



*St. Rose CYO
Spring Track
2021*

St. Rose CYO
2 Bayview Avenue
Massapequa, NY 11758
www.saintrosecyo.com

PLEASE PRACTICE SAFE SOCIAL DISTANCING AT ALL TIMES AND WEAR A MASK WHEN APPROPRIATE



Track Program Modifications due to COVID-19:

- Program will be offered to grades 3 thru 8 only.
- Registration spots limited to ensure safety.
- CYOLI and Co-Parish Track Meets are being considered but have not yet been approved. If Track Meets are approved, strict COVID guidelines will be enforced and runner participation will be optional.
- Uniform jerseys will be available for purchase during the second week of practice. Wearing a jersey is optional (but encouraged) for practices and is mandatory to participate in Track Meets.
- **Refund Policy** - Individual Player refunds will not be granted once the program begins. If due to unforeseen circumstances and the entire program needs to be cancelled, pro-rated refunds will be granted to all participants.

Safety Guidelines:

- Please be familiar with the Release of Liability Waiver that was electronically signed by you during the registration process.
- Please be familiar with the link [CDC Playing-Sports](#) and the NYS and Local Health guidelines for detailed information about COVID-19 safety, symptoms, testing, and quarantine duration.
- All track equipment will be sanitized by CYO, as needed, to ensure safety.
- **Runners/Spectators Must Not Attend**
 - if you have tested positive for COVID-19
 - are showing COVID-19 symptoms
 - are waiting on test results
 - have had close contact with a person who has tested positive for or who has symptoms of COVID-19
 - if you are not feeling well or exhibiting any symptoms of illness (this includes but is not limited to fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting or diarrhea)
- **Runners/Spectators Must Notify** the track coordinator and/or the St. Rose CYO Main Office at 516-709-0260 if there is a known or suspected case of COVID-19. St. Rose CYO will not release the name of the individual with COVID-19 but will notify those within close contact with the individual via phone and the entire team via email as defined by the CDC and the local Health Department.
- **Runners/Spectators May Return to Play** after day 10 of quarantine and without symptoms from the date of exposure or a negative test result. Please note that a COVID-19 test must occur on day 5 or later of initial exposure per the CDC.
- **Runners:**
 - **Must** bring a sling bag/gym bag clearly marked with a name to store their water bottle and mask. Water bottles must be clearly marked with a name as well.
 - **Must** wear mask while entering or exiting the track.
 - **Will** have temperature taken, receive a wristband, and be asked to sanitize hands (automatic hand sanitizers provided by CYO) before proceeding to the track.

- **May** remove masks once the track session begins.
- **Will** be asked to maintain a safe social distance.

- **Spectators:**

- **Two (2)** spectators permitted per runner at practices. If Track Meets are held, spectator limits will be based on the occupancy limit of the venue.
- **Are Not** permitted on the track.
- **Must** wear face mask and socially distance 6 feet apart.
- **Must** arrive at the venue no earlier than 10-minutes before the start of the session.
- **Must** promptly exit the venue upon completion of the session.