



---

**PANTHERS**  
TRACK & FIELD

## ***COVID-19 PROTOCOL GUIDE***

*Committed to providing members and their families; the abilities and opportunity to participate in a safe environment by stemming the spread of the virus throughout our organization and the Commonwealth.*

*Revised: 2 January 2023*

Attention:

On February 11, 2020 the World Health Organization announced an official name for the disease that is causing the 2019 novel coronavirus outbreak, first identified in Wuhan China. The new name of this disease is coronavirus disease 2019, abbreviated as COVID-19. In COVID-19, 'CO' stands for 'corona,' 'VI' for 'virus,' and 'D' for disease. The virus that causes COVID-19 most commonly spreads between people who are in close contact with one another. It spreads through respiratory droplets or small particles, such as those in aerosols, produced when an infected person coughs, sneezes, sings, talks, or breathes. It is possible that a person can get COVID-19 by touching a surface or object that has the virus on it, and then touching their own mouth, nose, or eyes. The Centers for Disease Control and Prevention (CDC) issued guidelines to slow the spread of the coronavirus.

The Prince William County (PWC) Panthers Track & Field Club's mission is to improve the overall health and well-being of youth through structured physical fitness training, wholesome food choices, character development, and mentoring. Critical factors for achieving PWC Panther's mission include the organization, planning and execution of safe team training, practice and conditioning activities. We all have a responsibility for the creation of a safe setting for all athletes, coaches, officials and administrators who participate in our sport. A safe environment in which to compete and train is a successful environment.

In preparing this document, PWC Panthers staff reviewed COVID-19 policies, guidelines and information from Virginia High School League (VHSL), Amateur Athletic Association (AAU), United States Association of Track & Field (USATF), Virginia Department of Health, and the Centers for Disease Control and Prevention (CDC). PWC Panthers will abide by the guidelines as established by these governing bodies, and additional guidelines and restrictions approved by its Board of Directors. PWC Panthers issue this protocol and measures to protect public health, stem the spread of COVID-19, and allow the organization to conduct training and administrative activities.

This Guide was created as a resource to assist our parents, athletes, coaches and administrators through the track season. The contents contain a wealth of information and should answer many of your questions regarding how to safely participate in the club's activities. The intent of this guide is to serve as a living document for this organization; as overarching policies and guidelines change, so shall this guide. If you have any questions, concerns or suggestions please feel free to contact a member of our administrative or coaching staff.

*Stay safe and well,*

*Terry McFarland, President*  
[pwcpantersclubpresident@gmail.com](mailto:pwcpantersclubpresident@gmail.com)

*Ayisha Hatcher, Vice President*  
[pwcpantersveep@gmail.com](mailto:pwcpantersveep@gmail.com)

*Sasha Simmons, Director of Operations*  
[pwcpantersclubadm1n@gmail.com](mailto:pwcpantersclubadm1n@gmail.com)

## Table of Contents

<b>1. GUIDING PRINCIPLES.....</b>	<b>1</b>
1.1 COVID COORDINATOR .....	1
1.2 AUTHORITIES .....	1
1.3 ASSESSING RISK.....	1
<b>2. PARTICIPANTS .....</b>	<b>2</b>
2.1 PWC PANTHERS STAFF .....	2
2.2 ATHLETES.....	2
2.3 FAMILY MEMBER .....	2
2.4 SPECTATOR.....	2
<b>3. REQUIREMENTS.....</b>	<b>3</b>
3.1 LIMITATIONS ON GATHERINGS .....	3
3.2 PRE-EVENT SCREENING .....	3
3.3 FACE COVERINGS .....	3
3.4 ATHLETIC EQUIPMENT.....	3
3.5 HYGIENE PRACTICES.....	4
3.6 TESTING .....	4
3.7 VACCINATION .....	4
3.8 HYDRATION/FOOD .....	5
<b>4. WAIVER/RELEASE FOR COMMUNICABLE DISEASES INCLUDING COVID-19 .....</b>	<b>5</b>
<b>5. PROMOTING BEHAVIORS THAT REDUCE SPREAD .....</b>	<b>6</b>
5.1 STAYING HOME WHEN APPROPRIATE.....	6
5.2 MASKS .....	6
5.3 HAND HYGIENE AND RESPIRATORY ETIQUETTE .....	6
5.4 ADEQUATE SUPPLIES .....	7
<b>6. MAINTAINING HEALTHY ENVIRONMENTS .....</b>	<b>7</b>
6.1 CLEANING AND DISINFECTION .....	7
6.2 SHARED OBJECTS .....	7
6.3 WATER SYSTEMS .....	8
<b>7. MAINTAINING HEALTHY OPERATIONS.....</b>	<b>8</b>
7.1 REGULATORY AWARENESS.....	8
7.2 DESIGNATE A COVID-19 COORDINATOR .....	8
7.3 COMMUNICATION SYSTEMS .....	8
<b>8. PREPARING FOR WHEN SOMEONE GETS SICK.....</b>	<b>9</b>
8.1 ADVISE SICK INDIVIDUALS OF HOME ISOLATION CRITERIA .....	9
8.2 ISOLATE AND TRANSPORT THOSE WHO ARE SICK .....	9
8.3 CLEAN AND DISINFECT .....	9
8.4 NOTIFY HEALTH OFFICIALS AND CLOSE CONTACTS .....	9
8.5 WHAT TO DO IF ANYONE BECOMES SICK AFTER PARTICIPATING IN A YOUTH SPORTS ACTIVITY .....	10
8.6 CONTACT TRACING .....	10

<b>9. RESOURCES.....</b>	<b>10</b>
--------------------------	-----------

## 1. GUIDING PRINCIPLES

### 1.1 COVID COORDINATOR

The Director of Operations of the PWC Panthers Track & Field Club shall serve as COVID Coordinator. The COVID Coordinator is responsible for establishing guidelines and procedures, identifying COVID-19 related issues and their impact on club activities, including coordinating health preparedness and emergency response planning. The COVID Coordinator is the club's Point of Contact responsible for responding to COVID-19 concerns. The President or Vice President of the PWC Panthers Track & Field Club shall stand-in as COVID Coordinator when the Director of Operations is not immediately available.

### 1.2 AUTHORITIES

PWC Panthers will abide by (where operationally and financially feasible):

- Guidelines strongly encouraged for the Commonwealth of Virginia;
- Restrictions and requirements of Executive Orders and Directives issued by the Governor of Virginia pertaining to the novel coronavirus (COVID-19).

As of July 1, 2021, the State of Emergency declared in response to COVID-19 has expired and all Executive Orders imposing COVID-19 restrictions are either expired or terminated.
---

- Guidelines issued by the Centers for Disease Control and Prevention (CDC) to protect yourself and others and stop the spread of COVID-19;
- Guidelines issued by the Virginia Department of Health on screening and monitoring symptoms of COVID-19;
- Guidelines issued by the American Academy of Pediatrics for the return to sports and physical activities.
- Guidelines issued by the United States Association of Track & Field (USATF).
- Guidelines issued by the Amateur Athletic Association (AAU).

PWC Panthers issue this protocol and measures to consolidate pertinent information for conducting safe organizational activities and to outline additional guidelines and restrictions approved by its Board of Directors.

### 1.3 ASSESSING RISK

High or increasing levels of COVID-19 cases in the local community increase the risk of infection and spread among youth athletes, coaches, and families. PWC Panthers shall consider the number of COVID-19 cases in the community and within the organization when deciding whether to suspend or resume track and field activities. PWC Panthers shall monitor the status and plans of the VHSL and Prince William County Public School (PWCS) athletics for consideration in its decision making process.

## 2. PARTICIPANTS

### 2.1 PWC PANTHERS STAFF

PWC Panthers Staff consists of administrative and coaching personnel who are a group of dedicated volunteers who promote a competitive sport that mentors and encourages student athletes. PWC Panthers Staff establishes and maintains a safe environment to support leadership, health, fitness, self-esteem, self-discipline and teamwork; while also promoting academic excellence and community involvement within a quality sports program. PWC Panthers Staff adheres to the organization's bylaws, policies and procedures, and completes membership and training requirements.

### 2.2 ATHLETES

A person who is trained or skilled in exercises, sports, or games requiring physical strength, agility, or stamina. PWC Panther Athletes are students (age 6 - 19), who are affiliated members of the organization that compete under the USA Track and Field (USATF) and Amateur Athletic Association (AAU) rules.

### 2.3 FAMILY MEMBER

"Family members" include blood relations, adopted, step, and foster relations, as well as all individuals residing in the same household or visiting such household pursuant to a child custody arrangement or order. Family members are not required to maintain physical distancing while in their homes.

### 2.4 SPECTATOR

A person who attends a practice, track meet or other event without taking an active part. Spectators may include one or more of the other participant types. The classification of Spectator varies per event type.

<b><u>Event Type</u></b>	<b><u>Spectator Definition</u></b>
Practice	A person who is not a PWC Panthers Staff Member or Athlete
Track Meet	A person who is not an Athlete

### 3. REQUIREMENTS

The requirements and measures outlined provide additional restrictions and safeguards, approved by the PWC Panthers Board of Directors, to support a safe environment for all participants of this youth track and field program. The requirements and measures are not intended to contradict or circumvent requirements issued by the Authorities identified in Section 1.2, but to enhance the organization's ability to maintain healthy environments and operations and adequately respond to coronavirus-related questions or issues.

#### 3.1 LIMITATIONS ON GATHERINGS

- There are no limitations on numbers and physical distance of visitors, spectators, volunteers, and activities.

#### 3.2 PRE-EVENT SCREENING

- Athletes and staff are encourage to perform health screenings before attending practices/events. This screening will include temperature checks and health-related questions.
- All Participants **MUST** stay home if they are sick, have tested positive for COVID-19, are showing COVID-19 symptoms, or if they have had a close contact with a person who has tested positive for or who has symptoms of COVID-19.

#### 3.3 FACE COVERINGS

Cloth face coverings are acceptable for club activities. "Medical grade" masks are not required or recommended for physical activity. Visit [CDC Your Guide to Masks](#) for recommended mask types and do's and don'ts.

- **All Participants**
  - Face coverings are optional for participants.
  - Members must respect participants' preferences.

#### 3.4 ATHLETIC EQUIPMENT

- Athletes are encouraged to provide their own implements (i.e. shot put, discus, hammer, javelin).
- Equipment shall be disinfected at the discretion of the PWC Panthers Staff.

### 3.5 HYGIENE PRACTICES

- To prevent the spread of germs during the COVID-19 pandemic, participants shall (and encourage others to) wash your hands with soap and water for at least 20 seconds or use a hand sanitizer with at least 60% alcohol to clean hands BEFORE and AFTER:
  - Touching your eyes, nose, or mouth
  - Touching your mask
  - Entering and leaving a public place
  - Eating food
  - Treating a cut or wound
  - Touching an item or surface that may be frequently touched by other people, such as door handles, tables, etc.
- Participants shall (and encourage others to) clean your hands during these key times:
  - Before, during, and after preparing food
  - After using the toilet
  - After blowing your nose, coughing, or sneezing
  - After touching garbage
- PWC Panthers Staff shall provide hand sanitizer that contains at least 60% alcohol at all club events or activities.

### 3.6 TESTING

- Participants are **not** required to be tested for COVID-19.
- Participants with symptoms of COVID-19 who want to get tested, call your healthcare provider first.
- In Case of Positive COVID-19 Test Results
  - If participants have tested positive or are showing symptoms of COVID-19, isolate immediately. Follow CDC steps, “What to Do If You Were Exposed to COVID-19” located at <https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html>.
  - If any member of the PWC Panthers organization tests positive for COVID-19, COVID-19 Coordinator will work closely with the local Health Department to inform all individuals who had contact with that person.
  - Based on circumstances surrounding a positive test result, COVID-19 Coordinator will evaluate the need to close specific areas or halt activities while contact tracing and deep cleaning take place.

### 3.7 VACCINATION

- COVID-19 vaccines are effective at preventing infection, serious illness, and death. Most people who get COVID-19 are unvaccinated. However, since vaccines are not 100% effective at preventing infection, some people who are fully vaccinated will still get COVID-19.
- CDC recommends ages six (6) months and older get a COVID-19 vaccine as soon as possible.



- Participants are **not** required to be vaccinated for COVID-19.

### 3.8 HYDRATION/FOOD

- All participants must bring a reusable/refillable water container with their name on it.
- Water containers must not be shared. Food must not be shared.

## 4. **WAIVER/RELEASE FOR COMMUNICABLE DISEASES INCLUDING COVID-19**

### **ASSUMPTION OF RISK / WAIVER OF LIABILITY / INDEMNIFICATION AGREEMENT**

In consideration of being allowed to participate on behalf of **PWC Panthers Track & Field Club** athletic program and related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. Participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe and any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS **PWC Panthers Track & Field Club** their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

**Participant must sign the COVID-19 section of the PWC Panthers Track & Field Club Acknowledgment & Agreement Form.**

### **FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)**

This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward

understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the RELEASEES and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the RELEASEES for any and all liabilities incident to my minor child's/ward's presence or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law.

**Parent/Guardian must sign the COVID-19 section of the PWC Panthers Track & Field Club Acknowledgment & Agreement Form.**

## **5. PROMOTING BEHAVIORS THAT REDUCE SPREAD**

PWC Panthers shall implement strategies and enforce policies to encourage behaviors that reduce the spread of COVID-19.

### **5.1 STAYING HOME WHEN APPROPRIATE**

Educate staff, athletes and athlete families about when they should stay home and when they can return to activity.

- Advise staff, athletes, and families to stay home if they have tested positive for COVID-19, are showing COVID-19 symptoms, or if they have had a close contact with a person who has tested positive for or who has symptoms of COVID-19.
- VDH Algorithm for Evaluating a Child with COVID-19 Symptoms or Exposure can help inform when it is okay to resume activities or to quarantine.
- CDC's criteria can help inform when it is okay to end isolation or quarantine:
  - If they have been sick with COVID-19
  - If they tested positive for COVID-19 but had no symptoms
  - If they have recently had a close contact with a person with COVID-19

### **5.2 MASKS**

- Keep additional masks on hand in case an athlete forgets one or needs to replace a moist mask with a dry one.
- Advise staff that masks should not be placed on:
  - Babies or children younger than 2 years old
  - Anyone who has trouble breathing
  - Anyone who is unconscious or incapacitated

### **5.3 HAND HYGIENE AND RESPIRATORY ETIQUETTE**

- Encourage participants to wash hands often with soap and water for at least 20 seconds.
- Provide hand sanitizer that contains at least 60% alcohol when soap and water are not readily available (for staff and older children who can safely use hand sanitizer).

- Prohibit spitting and encourage everyone to cover their mouth and nose with a tissue when coughing and sneezing. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds.
  - If tissue is not readily available, participants should cough or sneeze into their elbow, not their hands.
  - If soap and water are not readily available, participants should use hand sanitizer.
- Encourage participants to avoid singing, chanting, or shouting, especially indoors or within 10 feet of others.

#### 5.4 ADEQUATE SUPPLIES

Ensure adequate supplies to support healthy hygiene. Supplies include soap, water, hand sanitizer containing at least 60% alcohol, paper towels, tissues, disinfectant wipes, masks (as feasible), and no-touch trash cans.

### 6. MAINTAINING HEALTHY ENVIRONMENTS

PWC Panthers shall implement strategies and enforce policies to maintain a safe and healthy environment.

#### 6.1 CLEANING AND DISINFECTION

- Clean and disinfect shared objects and equipment (e.g., hurdles, blocks, mats).
- Ensure safe and correct use and storage of disinfectants, including storing products securely away from children. Always read and follow label instructions for each product.
- Use EPA-approved disinfectants against COVID-19.
- Identify an adult staff member or volunteer to ensure proper cleaning and disinfection of objects and equipment, particularly for any shared equipment.
- Cleaning products should not be used near children, and staff should ensure that there is adequate ventilation when using these products to prevent children or themselves from inhaling toxic vapors.
- Use disposable gloves when removing garbage bags or handling and disposing of trash.
  - After using disposable gloves, throw them out in a lined trash can.
  - Do not disinfect or reuse the gloves.
  - Wash hands after removing gloves.

#### 6.2 SHARED OBJECTS

- Discourage participants from sharing items that are difficult to clean, sanitize, or disinfect. Recommend athletes bring their own equipment such as shot puts, javelins, water bottles, etc. Do not let athletes share towels, clothing, or other items they use to wipe their faces or hands.

- Ensure adequate supplies of shared items to minimize sharing of equipment to the extent possible.
  - Keep each athlete's belongings separated from others' and in individual bags or areas.
  - If food is offered at any event, avoid sharing food and utensils. Offer hand sanitizer or encourage handwashing.

### 6.3 WATER SYSTEMS

Replace high-touch communal items, such as water coolers and bulk snacks, with alternatives such as pre-packaged, single-serving items. Encourage participants to bring their own water to minimize use and touching of water coolers or consider installing no-touch activation methods for water dispensers.

## 7. MAINTAINING HEALTHY OPERATIONS

PWC Panthers shall implement strategies and enforce policies to maintain healthy operations.

### 7.1 REGULATORY AWARENESS

Be aware of state or local regulatory agency policies related to group gatherings to determine if events can be held.

### 7.2 DESIGNATE A COVID-19 COORDINATOR

Designate a staff person to be responsible for responding to COVID-19 concerns. All staff, officials, athletes, and families should have information about who this person is and how to contact him/her.

### 7.3 COMMUNICATION SYSTEMS

Put systems in place to:

- Encourage staff and athletes to self-report to the COVID-19 Point of Contact if they have symptoms of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 in accordance with health information sharing regulations for COVID-19 (e.g. see "Notify Health Officials and Close Contacts" in the **Preparing for When Someone Gets Sick section below**), and other applicable laws and regulations.
- Advise staff and athletes prior to practices or a sporting event that they should not attend if they have symptoms of, a positive test for, or were recently exposed to COVID-19.
- Notify staff, officials, athletes, families, and the public of restrictions in place to limit COVID-19 exposure.
- Return-to-Play Policies  
Develop policies for return-to-play after COVID-19 illness. CDC's criteria to discontinue home isolation and quarantine can inform these policies.

- Staff Training
  - Train staff and officials on all safety protocols.
- Recognize Signs and Symptoms
 

If feasible, conduct daily health checks (e.g., temperature screening and/or symptom checking) of staff and athletes safely and respectfully, and in accordance with any applicable privacy and confidentiality laws and regulations.

## 8. PREPARING FOR WHEN SOMEONE GETS SICK

PWC Panthers shall implement strategies and enforce policies to prepare for when someone gets sick.

### 8.1 ADVISE SICK INDIVIDUALS OF HOME ISOLATION CRITERIA

Communicate with sick staff members or athletes that they should not return until they have met CDC's criteria to discontinue home isolation.

### 8.2 ISOLATE AND TRANSPORT THOSE WHO ARE SICK

- Immediately separate coaches, staff, officials, and players with COVID-19 symptoms (i.e., fever, cough, shortness of breath) at any youth sports activity. Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, and follow CDC guidance for caring for themselves.
- Individuals who have had close contact with a person who has symptoms should be separated, sent home, and advised to follow CDC guidance for community-related exposure (see "Notify Health Officials and Close Contacts" below). If symptoms develop, individuals and families should follow CDC guidance for caring for themselves who are sick.

### 8.3 CLEAN AND DISINFECT

- Close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area).

### 8.4 NOTIFY HEALTH OFFICIALS AND CLOSE CONTACTS

- In accordance with state and local laws and regulations, youth sports organizations should notify local health officials **immediately** of any case of COVID-19.
- Advise those who have had close contact with a person diagnosed with COVID-19 to stay home and self-monitor for symptoms, and to follow CDC guidance if symptoms develop.
- Maintain careful rosters of which players, family members, coaches, and ancillary staff attend each practice and game, and 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.

## 8.5 WHAT TO DO IF ANYONE BECOMES SICK AFTER PARTICIPATING IN A YOUTH SPORTS ACTIVITY

- If someone develops symptoms consistent with COVID-19, such as fever, cough, or shortness of breath, or if they test positive for COVID-19, follow steps to prevent the spread of COVID-19 and the Public Health Guidance for Community-Related Exposure.
  - This person(s) should self-isolate if they have tested positive for COVID-19 or self-quarantine if they are a close contact.
  - Immediately contact and notify the people they were in close contact with, the league organizers, and/or the local health department.
- COVID-19 Coordinator may need to inform staff, parents, and other people about their possible exposure to the virus, while maintaining confidentiality as required by the Americans with Disabilities Act (ADA) and other applicable laws and regulations.
- If you, a staff member, or a participant is waiting for your COVID-19 test results, follow these important steps to help stop the spread of COVID-19:
  - Stay home and monitor your health.
  - Think about the people you have recently been around and places where you have been and write down any information you can remember.
  - Answer the phone call from the health department.
- If you, a staff member, or a participant has been diagnosed with COVID-19, a public health worker may contact you to check on your health and ask you who you have been in contact with and where you've spent your time. Your information will be confidential.

## 8.6 CONTACT TRACING

Contact tracing is key to slowing the spread of COVID-19 and helps protect the community by:

- Letting people know they may have been exposed to COVID-19 and should monitor their health for signs and symptoms of COVID-19.
- Asking people to self-isolate if they have COVID-19 or self-quarantine if they have been in close contact with someone who has COVID-19.

## 9. RESOURCES

- American Academy of Pediatrics COVID-19 Interim Guidance: Return to Sports and Physical Activity - <https://www.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>
- American Academy of Pediatrics Youth Sports: A COVID-19 Safety Checklist - [https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Youth-Sports-Participation-During-COVID-19-A-Safety-Checklist.aspx?\\_ga=2.163288060.1575810616.1636308148-1782924732.1636308146&\\_gl=1\\*11vkye1\\*\\_ga\\*MTc4MjkyNDczMi4xNjM2MzA4MTQ2\\*\\_ga\\_FD9D3XZVQQ\\*MTYzNjM5NTUzMi41LjEuMTYzNjM5NTU0Ny4w](https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Youth-Sports-Participation-During-COVID-19-A-Safety-Checklist.aspx?_ga=2.163288060.1575810616.1636308148-1782924732.1636308146&_gl=1*11vkye1*_ga*MTc4MjkyNDczMi4xNjM2MzA4MTQ2*_ga_FD9D3XZVQQ*MTYzNjM5NTUzMi41LjEuMTYzNjM5NTU0Ny4w)

- USATF Return to Training Guidance for Athletes, Coaches, Clubs, and Associations Post-COVID-19 - <https://www.usatf.org/programs/elite-athletes/usatf-coronavirus-2019-covid-19-information-page/return-to-training-guidance-for-athletes-coaches-c>