

Olney Cross Country Club

www.olneyccc.org

Dear Olney Cross Country new and returning families,

Coaches Vassili, Gretchen, Anne and Michele hope you are all staying well and safe during this time of pandemic. We know you all have made many sacrifices in order to avoid contacting and spreading the virus. With so many events, sports and in-person activities canceled, we have good news:

OLNEY CROSS COUNTRY CLUB WILL HOLD WORKOUTS **STARTING MONDAY, AUGUST 24, 2020**

AT THE MONTGOMERY COUNTY AGRICULTURAL HISTORY PARK ((18400 Muncaster Rd., Derwood, MD 20855).

THERE WILL BE **NO CHARGE** TO PARTICIPATE.

PRACTICES WILL BE **MONDAY, WEDNESDAY AND FRIDAY FROM 5:15 TO 6:15 PM.**

The club will take measures to comply with Maryland and Montgomery County health guidelines. Please make sure you pick your child up promptly at 6:15 if you are not planning to stay for the practice.

I. **Precautions** we need for all participants and parents to take.

- If you or anyone in your household has symptoms associated with Covid19 or is feeling poorly, do not bring your child to the workout. We need everyone to agree to this for the safety of all.
- If your child has any health problems that would make them especially vulnerable if they contracted the virus, we **strongly recommend** that you keep them away from workouts for the entire season.
- All adults who come to practices, must stay at the 6-foot social distance from others and **wear a mask**.
- All families should bring the following items to practices
 - Water bottles clearly labeled with the runner's name, even if it is a disposable bottle from the store.
 - Hand sanitizer and towels for your runners
 - Face masks for adults

II. We are planning to **organize the workouts** to keep runners in minimal groupings.

- Runners will be divided into groups by ability level. (The number of groups will depend on the number of runners who come to any given practice)
- Coaches will take individual workout groups to an area of the Farm Park away from the other groups. Not all groups will do the same type of workout. Some may do hills, others may do speed, and others may do distance.

III. **Meets with other clubs**

OLNEY CROSS COUNTRY WILL NOT HOLD A MEET THIS SEASON.

If meets can be held, they will be limited in the number of participants. Coach Anne is in contact with the other clubs and coaches to discuss the possibility and logistics of holding meets. Many venues where we ran in the past are not issuing permits due to health restrictions of the pandemic. We will provide more information on whether and how meets will be held when it is available.

IV. **Bring to the first practice:**

A signed Covid waiver, one for each child participating

A signed general waiver / contact information form