

Cross Country Program Voluntary Practice Guidelines

2020 Cross Country is almost here! We are so excited!

We understand there is a lot going on right now, and believe that your participation in Cross Country can be a great extracurricular activity and an important part of your high school experience - especially in light of your remote learning during the COVID-19 pandemic.

We invite you to begin participating in voluntary practice sessions on **Tuesday, 09/08/2020** as a way for you to feel connected to Wilcox High School and to help you prepare for the upcoming Cross Country season aimed to begin in mid-December 2020.

In light of the COVID-19 pandemic, we are making every effort to keep you safe. In order to do this, we developed this guide to help you know what you need to take action on, what you need to bring to practice, and understand how practices will be administered - this is a bit different than last season!

In addition to this guide, we encourage you to visit [Wilcox's Cross Country Team page](#) for additional updates and workout guidance.

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Action Needed (before starting practice)

In order for you to attend practice, you must have a parent/legal guardian [sign a permission form](#). Please have a parent/legal guardian complete this form on or before **Friday, 09/04/2020**.

The form needs to be printed, signed and returned back to the Coaching Staff (to Coach Becki via email). You can either take a picture or scan a copy of the signed form, either way is fine.

Keep in mind: if you don't get [this form](#) signed by this deadline, then your ability to participate in a voluntary practice session will be delayed. The Coaching Staff will contact you once you are placed into a cohort (cohort is defined below).

Practice information

For changes or updates to scheduled voluntary practice sessions or requirements to practice due to the COVID-19 pandemic, please visit our Team [website](https://wilcoxrunning.org/) (<https://wilcoxrunning.org/>).

Equipment Needed*:

- Come dressed and ready for practice - wear your workout clothes and running shoes to practice.
- Mask - You *must* wear a mask to / from practice. See below for more information.

**Please minimize the amount of items you bring to practice each day.*

Other suggested equipment and materials (not mandatory)

- Post-run snack
- Sunscreen (put this on before you get to practice, if you want)
- Running watch
- Water Bottle (Tip: Be sure to mark your water bottle with an easily identifiable sticker or your name. If you can't tell that it is your water bottle, then you should not drink from it! Water bottles will not be shared.)

What you need to do before attending every voluntary practice:

- Screen for [COVID-19 symptoms](#), as defined by the CDC.
- **Check your temperature at home** before you leave for practice. If you have a fever (100.4° F) or other symptoms of COVID-19 or [cold/flu symptoms](#), then it is important to stay home and not attend workouts.
- Wear your mask to and from the workout, and throughout practice except while participating in strenuous activities (like drills and running).

- If you come to practice without a mask on, you will be sent home. If you do not have access to a mask prior to the start of your first of practice, please contact the Coaching Staff.
- Before you leave your house, wash your hands for a minimum of 20 seconds with warm water and soap before touching surfaces or participating in workouts.
 - You can also use hand sanitizer if you do not have access to warm water and soap and definitely feel free to use hand sanitizer (at least 60% alcohol in content) before leaving your car and come to practice.

Cohorts

Due to the COVID-19 pandemic, athletes will be grouped into a “cohort”. A cohort is a group of 12 or less individuals. Athletes and their coaches will remain in the same cohort for at least a 3 week period of time.

Athletes cannot switch to another cohort during the 3 week period, and **any violation to this or other cohort rules will result in the cancellation of all practice sessions - for the whole team.**

Why? This limits potential exposure to COVID-19 to those in one cohort, not the entire team. This rule aims to keep you as safe as possible.

The Coaching Staff will communicate your cohort in advance of your first practice session.

While in your cohort, it is critical to keep the following in mind:

- Practice social distancing, during your warm-up, drills and your run. This means that you need to stay at least 6 feet away from any other teammate, coach or member of the community at all times.
- Sharing clothing, food, sunscreen, water, etc. with your cohort or other team members is *not permitted*.
- Gathering before/after practice sessions without adhering to social distancing standards is *not permitted*. This applies to members of our community too.
- Reminder: If you experience any symptoms, stay home from the practice session. These practice sessions are voluntary and we want you and the Team healthy and safe.

Other things to know:

- Members within a cohort are selected at the discretion of the Coaching staff and based on ability.
- Cohorts can be shut down at any time, at the discretion of the Coaching Staff, School or the District.

- Multiple cohorts are allowed to practice at the same time, and each cohort must stay 25 feet or more apart and not interact in any way.
- All workouts must take place outdoors, and there will be no access to the school's gym, locker rooms, or weight rooms until further notice.
- Be sure to wear your mask and practice social distancing measures when you are coming to / from practice. We will ask you to bring your mask while on your run - keep it around your neck, wrist or in your pocket.

*(**Thank you** for practicing social distance and wearing your mask before and after practice, and for keeping everyone as safe as possible!)*

FAQs

Can I wear any mask or do I need a specific type?

The CDC website contains [instructions](#) on how to select, use and wash your masks.

Do not bring or wear masks with exhalation valves or vents as this will allow the virus particles to escape the mask.

Bringing a disposable mask or clean reusable mask is up to you, either one will be acceptable.

How are members on the team selected to be in a particular cohort?

Members within a cohort will be placed based on ability at the discretion of the Coaching Staff.

Factors considered include but are not limited to: last year's cross country and track results and feedback based on your voluntary summer training.

What if I want to switch cohorts?

Once a cohort's 3 week period commences, you cannot switch to another cohort.

Talk with the Coaching Staff about your desire to change cohorts after the 3 week period. However, keep in mind that you are placed into a cohort to run with teammates at your ability level so changes are at the discretion of the Coaching Staff.

What resources will be available to me during practice?

We will provide hand sanitizer for you to use before, during and after practice.

My mask gets dirty during practice. What do I do?

We will have spare, disposable masks available in case this happens.

Always wear a clean face mask to practice, which means using a fresh disposable mask or bring a freshly cleaned reusable mask.

We will ask you to bring your mask while on your run - keep it around your neck, wrist or in your pocket.

Will I have access to a Restroom during practice?

Currently, Restrooms are available at Bowers Park.

It is important for you to practice social distancing and prevent close contact with your Teammates and members of the community. If another individual is using the restroom facilities, then you should wait outside until the restroom is open and available for use.

Your assigned Coach can help regulate safe social distance protocols by ensuring no members of the Team or community enter the restroom until it is clear for use.

How will our equipment be kept clean?

Fortunately, Cross Country does not have much equipment we handle during practice. However, all equipment (e.g., cones) will be wiped down and disinfected at the end of each workout.

Be sure to keep your mask and workout clothes clean. Always wear a fresh mask and workout clothes to practice. There will be no sharing of personal items during practice.

Will the Coaching Staff be wearing masks too?

Yes! In order to keep you and members of the community safe, we will be wearing a mask throughout practice. If we participate in a run with the cohort, then we will not wear a mask but will make sure to practice social distancing just like you.

What happens if I miss a workout? Can I attend another cohort's workout that day?

No, cohorts remain the same for at least a period of 3 weeks.

If you are not able to attend a workout, contact the Coaching Staff so that you know how to workout separately on that day if you wish. Workouts will also be posted on the [Team's website](#).

I don't have a car. Can I get a ride from a Teammate?

No. Unless you live in the same household, you cannot travel to practice together.

What if I turn in my Permission Slip late?

If you turn your Permission Slip in late, then the Coaching Staff will work you into an existing cohort and let you know when you can begin voluntary practice sessions.

Contact the Coaching Staff for guidance on how you can practice on your own and visit the [Team's website](#) for regular updates.

I want to participate in another Sport's voluntary practice sessions too. Is that okay for me to do?

It is up to you what Sport(s) you want to participate in at Wilcox. These practice sessions are entirely voluntary.

If you do not practice during the off season, that is fine as well - this will not prevent you from participating in Cross Country during the Season.

If you want to try practice in different sports during the voluntary practice sessions/off season, that is OK. However, you can only participate in one cohort at a time. So, if you want to try different sports during the voluntary practice sessions/off season, then you can choose to participate in one sport for 3 weeks and then choose another sport to participate in for 3 weeks, and so on.

There is a lot of time before the Sport's seasons get started - just keep the Coaching Staff informed of your plans so that cohorts can be designed accordingly.

Can my parent(s) attend my practice sessions?

Parents must practice all social distancing protocols outlined in this document. Meaning, parents must wear a mask at all times and stay 25 feet away from all members on the team.

Have other questions?

Contact the Coaching Staff. We are here to help!