines in place, this will be our general practice procedure.

1. If you have not completed a registration for this season (since September 1), you must complete one on the website 24 hours in advance. <https://www.inversionvaultclub.org/>
2. You will need to sign up for each practice on our Signup Genius page ahead of time. <https://www.signupgenius.com/go/4090a4aa9ad28a6fc1-201819>
3. Please stay in your car until practice start time.
4. Bring everything with you when you leave your car (mask, water, sanitizer, gear bag, etc).
5. Everyone will have to get a temperature check and go through the COVID questionnaire.
6. You CAN NOT be late. Once step 5 is complete, you are out of luck if you weren't present.
7. We will unload and move equipment as necessary while maintaining appropriate distance.
8. Get your assigned pole.
9. Sanitize you pole.
10. Complete our training for that day and hopefully have some fun.
11. Sanitize equipment at the end of practice.
12. Load equipment back up.
13. Depart.

Hopefully as the summer progresses some of these items can be relaxed and we can get back to more normal training and jumping. Due to the situation, the practices offered June 22, 23 and 24 will be at NO CHARGE as we navigate through getting training back going and the new procedures. We will evaluate the situation after this week to determine how best to proceed, but the plan for now is the next practices won't be until July 13 due to the holiday and in hopes that we can get back to our normal training location.

If there are any questions or concerns, please do not hesitate to contact me.

Coach Jordan