

## 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. However, this risk is non-zero. In consideration of the current COVID-19 pandemic situation, NTF coaches and Board adopted a set of measures to minimize potential risks and ensure safety of athletes, coaches, and their families. These measures are primarily based on PA Governor's guidance for recreational and amateur sports organizations and teams permitted to conduct in-person activities during the Green Phase of Reopening. All participating athletes and parents are asked to adhere to these measures for safety of others.

1. Prior to starting the season, all participating athletes will be informed about the new rules and code of conduct related to the covid-19 safety. Any intentional violation of these rules may lead to athlete suspension from practice.
2. Practice group size will be limited to 15 athletes per coach to ensure proper discipline and sufficient space for group activities. In case of high attendance, coaches may decide to space their groups across the field or use different fields as necessary. Tudek Park has sufficient area for safe spacing.
3. Athletes should maintain the distance of at least 6 feet from others during the entire practice. Coaches will provide guidance for proper spacing during stretches, drills, and other group activities.
4. Athletes should have their masks at practice to use them for:
  - a. Arrival and dismissal
  - b. Team circles
  - c. Bathroom breaks
  - d. One-on-one conversations with a coach (as needed)
  - e. First aid

Athletes will NOT be required to wear masks during any aerobic exercise.

5. Usual training activities will be modified to prevent runners from congregating. These modifications will include: small group exercises, staggered starts for speed work and hill sessions, no-tag games.
6. No hand-shakes, high-fives, hugs, tagging, or other body contacts will be used at practice.
7. The use of any shared equipment will be minimized. If any equipment is necessary (e.g. cones, speed ladders) it will only be handled by coaches and frequently disinfected. Use of playground equipment is discouraged.
8. All athletes and coaches must bring their own water bottles. No bottle sharing, water splashing, or spitting will be permitted. Fixed water fountains will not be used.

9. If having any respiratory symptoms (cough, runny nose, sore throat etc.) fever, or stomach discomfort, athletes must not come to practice. Parents should check their athlete's temperature before practice and keep them home if it exceeds 100.4 F. 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.
10. 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 and provide proof of a negative test upon return. 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 as well.
11. Parents should supervise their athletes before and after practice, when coaches are off duty, to make sure kids do not congregate at the playground and do not put themselves or others at risk.

With any questions regarding NTF practice logistics or this plan, please contact Mark Fedkin at 814-876-0461 or [ntfxc.club@gmail.com](mailto:ntfxc.club@gmail.com)