

BIG ORANGE RUN CLUB 2020

Summer Guidelines

The following guidelines have been set forth for our teams with guidance from local health officials. The coaching staff will strictly adhere to these guidelines. We ask that our parents and run club members do the same. The safety and health of our runners is our utmost priority.

Practices will be held from 8:00-9:15 a.m. on Monday, Tuesday and Thursday. Runners will meet at the Lions Park South Shelter house off of State Route 245 West/West Baird Street by the orange playground.

BEFORE YOU COME TO PRACTICE

1. If you or your child have been sick with a cough, fever, sore throat, loss of taste, or shortness of breath in the past 72 hours do not come to practice. **Do not come to practice if you have been in contact or exposed to someone with COVID-19 in the past 14 days.**
2. Check your child's temperature. If it is at or above 100 F, do not come to practice. You will need to report your child's temperature before he/she is permitted to practice.
3. Be on time. Our practices are from 8:00-9:15 a.m., and we want to make the most of our time together. We suggest runners arrive at 7:50 a.m. at the latest. Runners will need to check in with coaching staff upon immediate arrival to practice.
4. Parents may accompany their children to check-in, but are not permitted to stay in the shelter house during practice. Please maintain 6 feet of social distance between other parents and coaches during check-in. Parents can walk at the park, or wait in their car. If you need to talk to a coach, please let us know, and we will set aside time to do so after practice.
5. Please stay off all playground equipment at Lions Park.

WHAT YOU WILL NEED AT PRACTICE

1. Running shoes or sneakers.
2. Bottled water with your name on it. Please do not share your water bottle with other runners.

3. Hand sanitizer. We will have hand sanitizer available, but it's a good idea to have your own as well.
4. A positive attitude and a willingness to have FUN!

DURING PRACTICE

1. Runners will need to maintain social distancing (6 feet) during all team meetings and warm-ups.
2. Respect community members walking at the park.
3. Communicate with the coaching staff if you aren't feeling well.
4. Wash hands (hand sanitizer) after your workouts.

AFTER PRACTICE

1. Please be prompt when picking up your runner after practice. Please come to the shelter house and check out your child with the coaching staff.
2. Runners are not allowed on the Lions Club playground equipment until they are accompanied by a parent.
3. Runners are encouraged to shower and wash their workout clothes immediately after practice.
4. Runners should refuel 30-45 minutes after practice with water, healthy carbohydrates, and protein.
5. Runners should be getting 8+ hours a sleep per night during training.

QUESTIONS:

Coach Mandy Lauck 937-441-1690