



## DVGTCA and T&FCA of GP 2021 at Glen Mills

### COVID-19 Information and Protocols

**Please note that all information regarding our COVID-19 protocols may change at any time, as more information becomes available.**

#### Current Pennsylvania Health and Safety Guidelines

Responding to COVID-19 in Pennsylvania; last updated: January 4, 2021.

- Indoor recreation and health and wellness facilities (such as gyms and spas) open at 50% occupancy with appointments strongly encouraged; fitness facilities are directed to prioritize outdoor fitness activities.
- Gathering limits determined using maximum occupancy calculator
- **Face coverings are required to be worn indoors and outdoors by everyone while on Glen Mills Campus.**

#### \*Health Screening:

- Coaches will have all athlete's and Coach's, traveling to Glen Mills, temperature taken and fill out the COVID protocol questions **in the pre-screening file** and submit to the **Track screening data base, not before 3:00pm the day of the meet** and before getting on the bus. (This information submitted to the data base is time sensitive.) If not traveling by bus athlete must report to school and have temperature taken by the coach/trainer, answer protocol questions before traveling to Glen Mills. Parents bring athletes to Glen Mills must drop off the athlete and leave campus. **No spectators/parents** on campus or in field house. (Protocol questions are if the athlete has experienced, or is currently experiencing, a fever, cough, or shortness of breath, loss of taste etc. within the last 14 days, have had close contact with an individual infected or suspected infection of COVID-19 within the last 14 days.)
- Athletes will need to **wear their mask** when competing, warming up and **at all times** while on the Glen Mills Campus.
- Trainer/Medical staff will be on site during all competitions to provide services to all athletes/Coaches. Staff will be expected to follow all COVID-19 safety regulations as per the CDC and the governor of Pennsylvania.
- **Coaches please do not bring athletes that have not followed all of our COVID protocols** or extra personal.

\*Health screening data collection will be conducted by participating schools and recorded in the **Track screening data base** before entering the Glen Mills Campus on the day of the meet. This must be done between 3:00pm and 6:00pm the day of the meet. The DVGTCA/T&FCA of GP will conduct temperature scans and COVID questions on officials at the facility.

## Athletes not in the **Track screening data base** will be denied entry and should not be on the Glen Mills Campus.

### Facility Information & Rules:

- All athletes, coaches and staff must enter the Glen Mills Campus through the main entrance off Glen Mills Road.
- Competition time will be 7:15pm-10:00pm. Teams will be admitted in the field house at 6:45pm.
- Athletes **will** wear a **mask at all times**. Athletes **will not be permitted** to remove their mask in the warm up/drill area or during competition. Athletes must socially distance themselves from others while warming up. Athletes will be permitted to warm up inside the facility as long as social distance and mask guidelines are followed. If an athlete chooses to warm up outside, the athlete must not leave the immediate parking lot where the busses are stationed. Athletes must adhere to COVID-19 safety signs and officials while warming up.
- Restrooms will be open for athletes.
- Hand sanitizing station will be available at the entrance door of the fieldhouse. **We encourage all athletes to bring their own handheld sanitizer for use as needed.**
- Absolutely no spitting, nose blowing or other similar action will be permitted in any capacity including in or around garbage cans within the facility.
- **Starting blocks, spikes or shoes that except spikes** are not be permitted in the field house.
- Busses will park along the road parallel to the field house. Leaving the parking lot open for warm-ups. There should be no vehicles in the parking lot.
- Athletes and coaches will enter the field house at the near end of the building or the first turn start/finish line end and exit the field house at the pole vault/horizontal pit end of the track.
- **No spectators will be permitted on the Glen Mills Campus or in the field house.**

### Medical Personnel

Medical staff will be on site during all competitions to provide services to all athletes. Staff will be expected to follow all COVID-19 safety regulations as per the CDC and the governor of Pennsylvania.

### Exiting the Facility

Once an athlete/team has completed their events everyone should exit, the facility through the exit door at the long jump pit. When not actively competing or warming up, athletes will be expected to remain in their designated area keeping social distance. (If it is Bleachers, one team per set of bleachers)

### Running Event Information

- Clerking
  - Clerking will take place in the center of the field house. Lane assignments will be given to the athletes at clerking.
- Dashes
  - 55m and 55m hurdles; will be contested with an athlete in **every lane**. While one heat is on the line, the remaining heats will be lined up with a minimum of 6' between heats and athletes.
- Oval races
  - Athletes will be seeded according to seed times, lane assignments will be given at the clerking area, center of the field house.
- Jumps
  - Long Jump/ Triple Jump ONLY;

- Horizontal jumps will be given an abbreviated warm-up period, but competitors should report to their event warmed up and ready to compete. Officials , athletes and coaches be aware of lane 6 when the races are going around the track.
- Shot Put
  - Shot Put will be given an abbreviated warm-up period, but competitors should report to their event warmed up and be ready to compete.
  - Athletes in the shot put will bring their personal/school implements. They will retrieve their own shot during warm ups and competition. **Implements are not to be shared.**
  - Implements will be weighed during check in. Coaches please weigh your shot before bring to Glenn Mills. If your shot is rejected at Glen Mills you are not allow to barrow another teams shot.

**Entering the meet**

The deadline to enter each competition will close Friday at noon. The code to register your athletes will be sent to participating schools only. We ask that you please not share the registration code with nonparticipating schools. Coaches will be expected to create a system to reach out to their athletes to confirm if they plan to compete before noon. **CHANGES AFTER NOON WILL NOT BE ACCEPTED.**

**Glen Mills Events schedule: 7:15pm—10:00pm** :

**7:15pm:** Events will follow each other

Long Jump	one competitor per school
Shot Put	one competitor per school
55m Dash	*two competitors per school
55m H	*two competitors per school
Mile run	one competitor per school
200m	one competitor per school
400m	one competitor per school
800m	one competitor per school
3000m	one competitor per school
Triple Jump	will be in the next meets schedule

**No medals will be given to any competitors at this time.**