



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: 9:45 a.m., November 24, 2020.

- 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

Facility Information

All athletes, coaches and staff must enter through Glen Mills main entrance on Glen Mills Road. Competition time will be 7:00pm-10:00pm. Teams will only be admitted at 6:30pm

*Health Screening

Athletes will be denied entry if any of the following exists:

- Experienced, or are currently experiencing, a fever, cough, or shortness of breath within the last 14 days.
- Have had close contact with an individual infected or suspected infection with COVID-19 within the last 14 days.
- Athletes will need to have their mask when not running and/or warming up.
- Athletes will have their temperatures checked.

*Health Screening data collection will be conducted by participating schools within the association. The DVGTCOA will conduct temperature scans of coaches, athletes and officials at the entrance to the indoor facility.

Once passed the screening at the **pull up station**, parents will be required to find extended parking outside of the campus

Packet Pick-Up

Coaches will be given an envelope with their school name on it. Inside the envelope will be a colored wrist band for specific events. Athletes and coaches must wear the wrist band to ensure they will be admitted into the building when it is their event to compete. Each athlete will be given a colored wrist band designated for each event being run during the competition.

Teams will then be led to the area to warm up area. Athletes and coaches are expected to socially distance. Safety signs will be clearly marked throughout warm up areas and team stationed areas. When not actively competing or warming up, athletes will be expected to remain on their school's bus.

While Warming Up

Athletes will be expected to wear a mask at all times. **Athletes will not be permitted** to remove their mask in the warm up area, when running or when completing drills. Athletes must socially distance themselves from others while warming up. Athletes must adhere to COVID-19 safety signs and officials while warming up.

Entering the Facility

Athletes and coaches must wear a mask at all times inside the facility. Everyone must socially distance themselves from others inside the facility. No spectators will be permitted to enter the facility.

Announcements will be made regarding each scheduled event. All events will operate on a time schedule. All athletes should not enter the clerking area until called for their event, about fifteen (15) minutes before their scheduled event. Athletes and coaches will be expected to respect the unidirectional signage.

Only athletes with approved colored wrist bands will be permitted to enter the facility at the designated time. Athletes will be given a heat and lane or flight assignment. Athletes will be directed where they may leave their belongings while competing.

- Every athlete's temperature will be scanned before entering the building.
- All walkways will be unidirectional. Everyone will be required to strictly adhere to safety signage.
- Hand sanitizing stations will be available throughout the facility.
- Restrooms will be open for athletes.

While Competing

Athletes will be expected to wear a mask at all times. Athletes will not be permitted to compete without a mask covering their nose, mouth and chin.

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 has completed their event, the athlete will be asked to collect their belongings and exit the facility through the exit door. Athletes and coaches will be expected to respect the unidirectional signage. Athletes will then be led to the area to warm up and/or team stationed area. Athletes are expected to socially distance. When not actively competing or warming up, athletes will be expected to remain on their school's bus.

Running Event Information

There will be no warming up inside the indoor facility. All warm ups should take place outside in the designated areas.

All running events will be FAT timed.

Starting blocks and spikes will not be permitted inside the facility.

Schools will be permitted to bring only alternate athletes to the competition. Replacements/changes will not be accepted.

- Dashes
 - 60m and 60m hurdles; will be contested with an athlete in every lane. While one heat is on the line, the next heat will be lined up.
- Oval races
 - Athletes will be seeded according to seeded times.
 - Competitors will enter the track at the start/finish line of the 60-meter start. Competitors will jog down to their lanes at their respective starting line. They can do a stride to get to the start.
 - Absolutely no spitting, nose blowing or other similar action will be permitted in any capacity including in or around garbage cans within the facility.
- Jumps
 - Long Jump/ Triple Jump ONLY;
 - Field events will be given an abbreviated warm-up period, but competitors should report to their event warmed up and ready to compete.
 - Field event athletes will be required to wear a mask at all times inside the facility.
 - Absolutely no spitting, nose blowing or other similar action will be permitted in any capacity including in or around garbage cans within the facility.

- Throwing
 - Shot Put; Field event athletes will be required to wear a mask at all times inside the facility. Field events will be given an abbreviated warm-up period, but competitors should report to their event warmed up and ready to compete.
 - Athletes in the throws may bring their implements.
 - Implements will be weighed during check in.
 - Absolutely no spitting, nose blowing or other similar action will be permitted in any capacity including in or around garbage cans within the facility.

Contested Events **7:00pm—10:00pm**

7:00pm-7:45pm

Long Jump	15 competitors each flight
Triple Jump	15 competitors each flight
Shot Put	15 competitors each flight
60m Dash	One competitor per member school
60m H	Two competitors per member school

7:50pm-8:15pm

3200m	One competitor per member school
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8:20pm-8:50pm

1600m	One competitor per member school
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8:55pm-9:15pm

800m	One competitor per member school
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9:20pm-9:40pm

200m	One competitor per member school
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