

Cherokee Youth XC 2021

COVID-19 Protection Policy and Plan

**COVID Policy is subject to change according to current recommendations

What you need to know

- Stay home if sick
- Runners should bring their own water bottles and avoid sharing drinks to prevent germ transmission
- Runners should wash their hands before and after practices.
- Cough or sneeze away from others and into your elbow.
- Avoid spitting.
- Tell a coach if you don't feel well during practice.

Staying home when appropriate

- Sick coaches, families, and athletes should stay home if they have tested positive for or are showing COVID-19 symptoms.
- Individuals, including coaches, players, and families, who have recently had a close contact with a person with COVID-19 should also stay home and monitor their health.