



### **Sport Specific Guidelines**

In-person Athletics (Track and Field) can return to training and competition in Phase B, C, and D following the requirements outlined in the Return to Activities plan, as well as the specific Sport requirements listed below:

### **SOPA Requirements**

- Must ensure that the venue is following the protocols outlined in the NGB guidance: <https://www.usatf.org/covid19>
- Track Events
  - Use every other lane
  - No starting blocks to be used for training and competition
- Field
  - Use consecutive throws by athletes to avoid sharing of equipment
  - Athletes to retrieve their own equipment and immediately sanitize for next athlete
  - Standing long jump on a secure surface
  - Running long jump not to be done on grass. Must be done with sand pit
  - High jump will not be permitted for Spring 2021
  - Pentathlon to be done without high jump for Spring 2021

### **SOPA Recommendations**

- Relays
  - Use of disposable gloves when handling the baton
  - Use batons minimally to avoid touching of baton
- Field
  - If coaches retrieve equipment, coaches must use disposable gloves and they must be disposed of after each contact with an athletes equipment
  - Encourage athletes to wear disposable gloves when feasible to avoid contact with equipment
  - Use softballs in lieu of shot put to increase number of training equipment
    - We will offer softball put as an alternative to shot put