

West Monroe High School Cross Country

Covid-19 Summer Workout Procedure

All parents and athletes will be in-serviced on these procedures prior to the first workout. The team will consist of 15-20 athletes and coaches.

Location and Start Date

1. We will meet four days per week. These will be large, open-air areas which will allow us to spread out as much as possible.

Monday – Forsythe Park

Wednesday – Kiroli Park

Thursday – Open field on 161 Hart Road

Saturday – Forsythe Park or Point Wilhite

Arrival Procedure

Athletes will have their temperatures checked upon arrival. Any athlete with a temperature of 100.4 or above will not be allowed to practice.

Workouts/Groups

We will have approximately 15-20 athletes and coaches together. Runners will maintain a minimum of 6 feet apart at all times, including while running and/or stretching.

Water and Restroom Breaks

Athletes will bring their own water and are not permitted to share. No bathrooms will be available.

Pickup Procedure

Athletes will enter their cars and drive home or parents will pick them up. They must maintain at least 6' separation while waiting on their rides.