

## IWA - Cross Country Protocol at Practice (IWA Training Site)

**Voluntary Participation:** Practices are strictly voluntary and not mandatory. Your son/daughter will not be reprimanded should you decide to keep them home.

- **COVID-19 Self-Monitoring Checklist:** Coaches and student-athletes must have a Covid-19 Form filled out prior to being on campus each day. (Google Form will be sent before practices)
- **Coaches/Athletes to wear face coverings during training sessions:** Coaches and athletes will be required to arrive and leave wearing CDC recommended appropriate face coverings and during practice breaks.
- **Hand Sanitizers:** We encourage you to send your son/daughter with hand sanitizer for personal use. IWA will also have hand sanitizer on hand.
- **Temperature Readings:** Student-athletes and coaches will be required to have their temperature taken upon arrival. Anyone with high reading will be asked to go home and the student parents will be contacted.
- **Social Distancing Enforced:** Student-athletes and coaches will be directed to remain 6 feet apart and have a face covering while not in training.
- **During Workouts:** Workouts will be designed to maximum distance apart while and athletes will be directed to remain 6 feet apart at all times.
- **Hydration:** Bring your own water bottles; no sharing and no fountains or water stations.
- **Facility Use:** Restrooms will **NOT** be available. Students are highly encouraged to go before coming to practice.
- **Transportation:** IWA buses will not be used for any transportation to or from the practice site.