

## ATHLETICS PROTOCOL

General	Practice proper hygiene - Wash hands before and after practice, do not touch your face, avoid touching frequently touched surfaces when at practice.
Local Expectation	<b>Maximum number of athletes per program in Level 1: 16</b> <b>Athlete to coach ratio:</b> Minimum 4:1 <b>(Note:</b> All programs must have minimum 2 coaches, or minimum one coach and one Program Safety Volunteer, to meet Safe Sport Rule of Two standards)
Throwing Events	Athletes to retrieve their own throwing implements.
Throwing Events	Throwing implements to be sanitized before and after each training session. Coaches cleaning any equipment must be given gloves and wash their hands often.
Jumping Events	Put in place physical barriers to separate athletes from the public. (i.e. cones or markers may be used to cordon off section/lanes of track to be used for training.)
Jumping Events	Use of equipment (i.e. rake, shovel, broom) to only be handled by the coach and disinfected after use. Coaches cleaning any equipment must be given gloves and wash their hands often.
Jumping Events	Cones or markers to be used as markers for athletes to keep their distance while on the sidelines awaiting their turn.
Jumping Events	Only one athlete to be allowed on the runway at a time.
Jumping Events	Long jump & triple jump takeoff boards only to be handled by coach and must be disinfected after use.
Jumping Events	Only one long/triple jump pit to be used at any one time to reduce congregating.
Sprints/Hurdle Events	Put in place physical barriers to separate athletes from the public. (i.e. cones or markers may be used to cordon off section/lanes of track to be used for training.)
Sprints/Hurdle Events	During training, staggered starts must be used for longer intervals/repeats. Individual athletes must run alone, no group runs.
Sprints/Hurdle Events	Athletes are to run in lanes and must use alternating lanes (i.e., lanes 1, 3, 5, 7)
Sprints/Hurdle Events	Equipment such as blocks must be sanitized between usages of different athletes.
Sprints/Hurdle Events	Refrain from relay practice as sharing of batons will not allow for proper cleaning between each athlete's use.
Middle Distance / Endurance	Workouts must be formatted in a way that allows athletes to maintain social/physical distancing according to most up-to-date public health agencies. <ul style="list-style-type: none"> <li>• Maintain appropriate physical distance between athletes (side/side) during straight-away style reps.</li> <li>• Staggered starts for longer repeats/intervals.</li> </ul>

Coach	All program equipment must be cleaned and disinfected after each use (i.e. starting blocks, throwing equipment, hurdles, crossbars, medicine balls, etc.)
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