

**COVID-19 Track & Field**

**CLINIC GUIDELINES:**

The following guidelines shall be followed by participants, coaches, and parents/spectators when participating in Track & Field at any Auburn Recreation Field. The cooperation of everyone involved will prove critical in helping to ensure compliance.

**All Participants, Coaches, and Parents/Spectators:**

* Maintain a minimum of 6 feet social distancing when conducting all activities
* Spectators must stay in vehicle/leave for the duration of the program. There will be allowances for 8 & Under parents but they must stay on the outside of the track.
* There will be coaches (1-2) at each event, they will have a face covering if needed and will make sure all equipment used is sanitized in-between uses and groups.
* Participants/Parents cannot show up to the field anymore than 10 minutes prior to the program and must leave within 5 minutes of the end of the clinic (program runs 5:30-7:15)
* Eliminate all close contact (e.g., handshakes, high fives, fist bumps, hugs).
* All drills/stations will be on an individual basis and if partner is needed the coaches will need to be involved in the drill/station.
* Hand sanitizer as well as at events that involve equipment will be available at check in table, please use upon arrival.
* Do not attend clinic if child is ill, displaying signs of illness, deemed high-risk, or the most vulnerable (e.g., live with senior citizens and others with known medical conditions).
* Temperature checks at home prior to the program is highly encouraged.
* Avoid contact with your T-zone (eyes, nose, and mouth). For example, do not spit, chew gum, and chew/spit sunflower seeds. Parents should encourage and remind players to not touch their face whenever possible. Coaches will remind participants to keep hands to their selves and out of their face/month.
* Water bottles must be clearly labeled and stay with the individual throughout the practice (do not place in random spot/bleachers).
* Please minimize the amount of items brought (shot put, turbo jav, water bottle, etc.)
* 8 & Unders: coaches will go to the porta-potty with child to ensure the touch points are wiped down before and after use.

**All coaches will:**

* Wear a mask unless they are able to keep 6 feet distance between themselves and the participants/parents.
* Conduct brief pre-practice meetings while distancing, to go over practice plans with the team.
* Ask participants (via sign in sheet) upon arrival of the program if they have any symptoms of COVID-19. Coaches will go to cars to sign participants in.

**Auburn Recreation will also:**

* Provide sanitizer at check in table and porter-potty. We strongly encourage participants to bring their own sanitizer as well.
* Regularly clean all restrooms and bleachers.
* Keep all entrances/exits as open as possible to enhance traffic flow.
* Ensure sufficient communication to everyone involved regarding safe practices for all attendees.
* Have a field monitor on site to ensure all guidelines are met.
* Provide signage to inform participants, parents and spectators of all guidelines
* Contact public health if a positive case of COVID-19 is Reported

**Procedure if symptoms are shown –** Staff will adhere to any guidance or recommendations made by DFC or Maine CDC at any point during symptoms, potential case, confirmed case, or outbreak. Communication to the correct people/professionals will be key if there are symptom’s shown. A participant/parent helper/coach showing symptoms will be asked to stay home until symptoms have subsided and for at least 72 hours.

**Procedure if someone within a household is a confirmed case or being asked to quarantine –**

Any participant in program will not be allowed to be at practice while someone within their household has a confirmed case or being asked to quarantine. They can return to the program if they are no longer staying in the household AND have a negative test result or signed doctor’s note saying they are able to return to the program. If that scenario is not possible the individual cannot return to play until the confirmed case is no longer active and is in recovery mode, completing the 14 day quarantine.

**Procedure if confirm case** – If a participant’s parent notifies us of a confirmed case, the program will automatically go into Lock Down Mode, the Deputy Fire Chief will be called along with Recreation Director. DFC will notify the Maine CDC and staff will adhere to their guidance and recommendations on following steps. A pre drafted communication will be sent out to the entire program participants and coaches with guidance and steps to monitor at home.