



## Downingtown MTB Team Pre-Practice Checklist

- Have you marked your availability in TeamSnap by 3pm on the day of practice?

### COVID-19 Questions

A response of "Yes" to any of the following questions requires the student-athlete to refrain from participating in a team activities for at least 14 days after symptoms have subsided.

- Within the last 14 days have you been diagnosed with COVID-19 or had a test confirming you have the virus?
- Do you live in the same household, or have you had close contact (been within 6 feet for over 10 minutes) with someone who has been in isolation for COVID-19 or has had a test confirming they have the virus, in the past 14 days?
- Have you had any one or more of these symptoms today or within the past 24 hours, which is new or not explained by another reason?
  - Fever (of at least 100.4°F (38°C) or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea
- If you travel to the following states, it is recommended that you quarantine for 14 days upon return (states in **bold** are new since the last revision of the checklist, others have been removed):
  - Alabama
  - Arkansas
  - California
  - Florida
  - Georgia
  - Idaho
  - Kansas
  - Louisiana
  - Mississippi
  - Missouri**
  - Nevada
  - North Dakota**
  - Oklahoma
  - South Carolina
  - Tennessee
  - Texas



## **Tools and Supplies**

Required (riders will not be allowed to ride without these):

- Face covering ("buffs" or neck gaiters recommended)
- Water (either bottles or hydration packs)
- Spare tube(s) - know your size! (grace will be granted for a few rides since tubes are scarce these days)

Strongly suggested\*:

- Bike multi-tool
- Tire levers (if not part of multi-tool)
- Mini-pump

\* We wish we could be close to our riders, helping them with their bikes, but we need to maintain social distancing whenever possible. Anyone who is able should be prepared to carry out his/her own trailside repairs for basic things like a flat tire, dropped/broken chain, etc... That means having the parts, tools, and skills required to make the repairs. We understand that's a big ask for new riders and little hands, and coaches will assist where we must, but experienced riders who are physically capable must be self-sufficient so that we can limit contact.