**COVID-19 Precautions & Practice Proctol**

Due to the COVID-19 pandemic the following changes to our running practices will be implemented to ensure everyone’s safety. Only outdoor practices will be held. There will be no indoor practice during inclement weather and practices will be canceled.

**Use of Masks or Cloth Face Coverings**

All coaches are required to wear a face mask or other cloth covering that completely covers the nose and mouth, unless doing so would be contrary to his/her health or safety due to medical conditions.

Participants will be required to wear a face mask on and off the field/practice area, but not while  running or performing other exercises.

**Social Distancing**

Maintain a distance of 6 feet or more during warm-up activities, skill building activities. and while running laps. Girls will be designated a cone (at least 6 feet apart) where they can place their water bottle and personal belongings (i.e. clothing).

During times when participants are not actively participating in running, attention will be given to maintain social distancing by monitoring space and/or having participants return to their designated cone to avoid clustering together.

Participants will be placed into cohorts (small groups) for instruction/ running laps. Cohorts will remain the same at each practice. Cohorts will be staggered on the running course.

No sharing of equipment during practice.

No physical contact, such as high fives, handshakes, fist bumps, or hugs with other participants or coaches.

**Participant Health Screening**

All participants will be required to self-screen prior to practice each week. If a participant has any symptoms related to COVID-19, such as a running nose, cough fever, etc. that can not be explained by another medical issue (i.e. allergies), she should not attend practice that day.

**Hygiene Etiquette**

Hand sanitizer will be available at practice, but participants are required to bring their own. Washing hands at the beginning and end of practice is encouraged.

Participants will be encouraged to use cough and sneeze etiquette (cover coughs, sneezes with tissues or corner of elbow). The use of hand sanitizer will be used after coughing/sneezing/nose blowing.

Participants will be encouraged to avoid touching eyes, nose, and mouth.

**Sick Policy**

Participants should not attend a practice if she or anyone in the immediate household develops any symptoms of COVID-19 (i.e. runny nose, cough, fever, etc.)

**Coaches Health**

GIS coaches are adhering to state and CDC guidelines, employing social distancing practices, wearing face masks as well as monitoring health status on a daily basis.