

## ***Henderson County High School Track & Field/Spottsville Monsters Track Club***

**Coaches: Pat Rowland, Boys Varsity HC  
Samantha Martin, Girls Varsity HC  
Kevin Ferguson, SMTC Coach & Sponsor/ Varsity Asst.  
Wes Fehrenbacher, Boys Varsity Asst/SMTC Asst. Coach  
Brian Hambidge, Asst Coach/ SMTC Asst. Coach  
Jennifer Connell, Girls Varsity Asst. Coach  
Christopher Connell, Asst Coach**

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### **Covid Safety Procedures & Plans**

- I. Requirements of anyone entering the Auxiliary Gym, weight room, or stadium locker rooms and/or Colonel Stadium (i.e. coaches, board members, parent, volunteers, student-athletes, etc).
  - Masks will be required and must be worn appropriately during the duration of the practice session when not engaging in practice activities.
  - Temperature checks will be taken of anyone entering the building, using an iHealth PT3 Infrared No-Touch Forehead thermometers.
  - District screening questions will be asked at time of taking temperature
- II. General Cleaning & Sanitizing
  - Water fountains will be covered to restrict use- student-athletes will bring his or her own water bottle to practice.
  - Hand sanitizer will be available using district approved hand sanitizer stations.
  - Restroom/Locker Room access will be limited.
  - Door handles, bleachers, chairs, throwing implements, pole vault poles & equipment, mats, hurdles & cart, starting blocks & carts, batons, and any other equipment will be sprayed using a district-provided sanitizing solution.
- III. Practice Procedures
  - Practices will be closed to spectators, with the exception of parents/guardians. Non-participating siblings will not be allowed to accompany the student-athletes.
  - Temperatures will be taken at the door and district screen questions will be asked. If a student-athlete does not pass the screening requirements, the athlete will be refused entry and will be documented.
  - Masks will be required and worn appropriately when not actively participating in practice activities.
  - Student-Athletes will be assigned a locker at the stadium when utilizing Colonel Stadium/weight room.
  - Student-athletes will sanitize hands before & after setting up mats/training equipment in the Auxiliary Gym, the weight room, or Colonel Stadium.
  - Pole Vaulting poles and throwing implements & medicine balls will be wiped down before and after practice.

### **CONTINUED**

- Student-Athletes will maintain proper social distancing recommendations when rotating stations, listening to instruction, before & after practice attempts, etc.
- Student-Athletes will place mats, pole vaulting poles, throwing equipment, carts, starting blocks, etc. in designated locations and sanitize after use.
- Student-athletes will lift weights in small group stations with a max of 4 per station.
- Students will be dismissed after gathering belongings, waiting outside and maintaining social distancing until parent pick up unless inclement weather dictates otherwise.

#### **IV. Meet Day Competition**

- Student-Athletes will be seated on the bus to provide the most socially distanced seating capable. Documentation of location on the bus will occur for contact tracing.
- Students will remain as best as possible in the team camp when not competing or warming up for his/her events.
- Access to the team camp will be limited to the student-athletes of HCHS or SMTC
- Batons will be sanitized before and after each relay event.
- If stopping for a meal on the way home, the team will sit together, minding social distancing guidelines as closely as possible.