

## Downingtown MTB COVID-19 **Green** Practice Protocol

### General Guidance - preparing for practice

Individuals (coaches and student athletes) at a higher risk for COVID-19 should not participate in practices. Anyone in contact with COVID positive person should quarantine for 14 days.

Coaches and student athletes must practice social distancing at all times to include no physical contact such as handshakes, fist-bumps, high-fives, etc. Maintain at least 6ft distancing.

Recommend student athletes and coaches do not carpool; if carpooling is not avoidable, it should require the use of masks while carpooling.

Provide instructions and reminders about healthy behaviors, proper hand hygiene, how to wear a face covering, etc.

Minimize bike or equipment sharing (pump, tools, water bottle). PLEASE ensure your bike is in proper working order, and ready to ride upon arriving at practice and bring your own water bottle.

### Specific Guidance - how we will manage each practice

Assign all student riders to groups.

We will make every effort to limit group size to 8 student athletes.

Coaches will be assigned to a group prior to that day's practice.

There will be a common sign-in/screening area for all student athletes at each practice site. Upon arrival parents will be directed to a specific group location within the common area. Student athlete pick-up will also occur at that specific group location.

Student athletes and parents are to minimize congregating at drop-off / pick-up locations.

Team designee will conduct temperature and symptom screening of all student athletes and coaches prior to beginning practice and before parent leaves practice drop off area. If a coach or student exhibits a temperature of 100.4 degrees or higher, or answers "yes" to any of the screening questions, the rider will not be permitted to practice. Parent may leave after screening of their child is cleared.

**Team will supply hand sanitizer - Require student athletes and coaches to wash or sanitize their hands prior to, and after, practice.**

**Coaches must wear face coverings during practice sessions, except when riding.**

**Team will maintain an attendance sheet, by group, for each practice to facilitate contact tracing, if needed.**

**When Riding - during practice**

**Try to stay at least six feet apart.**

**Sneeze or cough into a tissue or upper sleeve or shirt.**

**No spitting or snot-rockets during practice.**