**Palmer Cross Country Summer Camp Return to Participate – after reading, please fill out the waiver and send to Coach Gilliam**.

Palmer’s voluntary cross country summer camps will adhere to the following return to participate protocol. This plan is made with the safety of the student-athlete and coaches in mind. Steps for every part of this plan were made with strict consideration for the overall health of the individuals involved. We will adjust our plan according to changes directed by D-11 as they relate to local, state government, and CHSAA recommendations. These guidelines relate to June 15th-July 5th. We will conduct camp beginning Wednesday, June 17 at Bear Creek Park. From June 17th – July 3rd, camp will be held every Wednesday at Bear Creek Park (7:00 am) and Friday at North Monument Valley Park (7:00am). July 6 will begin a new camp. See below for locations. The following precautions will be followed within each session:

* **The waiver must be signed and sent to coach Gilliam via email by June 13 to participate in workouts. Beginning June 15th, the group is set through July 5th**. **We cannot add any athlete to the group until July 5th.**
* Masks must be worn from the time you e**xit a vehicle for the health screening to the time we conduct camp.** **After running, you need to cover your face and exit the location**. Coaches will direct you in this process. We must account for you leaving.
* **You must be on time.** If you are late, you cannot participate that day.
* **Coaches will gesture when it is time to exit your vehicles to form lines with 6 feet social distancing. Your temperature must be taken by a coach**. A temperature of 100.4 or higher means you must go home. You will not be allowed to participate until you are symptom free for seventy-two hours and ten days have passed since the symptoms first appeared unless you have a clear diagnosis from a medical provider.
* **A Questionnaire conducted by a coach** must be completed before each workout. Positive results on 2 or more of the questions means you must go home. You will not be allowed to participate until you are symptom free for seventy-two hours and ten days have passed since the symptoms first appeared unless you have a clear diagnosis from a medical provider.
* **You must keep a six foot minimum social distancing** per federal and state guidelines – **this must be adhered to during all aspects of the sessions**. While doing dynamic stretching and running, you must stay 6 feet apart.
* **The team will participate as a group of no more than 25**, not including coaches.
* Each participant in the sessions must have their own personal water bottles for hydration.
* Athletes are not allowed to share cell phones, clothes, water bottles, other items. You must bring all supplies you will need to participate.
* After the camp, athletes must go directly to their car and leave. At this time, no congregating is allowed. As stated, coaches must account for you leaving.
* Families and friends or non-essential individuals will not be allowed to participate in our practices or spectate within our practice. Six foot social distancing for the safety of all athletes and coaches is non-negotiable.

I know this is wildly different than our traditions, but it is an opportunity to meet as a team and run. Please assist the coaches and the program to fulfill the guidelines outlined by District 11.

Sincerely,

Coaches Gilliam, Reno, and Roberson

**Wednesdays: ------ June 17 & 24 ------ July 1** All of these camps are held at Bear Creek Regional Park East near the Park Headquarters. Take highway 24 west to 21st street. Go south on 21st st to the light and turn left onto W. Rio Grande Street and right into the Lower Bear Creek Regional Park East entrance. Drive to the first paved parking area, which is the headquarters. **Be there before 7:00 AM so we can begin the health screening right at 7:00, but please stay in your vehicles until a coach gestures for you to exit.**

**Fridays: ------ June 19 & 26 ------ July 3**  All of these camps are held at North Monument Valley Park. Take Uintah St. to Cascade Ave. Go north on Cascade and turn left onto Fontanero. Head west on Fontanero 3 blocks to Monument Valley Park. We will meet at the small parking lot where the road meets the park. **Be there before 7:00 AM so we can begin the health screening right at 7:00, but please stay in your vehicles until a coach gestures for you to exit.**