

# Claremont Running Team

## Social Distancing & Health Protocol

Fall 2020

The Claremont Running Team (**CRT**), USATF #33-0766 (U.S.A. Track and Field) will ensure that all participants at our Claremont site are following the California Department of Health Guidelines, and the Reopening Protocol for Youth Sports Leagues, issued by the COUNTY OF LOS ANGELES DEPARTMENT OF PUBLIC HEALTH ORDER OF THE HEALTH OFFICER. By following the below protocols, CRT expects to have a safe and fun fall season:

1. All activities shall take place outdoors.
2. All Claremont City Park signs and Claremont City health requirements will be followed.
3. Upon arrival at all practices, and in compliance with Health Screening requirements per the County of Los Angeles Public Health guidelines, Parents shall deliver a signed Health Form covering themselves and their Runners. The form shall certify that all persons, prior to arrival, have:
  - No Temperature/fever
  - No Cough
  - No Shortness of breath
  - No Difficulty breathing
  - No Fever or chills.
  - No contact with a person known or suspected to be infected with the Novel Coronavirus (COVID-19) within the last 14 days.
4. Runners and coaches will always wear masks, except while running, engaged in calisthenics or participating in aerobically taxing activities. Runners, Coaches, and parents/guardians are required to wear masks while walking on and off the field/facilities.
5. While engaged in aerobically taxing activities, Runners and Coaches will have a mask available at all times, should circumstances require. Masks may be placed in pockets, worn around or over the neck (gaiters), or secured in other ways.
6. Runners, coaches, and any parents, prior to practices and following, arriving, and departing, will wear masks at all times.
7. Social distancing is strictly required:
  - Runners and Coaches will maintain a distance of at least 6 feet between each other at all times, forward and back and to the sides, while stretching, warming up, lining up for interval training, engaged in skills building, and while arriving and departing facilities.
  - During times of heavy physical exertion, Runners and Coaches will maintain a distance of at least 8 feet between each other and at least eight feet distance. Runners who wish to pass and move ahead of another runner must maintain a distance of at least 8 feet to the side of the runner they will pass.

- Parents/guardians are to remain in their private vehicles at drop-off, or if observing practice, to maintain a distance of at least 6 feet from other persons besides their child. Only one (1) parent/guardian can stay to observe practice.
  - Use of restrooms is one person at a time to limit contact in enclosed places with other persons.
  - Do not congregate or socialize in the parking lots or elsewhere, in violation of social distancing requirements.
8. Claremont Running Team will establish cohorts with a maximum of 25 Runners. This is necessary to minimize transmission risk, and to allow for maximized social distancing during practice activities. To implement distancing during practices, line-ups for intervals will be in rows spaced forward and sideways, and/or runners will depart in “waves.”
  9. Upon arrival at a practice or other activity, each Runner must present a Health Certification by his/her parent/guardian.
  10. Each Runner, Coach, and Parent must come with his/her own hand-sanitizer. Coaches will also have hand-sanitizer available.
  11. Runners are to use only their own equipment (sweatshirts, water bottles) and avoid touching each other with their hands. Shared implements (e.g., batons, noodles, frisbees) are not allowed. So long as current health rules are in force, there will be no tagging games. Runners’ personal equipment must be placed a least 6 feet distance from the equipment of other Runners.
  12. Players cannot share water or food during practice, and players should bring their own water bottles. CRT discourages the use of shared water fountains at parks due to sanitation hazards.
  13. Players and Coaches are not allowed to high-five, shake hands or pat each other on the back (or any form of congratulatory physical contact) during practices.
  14. Payments and CRT Release Forms are to be completed online.