



Virginia Commonwealth Games Track & Field Guidelines:

1. Parents/Coaches are encouraged to supply their players with antibacterial wipes and hand sanitizer for disinfecting and cleaning hands in between events.
2. Players are allowed to wear face covering if they choose.
3. Coaching can occur onsite, but coaches and athletes must maintain a minimum 6 foot distance from all participants.
4. Participants must use their own equipment and avoid touching each other with their hands. Any teams with shared batons must sanitize before and after use.
5. Spectators must practice social distancing while at the track facility. Bathroom facilities would be the exception in this requirement.
6. All spectators should remain at a six foot distance unless you are family.
7. Face coverings are highly encouraged at the facility.
8. Frequently touches areas will be sanitized multiple times daily.
9. No shared water coolers will be allowed. Athletes should have their own cooler or container with their name labeled on that item.
10. Participants and volunteers must wear gloves to move any track and field equipment such as starting blocks, hurdles, shot put, discus, etc.
11. No more than 250 spectators are allowed in the facility at one time. No more than 75 volunteers, officials and participants are allowed on the track surface at one time.
12. Spectators must enter and exit through gates A & B. Athletes must enter and exit through gate C.
13. Runners will use every other lane during the competition.

We realize that these restrictions are not normal for us, but we must follow these rules in order to run the event. As always, our main concern is the

health and safety of our players and their families.



SPECTATORS MUST ENTER AND EXIT THROUGH GATES A & B.

ATHLETES MUST ENTER AND EXIT THROUGH GATE C.