

Health and Safety Plan

Cross Country, as an outdoor non-contact sport, is considered to be relatively low-risk with respect to exposure and transmission of respiratory diseases. In consideration of the COVID-19 concerns, NTF will follow guidance from local schools, government, and park ordinances to adopt safety measures for group practices and cross county meets. The measures outlined below may be adjusted depending on how the epidemiological situation changes in our state and our county.

1. Prior to starting the season, all participating athletes and parents are informed about the rules and measures related to the covid-19 safety and are asked to sign a waiver. Any intentional violation of these rules may lead to athlete suspension from practice.
2. Athletes and coaches should follow the official guidance on personal hygiene to minimize chances of being infected or spreading respiratory diseases to others. At practice, hand sanitizer will be available upon request.
3. Practice group size will be limited to 15 athletes per coach to ensure proper discipline and adequate space for group activities.
4. Athletes will be asked to refrain from close contacts such as hugging, wrestling, and other types of physical play. At least 3 ft. distancing will be used for sitting activities (stretches, core, games)
5. All athletes and coaches must bring their own water bottles. No bottle sharing, water splashing, or spitting will be permitted.
6. According to the amended [SCASD Safety Plan of 7/20/21](#), for outdoor settings, “masks are optional for all K-12 students with no physical distancing restrictions.” However, athletes are welcome to use their masks if desired.
7. If having any respiratory symptoms (cough, runny nose, sore throat etc.) fever, or stomach discomfort, athletes must not come to practice. If an athlete comes up with any persistent symptoms at practice or feels sick, they will be asked to sit out, and parents should be ready to pick them up.
8. In case if any member of the team becomes positively tested with covid-19, the Head Coach should be notified, and the infected individual must quarantine for 14 days since the beginning of symptoms. Athletes who have been in close contact with the individual will be notified of the potential contact (but not the individual’s name) and will be asked to quarantine or provide a negative test before returning to group practice.
9. Parents should supervise their athletes before and after practice hours, when coaches are off duty, to make sure public safety measures are followed.

With any additional questions, please contact Mark Fedkin at 814-876-0461 or at ntfxc.club@gmail.com