

COVID19 CHECKLIST FOR XC COACHES

- 1 Sanitize all equipment and your hands before and after each session and encourage your athletes to also do the same to their equipment before and after arriving for sessions- Your equipment bag (Coach will pick one up from us) includes a first aid kit as well as a separate bag that includes hand sanitizer, rubber gloves, and disinfectant spray all of which we can supply more of, if needed. Be aware and read the disinfectant spray, some you need to wait 10 minutes after spraying equipment before use. (In case you decide on cones or other equipment to help keep them spread apart during warm up/cool down).**
- 2 Parents/guardians are required to text or email their completed “Health Questions” document immediately before all practices and games to be cleared to play. This can be done by either sending it as a scanned document to your email, a cut and paste document on an email itself, or a picture copy of the screen of a computer or form itself, texted to you. There are many ways they can evidence the completed document and it’s up to you how you wish to proceed but I would stay consistent with everyone on your team if at all possible, to make it easier for you. You could even set up a google email specifically for participants to respond to keep things separate, that way you can check on your smartphone 10 minutes before start time. If they answer yes to any questions they should not come to practice. If you need help with set up, let us know.**
- 3 Monitor your temperature daily at home**
- 4 Report any symptoms to a health care provider and stay home if you have any symptoms.**
 - You should always bring your roster to practice in case you need to call a parent. If a child shows symptoms at practice, keep them at a minimum distance of 10 feet from the team sitting in the grass away from the parking lot with a mask on and call their guardian immediately for pick up. They will need to go home immediately and contact a health professional before returning to practice AND be symptom free to practice. Also, you are required call PARPC at (717)926-9673 for more instructions on the next practice and all names will be kept anonymous.**
- 5 If you or anyone on your team tests positive for COVID-19 please contact us at 926-9673. Please refer to your Health Care professional for instructions for quarantine and returning to sports. One or more participants on a team with COVID19 will require missing practices and games at least 10 days. Make ups will be allowed if time permits.**

- 6 No eating, spitting or chewing gum, and cough into your elbow. Avoid high-fives, fist bumps, or any form of physical contact with children and families. Suggest various cheers instead at the end of sessions and games**
- 7 Carry hand sanitizer in your pocket to discreetly sanitize before and after any contact may occur**
- 8 All athletes and coaches should wear a mask in the parking lot entering and exiting practice, be a good example- wear the mask as much as possible. Athletes do not wear a mask during practice, but it is highly encouraged for parent coaches to wear a mask during practice (unless you are running), if at all feasible.**
- 9 Use rings, spots, or cones as “home base” to keep children spread out as much as possible**
- 10 Equipment should be cleaned up and put away only by coach**
- 11 Request players bring their own water bottle with their name written on both and all personal equipment should be spread out 6 feet apart.**
- 12 Continue to remind children the importance on keeping safe distances when practicing skills, by mentioning to, “keep your distance so you don’t bump into your friends” Coaches and players- please do not congregate during downtime this is easy to slip into by accident so please be cognizant of the 6 feet rule.**
- 13 Avoid the use of pinnies- there are no pinnies provided this year for this reason.**
- 14 Use individual drills and warmups, as much as possible**
- 15 Parents are encouraged to drop off their athlete and wait in the car during practices, but if they have to attend no more than two spectators per athlete allowed.**
- 16 Be prepared with face coverings for members of your family if permitted to attend events. Everyone at PARPC events as a spectator MUST wear a mask at ALL TIMES. Coaches wear them as much as possible and is feasible and athletes wear a mask in and out of the parking lot until they are participating at practices.**