



Healdsburg High School Summer Running Program 2020

This has been a year unlike any other, so many unexpected changes! We aim to prepare for the competitive season ahead, get to know our teammates and the local running routes better as we share miles in a casual come-when-you-can way.

This summer, **effective Tuesday June 23th, 2020** we are happy to be able to offer our summer running program but with a slightly different format. ...We will meet at various locations/times as follows:

- 9 AM Tuesday Distance Run (HHS Track)**
- 9 AM Thursday EZ or Steady Tempo Runs (Badger Park)**
- Sat Over-Distance (OD) Runs (On your own)**

The Sonoma County Shelter-In-Place Order was amended on May 22, 2020 (ref. Section 1.5.c (<https://socoemergency.org/amendment-no-3-to-health-order-no-c19-09/>)) and now provides clear instructions for “summer camp programs, and other educational and recreational institutions or programs”, but subject to certain conditions. In order to comply with these instructions, and with high regard for the safety of all participants, our Summer Running Program will take place with the following requirements strictly enforced:

1. Group sizes are limited to 12 persons under the age of 18 with 1-2 coaches/supervisors per group. If you are interested in summer running, you will be assigned to a group of 12 or fewer with teammates of similar ability level. Each group of 12 will be starting in a separate, designated area with groups of 12 departing in 5-10 minute intervals. Within each 12-person group there will be smaller sub-groups of 3-4 runners.
2. Members of each group of 12 will remain unchanged for at least 3 weeks: Our summer running program will begin the week of June 22 and concludes on August 8th, lasting 8 weeks. Athletes may be **able to** switch between groups by the coaches **discretion** only if necessary, but not before 3 weeks and preferably, not at all. Students will not be allowed to switch groups on their own. Athletes do not need to attend every summer run, but if an athlete does not attend for any reason, their slot will not be filled with another athlete.
3. The following protocols will be in place to mitigate the risk of virus transmission. We are taking the safety of your child very seriously so that you will feel safe sending them to summer running.
 - a. All activities will be conducted outdoors
 - b. Running groups will meet at distinct times/distinct locations and launched separately so as to not overlap
 - c. All athletes will be asked to check their temperature at home before attending a summer run.Coaches/Supervisors will reserve the right to check the athlete's temperature upon arrival for each workout (hand-held no-contact temp gauge available starting week of June 22nd). Athletes will not attend a summer run if they have a fever or exhibit any other signs of illness. If a coach or supervisor observes that an athlete is sick, they will be asked to stay home for at least the following meeting.

- d. Athletes must bring their own water bottles and any other items they might need for practice. They will also need to bring a paper bag with their name on it to store their stuff while they run.
- e. During the times before and after running (e.g. stretching, strength and mobility work), athletes will maintain at least 6 feet of distance between each other.
- f. Athletes will be separated into 3 groups of 4 for the running portion of the workout (as 12 people running in a tightly packed group could be unsafe)
- g. If a summer running athlete or their family member tests positive for COVID-19 during the period of summer running, that family must report it to Head Coach Kate Guthrie immediately and that athlete's summer running group will be disbanded for at least 14 days to quarantine.
- h. Hand washing for at least 20 seconds will be encouraged before and after each workout.
- i. Coaches/supervisors will carry hand sanitizer and/or disinfectant wipes with them to each summer run.
- j. Keeping in line with the Sonoma County guidelines, face coverings are not required for outdoor exercise where it is possible to maintain a physical social distancing of 6 feet. However, it is *required to have a face covering with you at all times when you leave your home. Athletes and Coaches must wear a mask or keep a bandana/face covering around their neck to pull over your nose and mouth when coming in close contact with another person.*
- k. All athletes will maintain social distancing of 6 feet before and after each workout. All locations should have ample space for physical distancing before and after running.

-Group coaches/supervisors will be responsible for enforcing these requirements, including explaining to each athlete, how to handle interactions with the public and the importance of adhering to all of the requirements of this Summer Running Program.; if any athletes are not adhering to these requirements, they will not be allowed to train with our summer running group.

l. Participants have always been expected to be respectful to each other, other citizens using the parks, and their coaches. Moreover, in this time of increased public sensitivity to runners and bicyclists in our parks, even when they are following the rules, coaches will be impressing on participants to go the extra mile, take extra care when passing others safely on trails, maintain a positive and grateful demeanor, and to allow coaches to respond to any questions or concerns voiced from the public.

If you are an athlete that wants to participate in this Summer of 2020 Running Program, you will need to sign this document, along with your Parent or Legal Guardian (fill out your name and sign below) to confirm your understanding and acceptance of these requirements to participate in this activity. Please return all signed hardcopy forms to Healdsburg Head XC Coach Kate Guthrie, at a Summer Training session or, leave on Assistant Coach Mike Efram's home front porch (see address below).

Name: _____ (Athlete)

Signature: _____

Name: _____ (Parent or Legal Guardian)

Signature: _____

If you have any specific questions or concerns, please do not hesitate to contact Kate Guthrie directly:

Kate Guthrie Head Coach, Cross Country/Track & Field Healdsburg High School

Mobile: (707) 481 - 9845

Mike Efram Assistant Coach, Home Address: 825 University St Healdsburg, CA 95448

Mobile: (707) 217 - 0485