



## **Lightning Spikes Track Club COVID-19 Safety Plan**

In response to the novel coronavirus disease (COVID-19) pandemic, the Lightning Spikes Track Club (LSTC) has developed this COVID-19 Safety Plan which is effective until further notice. The purpose of this plan is to identify and communicate LSTC's COVID-19 safety protocols for protecting the health of all members of the organization and anyone who visits practices and other related activities.

LSTC will follow the recommendations and guidelines of the public health officials for federal, state, and local jurisdictions, including the Centers for Disease Control and Prevention (CDC), State of Georgia, and the local health departments. LSTC will also follow the executive orders or proclamations of the President and/or Georgia Governor.

LSTC will provide information on this safety plan and guidelines to all coaches, parents, athletes, and others who visit our practices and other related activities. This includes information on physical distancing, hygiene, cleaning, screening process, and use of personal protective equipment. This Safety Plan is a living document and will be updated as new information and guidelines are received. This Safety Plan relies on a multiple barrier approach to reduce exposure and transmission of the COVID-19 virus. Barriers include:

- Personal health – be aware & stay home if you are sick
- Hand washing - effective and frequent
- Masking – facemasks as recommended by CDC
- Social distancing – aware of yourself and others, maintain 6-ft separation
- Cleaning of training areas – effective and frequent
- Practice/training planning – to maximize social distancing
- Personal Protective Equipment (PPE) – as appropriate

### **SAFETY REQUIREMENTS**

It is the responsibility of all LSTC officials, coaches, parents, and athletes to be responsible for their own health and ensure the specific requirements outlined below are followed. To minimize the spread of COVID-19 at our practices and related activities, everyone must play their part. We are instituting various housekeeping, physical distancing, and other best practices to prevent the spread of COVID-19. All LSTC officials, coaches, parents, and athletes must follow these practices. Failure to follow the procedures and requirements outlined in this Safety Plan will result in an immediate dismissal from the program. Specific question about this Plan should be directed to the LSTC President and/or Secretary.

## **COVID-19 Precautions**

All LSTC officials, coaches, parents, and athletes should practice the following to control and minimize exposure to COVID-19:

- Frequently wash your hands with soap and water for at least 20 seconds. When soap and running water are unavailable, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneezed into your elbow, not your hands.
- Maintain at least six feet of physical distance from each other, when feasible

## **Notification Requirements**

If you are experiencing signs or symptoms of COVID-19 as described by CDC at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html> (i.e., cough, shortness of breath/difficulty breathing, fever or chills, headache, sore throat, new loss of taste and/or smell), you must stay home and notify the LSTC President and/or Secretary immediately for next steps and requirements before returning to practice or other activities. You should also notify the LSTC President and/or Secretary immediately if you are exposed to someone testing positive for COVID-19 or displaying symptoms for next steps.

## **LSTC Practice/Training Facility Requirements**

The following procedures will be followed for all practices

- Practices will be restricted to coaches and athletes only
- There will be a designated entrance and exit to practice area
- Temperatures will be taken for everyone upon entry
- Everyone entering practice facility must:
  - Wear a multi-layer facemask covering the mouth and nose
  - Use touch-free hand sanitizer at designated station
  - Maintain at least six feet of physical distance
- No team water bottles will be provided and shared water bottles will not be permitted

### **Coaches**

- Must always wear facemasks appropriately (over nose and mouth) and gloves (provided by LSTC) must be used during any physical interaction with athletes and when handling equipment
- Ensure athletes wear facemasks appropriately and when required during practice activities
- Enforce physical distance with coaches and athletes for all pre, during, and post practice activities
  - Athletes must be spaced at least six feet during all warm-ups and cool-downs
  - Athletes must be staggered and appropriately distanced during all practice activities, i.e., runs, jumps, throws

- Monitor athlete activities during all breaks to ensure safety protocols are followed
- Equipment sharing should be limited to the extent possible. If equipment is shared, disinfectant/alcohol-based wipes (provided by LSTC) will be used to clean before and after use.
- Use designated hand sanitizer station often and after each break

### **Athletes**

- Must wear facemasks appropriately (over nose and mouth) and as directed by coaches
- Bring personal water bottle and label/keep separate from other athletes (no sharing permitted)
- Always follow coaches training instructions and maintain at least six feet of physical distance with everyone
- No horseplay at any time
- Use designated hand sanitizer station often and after each break

### **Parents**

- Do not enter practice areas
- Except for emergencies, avoid interactions with coaches before, during, and after practice
  - Forward questions or points to discuss to [lightningspikestrackclub@gmail.com](mailto:lightningspikestrackclub@gmail.com) and a virtual Zoom meeting will be scheduled
- Be present at the end of practice to pick-up your athlete