

## **Loppet Team COVID-19 Guidelines for Participants, Parents and Coaches**

### **Group check in procedures**

- Do not come to practice if your child has any of the following symptoms similar to a cold or flu and include fever (temperature greater than 99.5°F), fatigue, cough, congestion, or difficulty breathing.
- Notify the Loppet coach and program director if your child shows any symptoms of illness following a TRAIL KIDS session.
- Both coaches and participants need to wash hands before practice and after the use of the toilet.
- Parents and youth should do safety bike and helmet check prior to coming to the session (directions for ABC safety bike check are on the preseason slide presentation).
- Due to COVID-19 we will have youth put on their bike name plates and keep them the entire session to reduce the spread of germs.
- Due to the restricted group size (ten per group) at each meeting location, we ask that parents not remain for extended periods and drop off their kids and depart.
- Coaches will have a circle of cones spread out 6' apart for each participant to stand at during check in/out time frame to keep participants safely spread out.

### **Session Guidelines**

- All coaches should wear protective face masks that they will provide on their own in all settings in which social distancing of at least 6' cannot be maintained.
- Participants must provide for themselves and use face masks whenever social distancing of at least 6' cannot be maintained.
- Coaches will have a circle of cones spread out 6' apart for each participant to stand at during check in/out time frame to keep participants safely spread out.
- If the coach needs to touch a participant's bike or other equipment they will use hand sanitizer before and after each interaction.
- Participants will remain six feet apart from one another until ready to depart.
- Participants and staff members will wear a mask or other covering (e.g., buff) over their nose and mouth at times when physical distancing of 6' away cannot be maintained.
- While the group is riding, all participants need to maintain a 6' distance. Normally we suggest three bike lengths between each rider for safety of all riders so this should be normal riding rules.
- Due to COVID guidelines we will NOT be handing out or sharing any snack or

water items. Please have your child bring their own snacks and water to all sessions.

### **Group check out Procedures**

- ❑ Due to Covid - 19 we will not collect name plates. Please keep your child's name plate on their bike the entire session to help coaches learn their names.
- ❑ Parents and youth need to follow the social distance guidelines and refrain from socializing in meeting areas or with other families in which social distancing is not maintained.