

PURE Athletics NTC will continually assess, based on current conditions, whether to postpone, cancel, or significantly reduce the number of attendees allowed for training sessions.

**MASKS:** We have a mandatory mask protocol in place at the NTC Track facility. All adult athletes must wear an appropriate mask or neck gaiter at all times, except while running. All visitors to our facility, upon the exiting of their vehicles, must wear an appropriate face covering over their nose and mouth. If someone is unable or unwilling to wear an appropriate face covering, they will not be allowed to stay on the property.

**If an athlete comes to practice without a neck gaiter, they will not be allowed to attend training that evening.**

**TEMPERATURE CHECKS:** We will be taking mandatory temperature checks for everyone entering the facility. Anyone with a temperature over 100 degrees will not be allowed entry.

### What you need to know

- Stay home if you have tested positive for COVID-19 or are waiting on test results, are showing COVID-19 symptoms, or have had a close contact with a person who has tested positive for or who has symptoms of COVID-19.
- We will space athletes apart on the track for any coached activities as much as possible, for example, during warmup, strength activities and drills.
- Bring your own gaiter or mask for adults, water bottles, yoga mat or towel (for doing core exercises on the grass), and hand sanitizer (containing at least 60% alcohol).
- Stay at least 6 feet (about 2 arm lengths) from other athletes when possible.
- Wear a mask that covers your nose and mouth to help protect yourself and others.
- Clean or sanitize your hands before and after practices, in between activities, and before and after sharing equipment.
- Close Contact. Handshakes and “high-fives” are often exchanged at meetings and sporting events, and these can be ways in which COVID-19 can be transmitted from person to person. As a way of decreasing the social pressure to engage we will ask that participants not exercise these actions during the training sessions.
- Cover your coughs and sneezes with a tissue or your elbow. Don’t spit.
- Tell a coach or staff member if you don’t feel well.

We are limiting any non-essential visitors, spectators, and volunteers during this time. We are asking all non-athletes to remain in your vehicles and not approach the track fence or gate. You may safely view training sessions from your vehicle.

We need to maintain careful rosters of which athletes, family members, coaches, and ancillary staff attend each practice, and need have current contact information for everyone. If a COVID-19 exposure occurs, timely notifications are critical, and this information will help contact tracing activities occur more smoothly. Please keep us updated with current contact information. All notifications will occur by email.

We will plan to have extra sanitizer on hand for event staff and participants, but encourage you to bring your own.

- PURE Athletics will ensure that our events have sanitizer and trash baskets available for staff and participants.
- PURE Athletics will routinely clean and disinfect equipment used for training.

- **Staff absences.** In the event staff need to stay home when they are sick, or they may need to stay home to care for a sick household member or care for their children in the event of school dismissals due to Covid-19, practice may need to be canceled for that group. We will provide notification via email prior to 4:30pm.
- **Athlete absences.** If you or any member of your household begin to have symptoms of COVID-19, which include fever, cough, lack of smell or taste, shortness of breath, or any other Covid-19 symptoms, please STAY HOME! and seek medical advice promptly by calling ahead to a doctor's office or emergency room to get guidance. See CDC guidance on what to do when sick with COVID-19.
- **If a participant becomes ill at the event.** We will need for that athlete to leave the facility immediately to prevent further spread of the disease.
- **Postponed or canceled season.** We will work closely with, and monitor, facility, local, county, state and CDC officials and guidelines to assess protocols and regulations that effect our events. If it is deemed necessary to postpone or cancel events due to the pandemic, we will notify all participants of the prospective plan to move forward.
- **Stay informed about the local COVID-19 situation.** Get up-to-date information about local COVID-19 activity. Be aware of temporary school dismissals in your area and if your child has exposure, please notify your coach and keep them home until they have a negative antigen test or have completed quarantine per the CDC

Finally, if any coaches, staff members, or athletes get sick, or have exposure, they should not return until they have met CDC's criteria to discontinue home isolation.

- **Daily practice of preventive actions.** Use health messages and materials developed by credible public health sources such as your local public health department or CDC to practice good personal health habits to help prevent the spread of COVID-19. These include:
  - Stay home when you are sick, except to get medical care.
  - Cover your coughs and sneezes with a tissue, then throw the tissue in the trash.
  - Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - Avoid touching your eyes, nose, and mouth with unwashed hands.
  - Clean frequently touched surfaces and objects daily.

## **For Anyone Who Has Been Around a Person with COVID-19**

Unfortunately, Covid is still with us, and as you may know, we are in the middle of a new surge in cases due to the Omicron variant. While studies are showing that this variant is not as dangerous as the Delta variant was in the fall, it is highly contagious. I'd like to take this opportunity to remind you of a few important guidelines:

- **If you are sick, with anything, do not come to practice**
- If you have been in direct contact (cumulative 15 minutes in 24 hours) with someone who is symptomatic or positive for Covid, do not come to campus
- If you are symptomatic or positive, or have been in direct contact with someone symptomatic or positive, please notify us as soon as possible.
- There are new CDC guidelines for quarantining; The change is motivated by science demonstrating that the majority of SARS-CoV-2 transmission occurs early in the course of illness, generally in the 1-2 days prior to onset of symptoms and the 2-3 days after.
  1. People with COVID-19 should isolate for 5 days and if they are asymptomatic or their symptoms are resolving (without fever for 24 hours), follow that by 5 days of wearing a mask when around others to minimize the risk of infecting people they encounter.

2. For people who are unvaccinated or are more than six months out from their second mRNA dose (or more than 2 months after the J&J vaccine) and not yet boosted, CDC now recommends quarantine for 5 days followed by strict mask use for an additional 5 days.
3. Individuals who have received their booster shot do not need to quarantine following an exposure, but should wear a mask for 10 days after the exposure.
4. For all those exposed, best practice would also include a test for SARS-CoV-2 at day 5 after exposure. If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19.