

## COVID-19 and Your Track Club – A Call to Personal Responsibility

Since 1963 the Manhattan Track Club has been proud to serve our Community as a place where families of all creeds and socio-economic status can join together in a common goal of Sportsmanship and Competition. A place where youth experience personal growth, both athletically and socially, on a level playing field. A place where the least of us can arrive with curiosity and apprehension, but leave with confidence and skills, critical to navigating this World which surrounds us.

The Club will continue to be a place where parents can trust that their children’s best interest and safety is always the highest concern. Our members recognize that the COVID-19 pandemic has had varying and lasting effects on all members of our community. It is the resolve of our Club to provide a comfortable and reassuring place to the most apprehensive among us as we navigate this challenging time.

Our members share a growing desire to safely return to Community. An undeniable need to reclaim the feeling of connectedness; evidence of the basic human need for each other.

And so, it is with this spirit of Community, commitment to the health of our fellow neighbor, and a desire to fulfill our obligation as a positive role-model and safe place for our Youth that we commit to the following behaviors.

<b>Expected Behaviors</b>	<b>Suggested Behaviors</b>
<p>Masking</p> <p>1) All persons (athletes, coaches, parents) before arriving on the training or competition site shall be properly<sup>i</sup> masked and continue to wear their mask until running is required<sup>ii</sup>, during which time, they will lower their mask momentarily to the chin, returning the mask to the proper position after regaining non-labored breathing</p> <p>Social Distancing</p> <p>2) All athletes and coaches shall maintain a <i>minimum</i> of 6’ between each other at all times with the exception of incidental moments. Coaching staff will utilize techniques such as lane spacing and waiting reference areas.</p> <p>Hand Hygiene</p> <p>3) All athletes and coaches shall practice good hand hygiene at all times. Hand sanitizer will be provided. Common items such as batons will be sanitized frequently.</p> <p>Exposure &amp; Notifications</p> <p>4) Parents shall not send athletes to any track activities if they have been identified as, or known to be a close contact<sup>iii</sup> of a positive COVID-19 case until strictly satisfying the quarantine or isolation requirements of the Riley County Health Department. All parents shall promptly notify Club President Matthew Curtis of the aforementioned conditions via phone call to 320-250-0132. Your privacy will be respected. If the Club is made aware of a potential athlete or coach exposure to COVID-19 during our course of operations, prompt, direct phone notification will be made to all close contacts by Club president Matthew Curtis.</p> <p>Parental Involvement</p> <p>5) Parents shall drop their kids off at practice, promptly picking them at the end.</p> <p>6) Any parent who remains during practice shall socially distance themselves in the stands or more than 20 yards away from the athletes and coaches</p>	<p>Body Temperature Checks</p> <p>1) Parents are encouraged to monitor their children’s body temperature before practice from home. Any resting temperature above 100.4° F is considered abnormal. Do not bring them to practice and consult with your primary care doctor.</p> <p>Transportation</p> <p>2) Parents are strongly discouraged from car-pooling to and from practice or other events, preferring personal transportation</p> <p>Improved Mask Considerations</p> <p>3) Parents and athletes are encouraged to use a 3+ layer, improved mask which are now readily available</p> <p>Water Bottles</p> <p>4) Parents are encouraged to provide their athletes with unique, easily identifiable water bottles so as to not be mistaken as belonging to another</p> <p>Discussions</p> <p>5) Families are strongly encouraged to continually review their personal behavior, re COVID-19, outside of track practice as it will directly affect the risks at practice and the Clubs ability to conduct a full and rewarding season</p>

<sup>i</sup> Masks must cover the chin, mouth and nose and be secured over the head or ears. Masks must be at least 2 layers of tightly woven fabric, preferably cotton or of a non-woven cloth such as melt-blown fabric. Gaiters or a similar style pull-up balaclavas are not allowed.

<sup>ii</sup> Athletes in queue who are not actively lined up to begin running next shall remain masked

<sup>iii</sup> Close contact defined as cumulative exposure of 15 minutes or more, closer than 6’, during the 48 hours prior to symptom onset or a positive COVID-19 test result