

Hello athletes! We are looking forward to cross country season once again! The first meet will be September 9! In order to train and prepare for the season, we will start practices on August 3 from 7:45 am-9:00 am at Oak Canyon Junior High (meeting on the outside track). We will practice M-F like that until school starts on August 18. At that point, we will practice M-F after school. Remember each participant will need a current physical (valid for 1 year), a parent permission form signed, and pay a \$25 fee to the front office. Paperwork will be available at every practice. If you do need to get a physical, it is advised to get your appointment now and not wait!

Alpine School District has sent out the following guidelines for all Junior High and High School Sports: The following information provides direction for schools in accordance with health guidelines as we resume school sponsored activities and instruction on June 1, 2020. As guidelines are adjusted by the health department and government officials, we will send out updated information. For the safety of students, teachers, coaches, their families and the community at large, these guidelines must be followed. Currently, Utah County is in the Yellow Phase:

1) The teacher/coach is responsible to keep a log verifying that students in attendance are asymptomatic. If a student or teacher/coach is showing any symptoms, they should not attend and MUST be sent home, they cannot stay and watch. Sessions will be limited to 50 people total (while following social distancing guidelines).

2) After passing the check-in station, students, athletes, teachers, and coaches will wash their hands and maintain social distancing guidelines. Doors inside the facility need to be propped open to avoid excessive touching of door handles. (We will have access to the door by the G Hall, which will be propped open)

3) School locker rooms will not be available. Students should come dressed ready to participate in the activity.

4) Students should follow social distancing guidelines and stay 6 feet apart. There should be no cheer stunting or physical contact with others. Students should not touch equipment or instruments that belong to another student. Students need to bring their own water/beverage container. Note that students will not have access to school water fountains, however, water refill stations will be available. (G Hall)

5) After each session is over, teachers/coaches will clean and disinfect equipment, seating, high traffic areas, door handles, and light switches. All participants, including teachers/coaches, should wash their hands before and after each session. (G Hall)

6) During weightlifting sessions, students/coaches should wipe down equipment between each rotation. When spotting is necessary, it should be done from the sides with the recommendation of the spotters wearing face masks.

7) It is recommended (not required) that teachers/coaches wear face masks during sessions. (Coach Robison and I, and any other coach helper, will wear masks, except while running with you on our distance runs)

If you have any questions, email Coach Mashburn at janinemashburn@alpinedistrict.org. Or Coach Robison at annarobison@alpinedistrict.org. Thank you! Have a great rest of the summer! See you Monday, Aug 3 at 7:45 am!