

# Citywide Youth Athletics

## *Track and Field Safety Plan for Practices*

On behalf of the City of Seattle Parks and Recreation Youth Athletics Unit, we would like to offer a safe, low cost, and active Track and Field program. Our goal is to offer athletic programs that gets the youth moving safely while staying within the safety guidelines recommended by the Center for the Disease Control (CDC) and World Health Organization (WHO). Also, the ultimate mission is to give our youth, especially those in our most underserved communities the opportunity to be active during this pandemic and to improve their well-being and adjusting back to normal. Below you will find the Track and Field safety plan for practices in which all coaches will be trained to execute by the CYA staff.

- All Track and Field Programs will have a maximum of 50 kids per team
- Coaches will be provided with all necessary PPE material including (hand sanitizer, masks, thermometers, and gloves).
- Ages for the Track and Field program will be 7-18 years old.
  - No Fleas (5-6) will compete this 2021 Track and Field season
- Each community Center must have a minimum of 5 coaches per team
  - Ratio 1 coach per 12 kids
- The head coach will be required to take the temperature of each person entering the practice stadium
  - No parents of spectators will be allowed within the practice area/stadium
- Masks will be required for everyone entering the practice area.
- Athletes will not be allowed to practice relays or use of any equipment(s) that require sharing. (stop puts, Javelins, batons etc.)
- Coaches will ensure and remind participants to social distance throughout the duration of the practice
- All athletes, coaches, spectators, officials, volunteers and other staff will be denied entry if any of the following applies to them:
  - You have had close contact with an individual infected with COVID-19 within the last 14 days.
  - You are currently experiencing - or in the past 14 days have experienced - fever, cough, shortness of breath.
  - You have had close contact within the last 14 days with an individual suspected of being infected with COVID-19 (including individuals exhibiting COVID-19 symptoms).
  - You have traveled to an area that is under a travel advisory by the US State Department



### **Long Jump:**

To facilitate physical distancing, maximum of eight athletes per event will be imposed. It is important to know that there is no known method to ensure sand pits are properly sanitized. The following precautions will be taken during practice times:

- Athletes must sanitize their hands before and after each jump.
- Avoid getting sand in their eyes, nose, and mouth.
- The sand pit will be fully turned and raked after each athlete jumps
- Equipment's such as rakes measuring tapes will be managed by one dedicated individual coach.

### **Throwing Events:**

Due to the higher risk of transmission, Seattle parks and Recreation will eliminate all throwing events.

### **Running Events:**

- To facilitate physical distancing, only half of the lanes are to be used, leaving a free lane between each athlete.
- Starting blocks will not be allowed during meets of practice
- No relays be allowed during the 2021 Track and Field season.

