

September 9, 2020

Principles For Return To Cross Country Running

Participant health and safety is our highest priority. To be safe and successful in returning to cross country we must follow all public health guidelines, practice physical distancing, good hygiene, and continue acting responsibly. The plan is to have athletes begin with practice in September with the hopes that competition between schools may open up at a later date.

Teams & Organizing Group Guidelines:

- Complete GHSD75 covid screening if you answer yes to any of the questions follow the instructions below and stay home
- Contact tracing will occur
- Athletes will remain socially distanced at all times. While running they will remain twice the recommended distance from AHS (4 meters Sept, 9, 2020)
- Athletes will train and run as individuals. (No group activities)
- Inform participants of general hygiene, safety precautions, and ensure these guidelines are followed throughout the activity.
- Athletes will begin the running with a staggered start to ensure distance guidelines are met.
- Food, drinks, or snacks should not be provided or shared.
- Ensure first aid policies and protocols are updated to include COVID-19 considerations.
- Parent and spectator attendance will be discouraged, and physical distancing should be maintained.
- Should a participant develop symptoms of COVID-19 during a running activity, the participant will be isolated, and the parents will be notified to pick up the participant immediately.
- **If a participant tests positive we will follow the advice of AHS and our local public health unit.**

Best Practices for Participants:

- Change and use the toilet before attending. Participants are encouraged to strictly follow all Public Health hygiene rules and general recommendations.
- Practice proper respiratory etiquette
- Long hair is tied back and hats or headbands are recommended to keep athletes from touching their face.
- Each participant should bring and label their own water bottles, towels, and hand sanitizer. Must not share with other participants.
- Avoid using change rooms, washrooms, meeting rooms. Meet outside.
- Unnecessary contact between participants, handshakes, high-fives, hugs, etc. should be discouraged.
- Masks should be worn during instruction, Once activity starts athletes are to remain minimum 4 meters apart and masks can be removed.
- Those who live with high-risk individuals should also seek medical consultation prior to their participation.

Cross Country Informed Consent

Wheatland Crossing School strives to protect each student from possible injury while engaging in school activities. The guidelines and information identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques and safety procedures are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach and must understand that failure to follow such directions or adhere to standards may place the participant at risk.

Guidelines are as follows:

1. Advise the coach if you are ill or have any prolonged symptoms of illness.
2. Advise the coach if you have been injured.
3. Engage in warm-up activities prior to strenuous participation.
4. Be alert for any physical hazards in the locker room or in or around the participation area. Advise coach of any hazard.
5. Run only on the course prescribed by the coach
6. Avoid all animals
7. Be familiar with basic first aid treatment for heat exhaustion, heatstroke, sprained ankle, or other runner related injuries.
8. Face the oncoming traffic when running on roads. Be cautious at intersections and be acutely aware of erratic drivers and the location of vehicles at all times.

I am aware that practicing or competing in cross country can be a dangerous activity involving MANY RISKS OF INJURY. I understand that the dangers and risks of practicing and competing in cross country include, but are not limited to, impact injuries to all areas of the body. Soft tissue injuries may also be sustained during participation in the sport of cross country.

Because of the dangers of cross country, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and agree to obey such instructions.

I, _____ am the parent/legal guardian of _____
(student). I have read the above warning and release and understand its terms. I understand that cross country is a HIGH-RISK SPORT involving many RISKS OF INJURY, including but not limited to those risks outlined above.

In consideration of the Golden Hills School Division #75 permitting my child/ward to try out for the Wheatland Crossing School Cross country team and to engage in all activities related to the team, including, but not limited to, trying out, practicing or competing in, Cross country, I hereby assume all the risks normally associated with cross country and agree to hold the School Division, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, estate, executor, administrator, assignees, and for all members of my family

We agree that neither the school district, nor the staff of the school division, nor the student organization of the school division shall in any way be held liable for any accident or injury in any way received on account of or while engaged in any athletic activity sponsored by the division. We further agree that neither the district nor any of their staff or student organizations shall be responsible for the payment of any bills rendered for medical services as a result of such accidents or injuries. We also acknowledge that it is our responsibility to provide for any medical, disability or other insurance to mitigate any costs that may be unfortunately incurred as a result of participation in this activity.

Covid Procedures

- Complete GHSD75 covid screening if you answer yes to any of the questions follow the instructions below and stay home
- Contact tracing
- Proper Hand Hygiene must be practiced
- Cross Country has no physical contact and distance between runners will be double the recommended distance from AHS (4 meters)
- No travel until further notice.

Initial

By signing below, I certify that I have read the above, understand its content, and agree to its terms.
