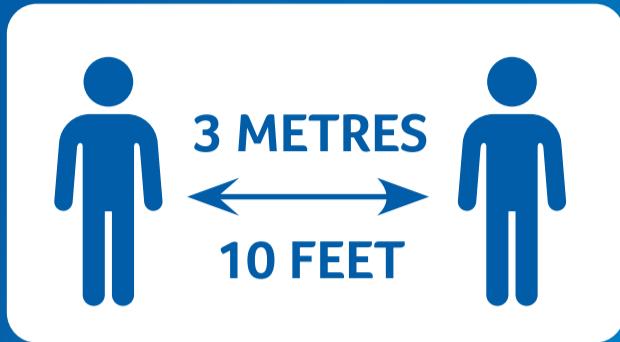


Help keep our community safe and prevent the spread of COVID-19

General Guidelines for all activities:



Keep space at all times from those not in your group.



Wash or sanitize your hands before and after activity. Bring sanitizer.



Stay home if you are sick.



One coach/athlete will clean equipment before and after each session.



Equipment should only be used by one athlete during a session.



One coach/athlete is responsible for moving equipment.



Track Lanes

- Use every second lane (lanes 2, 4, 6, 8 are closed)
- Use staggered start times when doing intervals/repeats



Throws (shot put, disc, javelin, hammer)

- Athletes should retrieve their own throwing objects



Jumps (long and triple jumps)

- Sanitize your hands before and after each jump
- Avoid getting sand in your eyes, nose, or mouth
- Landing pit must be turned and raked before and after each athlete/user