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

Regina.ca/covid19