

Practice Guidelines and Daily Check-in Agreement

Practice Guidelines

- Stay home if you have tested positive for COVID-19 are waiting on test results, or are showing COVID-19 symptoms.
- If anyone has had known close contact with a person who tested positive for or who has symptoms of COVID-19, they are to self-quarantine for 14 days to monitor themselves for the development of symptoms;
- Everyone must wear a mask that covers your nose and mouth to help protect yourself and others at all times;
- Come to practice with full water jug or water bottles labeled with full name;
- Everyone must stay at least 6 feet (about 2 arm lengths) from others;
- Clean or sanitize your hands before and after practices;
- If positive or exposed (per CDC guidelines) to COVID-19 please quarantine for 14 days before returning to practice. Immediately inform Bull City Express Track Club via email (bullcityexpresstc.com).

Daily Check – in Guidelines

Complete COVID-19 screening prior to practice.

- Temperature check is required
- Athletes will not be allowed to practice if they fail to pass any of the daily screening

These policies will be strictly followed at all times to ensure the health and safety of all our athletes, volunteers, and coaches.

Name _____ Date _____

FOR PARTICIPANTS UNDER AGE 18 AT THE TIME OF REGISTRATION

Child's Name _____

Parent's Name _____ Date _____