

# Tri 4 Schools Training Team COVID-19 Precautions and Policies

The Tri 4 Schools Training Program is a program that promotes physical and mental health, and this year will be no different. We have made modifications to team sizes, practice structure, and curriculum so that we can continue to offer a safe and fun way for kids to participate in Tri 4 School programming. These policies are subject to change based on Public Health Madison and Dane County orders.

## Protective Measures Policy

All Training Team participants, coaches, and volunteers will be required to wear masks at all times during practice. Participants should arrive with their own mask, and coaches will be able to provide additional masks if necessary. All practices will be held outdoors.

Team sizes have been reduced to a maximum of 12 participants and curriculum has been modified to adhere to social distancing guidelines. No games that involve physical contact or partner work will be included in the curriculum. Games or activities that required shared equipment have also been removed for the 2021 season.

## Screening for COVID-19 Symptoms

All Tri 4 Schools coaches, volunteers, and participants will be asked to self-monitor for COVID-19 symptoms. Coaches, volunteers, and participants should not attend a practice or event if they meet any of the following criteria:

- Displaying any of these symptoms within 48 hours:
  - Temperature over 100.4
  - Cough or sore throat
  - Shortness of breath or difficulty breathing
  - Chills or muscle pain
  - New loss of taste or smell
- Currently waiting for a COVID test result
- \*Have had a positive COVID test result within 14 days
- \*Currently living with or have had close contact with a person that has been diagnosed with COVID-19 within 14 days

\*If a program participant has a positive test result in the household, Tri 4 Schools staff will work with that individual to determine an appropriate return to practice date.

## Cleaning and Hygiene Policy

Each team will have hand sanitizer and antibacterial hand wipes included with their team supplies. Frequent hand washing or sanitizing will be encouraged during practices and coaches will sanitize any high-touch surfaces as needed. We do not plan on regularly sharing any athletic equipment during practices. In the case equipment needs to be shared, it will be sanitized between users.

Per Public Health Madison Dane County orders, all Tri 4 Schools staff will be trained on the required cleaning and hygiene policies.

## Event Details

Tri 4 Schools Training Team participants will have the opportunity to participate in a Tri 4 School event. Even with the return to in-person racing, we will continue to offer an “at-home” option for any participants who would prefer to complete their race at home. In addition:

- Our race capacities have been adjusted to prevent congestion on the course and remain within current county gathering regulations.
- Participants will start their race individually (or as a family unit), spread across various wave times, to maintain distancing on the course and at the race site.
- Packet pickup has been redesigned to be no/low contact, with options to pick up the day before the race or on the race morning.

Specific event details and a list of public health related procedures and polices can be found at our website: <https://tri4schools.org/events>. Please refer to the “COVID Precautions” tab for each event to see additional details.