

# *Finger Lakes Fleet*

## Club Policies

This is a club that emphasizes a dedication to excellence. Athletes are invited and expected to demonstrate outstanding effort, character, and sportsmanship.

### **Alcohol and Drugs**

Alcohol, tobacco, and drug use are strictly prohibited. Not only is their use in violation of school policy (and the law!) but their use explicitly counteracts the goals that we are trying to achieve. Team members must refrain from the possession, consumption, purchase, or sale of these substances and should not attend any function at which there is underage use of these substances.

### **Communication**

- 1) Runners must respond via TeamSnap if they will or will not attend practice, runs, team events, and/or competitions.
- 2) A practice or team event will be cancelled if there are less than 5 athletes who have replied that they will attend.
- 3) Failure to effectively communicate attendance is grounds for dismissal from the club.

### **Practices and Attendance**

- 1) Workouts will be emailed to athletes. Athletes who are not able to complete these workouts due to injury or fitness level should not attend.
- 2) Athletes must arrive to and depart from workouts/events/competitions on time. The coaches cannot be held responsible for athletes outside of workout/event/competition times. We thank you in advance for being respectful of this.
- 3) Distance running requires that we practice on local roads and trails. It is imperative that athletes maintain high standards of safety and courtesy when running! While on the road, athletes should run on the left side of the road with no more than 2 people across at all times (moving to single file when a car approaches). In times of little daylight, athletes will be required to wear reflective vests. When on trails, athletes should not block trails or run in packs that block trails, and they are expected to wear reflective vests in times of little daylight and/or during seasons when hunting is allowed on surrounding properties.

### **Sportsmanship and Personal Conduct**

Your conduct and attitude are a reflection of you, your family, coaches, and teammates. Represent them all in a positive, sportsmanlike manner with excellence and integrity. No one person is above the **team**. Everybody on the team is important and deserves your **respect** and **encouragement**. Unsportsmanlike conduct will not be tolerated and repeated offenses will be grounds for dismissal.

### **Equipment and Implements**

Good running shoes are a must for the season. They will help you stay injury free. Spikes are the only meet apparel not provided. They are not required but will help your performance. *If you need assistance procuring running shoes or racing spikes, please speak with a coach.*

In addition:

1. Please dress for the weather. We will be outside, we live in central New York, and you will need to bring clothing appropriate for whatever Mother Nature throws at us, be it hot, cold, rain or snow. This means hats and gloves/mittens in the cold and planning to bring layers on most days. It is always recommended that you bring extra layers on meet days.
2. Water bottles **and running watches** are required at all practices and meets.

## **COVID-19 Protocols**

1. Athletes are expected to self-screen before attending any and all Finger Lakes Fleets practices or events:
  - Have you been diagnosed/tested positive for COVID-19 within the past 14 days?
  - Have you experienced any symptoms of COVID-19 within the past 14 days (cough, shortness of breath, fever, chills, muscle pain, sore throat, new loss of taste or smell, and (less commonly) nausea, vomiting or diarrhea?
  - Have you knowingly been in close contact (less than 6 feet for more than 10 minutes) with anyone who has tested positive for, or been diagnosed with, COVID-19 within the past 14 days?
  - Have you knowingly been in close contact (less than 6 feet for more than 10 minutes) with anyone who has symptoms, or had symptoms, of COVID-19 within the past 14 days?

If you answered YES to any of these questions, you may NOT attend the Finger Lakes Fleet practice or event nor should you interact with others outside your household. Monitor your health and consider being tested.

2. Temperature may be taken upon arrival at practices and events.
3. Athletes must wear a mask/face covering any time that s/he is not actively running.
4. When running, athletes may remove their face coverings *as long as* they maintain 6 feet of distance between any other individuals.
5. Water bottles may not be shared under any circumstances.
6. Athletes should bring their own tissues and hand sanitizer and be prepared to remove all of their own trash (ie used tissues, wipes).
7. Athletes must indicate their intention to attend team practices/events via TeamSnap and attendance will also be taken by a coach. Should contact tracing be necessary, we will use these methods of documentation to assist.