

SAFETY PROTOCOL FOR CROSS COUNTRY

Athletes are responsible for their own hydration. No sharing between runners. Bathroom facilities will not be available

❖ PRE-WORKOUT:

Athletes arrive wearing a mask, maintain social distance by going to designated area.

Temperature will be taken with a touchless thermometer – if fever is indicated, they will immediately be sent home

Stand in designated area marked for social distancing to await instructions

❖ DURING WORKOUT:

Runners will be released in 10 ft. intervals, maintaining spacing while running

Runners will pass each other on opposite sides of the street

❖ POST WORKOUT:

Replace mask and maintain social distance while waiting to be picked up

Otherwise, leave immediately