

2020 Cross Country COVID 19 Protocol Outline

Practice Details

- Practice begins at 8:00 on Monday, August 17th

Screening Procedure

- Families please complete the following screening prior to each practice session
- Thermal checks (Temperature over 100.4 F)
- Check for any COVID-19 Symptoms

Social Distancing

- Please refrain from high-fives, pats on the back, etc
- Athletes will work out in training pods
 - Varsity Boys and Girls
 - Junior Varsity Boys
 - Junior Varsity Girls and Middle School Boys and Girls
- Warm Up/Abs --Mask must be worn during this time if indoors
 - Athletes will pick up a foam roller one at a time and head to their designated warm up location
 - Athletes will be spaced minimum of 6 ft apart
 - Athletes should wipe down foam roller and return it the bin
- Workout--Masks may be removed
 - Athletes will remain with their training group throughout workout
 - Social Distancing must be maintained on the run
 - Staggered starts will be utilized when possible
 - Breaking into smaller sub groups of 2-3 will allow athletes to spread out more along the course
 - Run side-by-side when possible as opposed to front-to-back
- Post Practice Stretching etc
 - Will be completed outside when possible
 - Masks must be worn when done inside

Cleanliness

- Athletes should wash their hands prior to and immediately after each practice session
- Showers are recommended after the completion of practice
- Athletes should refrain from spitting

Water Bottles

Locker Rooms

Pink Watches

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Training Room

- Limit to one athlete at a time
- Mask required
- Ice bath for emergency use only
 - Ice bath at home recommended

New Health Concerns:

Notify the nurse between 8:30-11:45pm if assistance is needed. Call cell phones
Nurse Nicole 612-845-7086, Nurse Laura 952-250-4717
Nurse Kristina- 612-598-0277

Quarantine:

If running a temperature of 100 degrees or greater or not feeling well, call the parent and set up student in health office

***Staff should notify District Nurses Nicole Langheim (612) 845-7086 or Laura Menden (952) 250-4717

Email: jordannurse@isd717.org

Please feel free to call us Laura Menden RN,LSN and Nicole Langheim RN,LSN at 952-492-4278 or email us at jordannurse@isd717.org with any questions or concerns that you may have. We thank you in advance for your help in keeping our students healthy.

Nicole Langheim and Laura Menden - Jordan Public Schools District Nurses