

FLORENCE TRACK CLUB

City of Florence Parks and Recreation Division
513 Barnes Street
Florence, SC 29501

Florence Track Club families,

We are delighted that we are able to offer our cross-country program this fall. During these unprecedented times, we will continue to follow local, and state, health, and government recommendations as it pertains to our sport. The safety of all involved is of the utmost importance. Things will be different as we navigate through this season and we ask for your patience and understanding. Please plan to adhere to the following policies and procedures during this season.

Policies & Procedures:

1. All individuals should wear a cloth face covering when arriving to or departing from an athletic facility. We will require coaches and spectators to wear a face covering when at practice and games. Athletes and coaches participating in the sport will not be expected to wear a face covering during participation of the sport.
2. We ask that you monitor your child's health and if he/she is not feeling well not to bring them to practice/games.
3. We will be limiting the use of shared equipment and we will not be providing water coolers at practices or games. Athletes will need to provide their own water bottles.
4. Continue to speak with your children about the importance of good hygiene and physical distancing.
5. The participation waiver has been updated to include COVID-19 and is signed upon registration. Please read the waiver. You will also be asked to sign a physical copy during evaluations/practice.
6. As we begin athletics again communication will be very important. If your child test positive for COVID and/or has had direct exposure with COVID we ask that you inform the Athletics Staff at 843-665-3253. We will keep the names private but will need to make sure the correct individuals are notified.
7. Temperature checks will be conducted upon arrival. Temperatures must be below 100.4 (per CDC) and participants must be symptom free to attend practice. Coaches' temps will also be checked daily. If you are dropping your athlete off, please ensure they pass the temperature check before you leave.
8. Physical distancing of 6 feet should be followed.

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Quarantine Policy:

The following steps will be put in place when a diagnosis of COVID virus is confirmed involving a player, coach, or immediate family member and direct exposure has occurred.

- The Parent/Coach should contact the City of Florence Athletic Director at 843-624-8737 as soon as possible.
 - The Athletic Director will inform the following:
 - Human Resources
 - City Manager Office
 - Public Works Director
 - League Athletic Board
 - Team Coaches and participants

There will be no release of the name of the diagnosed player, coach or family member.

- The player/coach will be prohibited from physical presence at practice and games during a mandatory quarantine period as described below:
 - In accordance with CDC guidelines:
 - **I think or know I had COVID-19, and I had symptoms**
 - You can be with others after:
 - 3 days with no fever and
 - No Respiratory symptoms(cough and shortness of breath) and
 - 10 days since symptoms first appeared
 - **I tested positive for COVID-19 but had no symptoms**
 - If you continue to have no symptoms, you can be with others after:
 - 10 days have passed since test and medical clearance from a medical professional

Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested then you can be around others when you have no fever, respiratory symptoms have improved, and you receive medical clearance from a medical professional.

Team Protocol for Cross-Country

- If the team has more than 3 participants diagnosed with COVID cases the team will be quarantined for no less than 14 days.

We look forward to a fantastic season and appreciate your understanding as we work through the necessary precautions taken due to COVID-19.

Sincerely,
Florence Track Club & City of Florence Athletics