



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

TEAM IDAHO INFORMATION SHEET 2020 COVID-19 EDITION

PURPOSE OF THE CLUB

Welcome to the YMCA Track Club: Team Idaho! Team Idaho is in its 41st year with the purpose of giving kids an opportunity to learn proper techniques and drills that would help them improve in Track & Field. The Club sponsors a Cross Country and Track & Field team. Both have been very successful competitively, producing top athletes in Idaho and at the National level. Many of our athletes have brought home medals from the National Junior Olympic Track Meet held once a year, including a record setting National championship. Our boys and girls Cross-Country teams have won many national titles and a numerous runner-up titles.

While our coaching staff and members are very proud of YMCA Team Idaho's accomplishments, our primary focus is in developing each and every member to his/her best ability at all skill levels from the beginner to advanced kids. Our main goals at YMCA Team Idaho is in developing good sportsmanship, a sense of fair play, team spirit, the setting and reaching of individual goals, and a healthy attitude towards competitiveness.

Team Idaho provides an opportunity for athletes to compete in many different track & field events. More importantly, it offers social interaction and a fun, friendly learning environment for low-key training to high quality competition. Athletes compete against other athletes at their same age/ability level. For the advanced elite athlete, special programs can be set up to meet their needs. Contact head coach Tim Severa for more information.

If you are 6 years old or older, come out and join the fun, join the Team! Team Idaho!

Remember THE FOUR CHARACTER VALUES: HONESTY, RESPECT, RESPONSIBILITY, & CARING will make your experience the best possible for everyone.

This season will be different than past seasons! Due to the Covid-19 pandemic, we are following State guidelines and have safety protocols in place to help protect your athletes, our coaches and YOU! This will be a constantly changing season. As restrictions lift, how we do things will change. We appreciate your understanding and going with the flow as we do! We only hope this is for this summer only!

Team Idaho Track Program will follow all YMCA association policies for COVID training!

Each site will follow a specific screening process for their individual site. For example, Mt. View, Boise High, and Eagle will each have their own plan that will adhere with YMCA Screen Policy.

- Sanitation Tables and tents will be set up with PPE, sanitizer and disinfectants for staff to distribute to areas that need to be cleaned.
- Health Checks as recommended by the association will be done prior to each practice on all staff and participants. Staff will arrive 15 min early for staff checks and set up.
- Staff will be expected to use masks and appropriate PPE while shift
- All practice sites will have Portable restrooms with hand sanitizer available.

Check In/out Procedures: Hands Free for Parents!

- Check in/out tables will be set up outside the track area
- Staff will ask screening questions to participants, parents and take temperature.
- There will be one entrance/exit to the site/track for participants and staff. The check in/out site will give enough room for participants and parents to properly social distance in line. Cones will be set up every 6 feet to ask parents and kids to wait in line until the next staff is available.
- Staff will assign a coach to each child and the child will stay with that coach and group for the week.
- All participants over the age of 11 will check in/out with the lead staff without signing, only verbal recognition.
- Youth under age of 11 will have parents verbally sign in/out their child verbally. Proper identification for those under the age of 11 will be necessary to pick up as required by the association. PARENTS CANNOT LEAVE UNTIL SCREENING IS DONE!
- Participants will be asked to wash their hands when arriving and leaving the facility at the Hand washing station.
- For this season, we discourage parents and spectators at locations, if parents/guardians stay they will be asked screening questions as well, temp taken and shown the area for spectators – the area will be marked with social distancing instructions. Anyone staying at the site must partake in screening.

Practice Location Plans to abide to social distancing:

- Participants will go to their individual coaches, which will be stationed at different areas around the track to allow distance between groups.
- Cones will be set up to help maintain the 6ft social distancing for warm ups and stretching.
- Use every other lane as to keep the social distancing on all sides of the track. With the track we have a large area to work with, so doing workouts and social distancing will be easily accomplished.
- Groups will be separated so that there are **no more than 18 youth in any group**. Youth will be kept in the same groups all week to keep minimal contact between youth and staff.
- Athletes will be told to bring their own water bottle as we will not provide water for a group hand out. We will bring bottled water for those who don't remember to bring water.

What will event areas look like:

- **Distance runners:** All distance runs and workouts on the track will be done with the 6 ft. social distancing by running in every other lane. This will include stretching and core before and after.
- **Advance Distance Training:** All distance runs and workouts on the track will be done with the 6 ft. social distancing by running in every other lane. This will include stretching and core before and after. Running off site will also require participants to social distance while running on trails and/or greenbelt/road.
- **Sprints:** All sprint workouts will be done by individual athletes spaced out by every other lane and 6 ft apart marked by cones. Blocks will be set up by coaches with gloves and masks to minimize touching of equipment.
- **Long jump & Triple Jump:** Athletes will stay at least 6 ft. apart and runways will be equipped with cones to designate the distance and go one by one on their jumps. They will stay 6 ft. apart after their jump.
- **Shot Put & Discus:** Each athlete will be asked to bring their own implements and only use their own implements. Each athlete will retrieve their own implements. For those who don't have implements we will sanitize our implements and assign those athletes one of our implements and they will use that implement only. We will of course have sanitizer at throw area to encourage them to sanitize their

hands during the practice session. We also could use wipes to clean the implements if they must be shared. All shot puts and Discus's will be thoroughly cleaned between practices.

- ******High Jump& Pole Vault – we are still determining if we will hold these events. Below are some ideas if we go forward with these events. No High Jump or pole vault will be held June 8th and may not be held this summer.**
 - **High Jump:** We would use UV-C Led Sanitizing Wands to sanitize the high jump matts following each jumper. Each jumper would do 3 jumps in a row to minimize sanitizing the pits. Coaches will be putting the bar up with gloves to avoid athletes touching the bar or bungie. The pit will be sanitized between athletes.
 - **Pole Vault:** We would use UV-C Led Sanitizing Wands to sanitize the Pole Vault Matts after each athlete jumps. Each athlete will be asked to take 3 jumps in a row to minimize the need for sanitation. The Pole they are using and the Mat will be sanitized after their 3 attempts. We hope to assign athletes to one pole so we can sanitize before and after practice like we will do after the throwing events. If a pole is shared, we will make sure after each jump the athletes washes their hands or uses hand sanitizer

COMMUNICATION

The seasonal parent meeting will be done via email with sending out the information. Main communications will be done via Player Space, with emails being sent weekly or when needed with important updates. PLEASE READ EMAILS THOROUGHLY! They can be lengthy at times, but most of your information will be in them! Any further questions can be emailed to Jack.ward@ymcatvidaho.org or 208-344-5502 x270.

COACHES

Tim Severa, director and head coach, has been with the club for 41 years. Tim directs the total program and directs the travel and coaching assignments. Tim himself is an avid distance runner and is responsible for many fun runs in the Boise area. He is very dedicated to the sport and to our young athletes in general. We are very proud to have his expertise and dedication. Thank you Tim! Jack Ward is our coordinator who oversees the operations of Team Idaho. Our coaching staff is made up of past track competitors, current competitors, and many local HS head coaches and assistant event coaches along with former college coaches. The expertise of these paid & volunteer coaches is invaluable to us! While their backgrounds and experience vary, they all have one thing in common: They all love to work with and develop the capabilities of young athletes in Track & Field. TRACK ROCKS!!!! ***The number of coaches depend on the number of athletes*

enrolled. The quality of our coaching will not be any different. Possibly just the quantity than past seasons. This is all temporary due to Covid-19.

PRACTICE SITES

Below is a list of all practices available this summer! Sometimes you may want to move to another practice as you establish a relationship with a coach or need specialty coaching. We are OK with that, but please make sure your coach knows that you're planning to do that. We are trying to help you in every way to reach your goals. *****Morning practices will be 11a-12:30p until further Covid restrictions have been lifted.**

Boise High: M & T... 9 a.m. – 10:30 a.m. **(AM practices begin June 8th)*****
M & T...6p.m.-7:30p

Mtn. View: M & T... 6 p.m.-7:30 p.m. (Youth, Teens, Masters)
M, T, & W... 6 p.m.-8:00 p.m. (Advanced)
M & W... 9 a.m. – 10:30 a.m. **(Youth, Teens; AM practices begin June 8th)*****

Eagle: M & T.....6p.m.-7:30pm

Pole Vault Practices TBD

NO PRACTICES ON HOLIDAYS!!

ALLCOMER MEETS

All comers Meets: We are working on some options for these meets. If we can come up with a safe way to host, we will be hosting them in July & August. We may have site competitions for our kids. We are working on a safe way to host these competitions if the association would like to do so.

JUNIOR OLYMPIC MEETS

USATF has cancelled their 2020 summer season meets. So no Association, Regional, or Nationals this year.

USA TRACK & FIELD CARDS: Since our club is USATF sanctioned, USATF cards are required of anyone who wishes to compete in any Junior Olympic meet, including the State Jr. Olympic meet. The cost of the card is approximately \$20 and provides supplemental insurance to and from all USATF sanctioned meets as well as during the meets and practices. The cards are good for one year and can be used for the 2020 Cross-Country season and beginning of Indoor track season as well. A USATF card can be obtained by going on-line to www.usatf.org. Our Club number is: 7

YMCA TEAM IDAHO T-SHIRTS AND WARM-UPS

YMCA TEAM IDAHO will have a team store open where you may purchase a uniform or other awesome team gear!

<https://ymcatrack.itemorder.com/sale>

Store closes June 10!!! ORDER SOON!

You do NOT have to purchase a uniform, but we suggest that you do so you have your own uniform and not have to worry about checking one out! These uniforms are also used for our cross country, indoor and summer seasons! We do have some available for check out for travel meets. Uniforms are required for State, Regional and National meets! We encourage you to wear them for all comer's meets as well.

Team Idaho uniforms consists of warm-ups, singlet and shorts. These items may be checked out prior to the Junior Olympic Meets (at no cost) and should be returned (in good condition) at the end of the season. Participants who do not return uniforms, will have their accounts charged, which is generally \$68 for Singlet and Shorts, and \$80 for Warmups. Our sponsors this year are Bandanna Running and Walking, which is located at 504 Main Street in Boise, and Domino's Pizza. Athletes that are planning on attending the Regional Junior Olympic meet and also are considering traveling out of state are required to check out the uniforms or purchase one. Uniforms can be purchased by contacting Jack Ward at 208-344-5502 x270. Uniforms can also be purchased through our Team Store at the beginning of the summer.

SHOES

Good supportive shoes help prevent injuries. A running shoe that offers good arch support is preferred over a court shoe. Shoes should be reserved for practice and competition only to keep them in top condition. For the serious competitor, track shoes with spikes are recommended for some events. Practicing in spikes is not recommended. Your coach will tell you when to use them in practice. See any of the our coaches for more details. This equipment is available at several local sporting goods stores. We recommend you go see our sponsor [BANDANNA RUNNING AND WALKING STORE AT 504 Main St. in Boise \(386-9017\)](#) for all your track equipment needs. We have a limited number of used track shoes that can be borrowed. The club would appreciate the donation of any track shoes that you are no longer using. Track spikes are recommended, but not required. THEY HELP MAKE YOU FAST AND THEY LOOK REALLY COOL. Contact Jack Ward 208-344-5502 x270.

BRING YOUR OWN WATER BOTTLES!!! NO SHARING ALLOWED!

PLEASE PRACTICE SOCIAL DISTANCING!

This will is a very unique season for all of us! We ask for your patience as we navigate a different season this summer! We are excited to get back to coaching your amazing athletes!

Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

The Treasure Valley Family YMCA ("the Y") has put in place preventative measures to reduce the spread of COVID-19; however, the Y cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending the Y could increase your risk and your child(ren)'s risk of contracting COVID-19.



By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending the Y and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the Y may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Y employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance at the Y or participation in Y programming ("Claims"). On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless the Y, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the Y, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Y program.

Signature of Parent/Guardian Date

Print Name of Parent/Guardian Name of Participant(s)



Supplemental Registration Form

Child's Name _____ Age _____ Circle One: Male or Female

1st Guardian Name _____ Home Number _____
Cell # _____ Work # _____

2nd Guardian Name _____ Home Number _____
Cell # _____ Work # _____

If the above person(s) can't be reached please contact:

Name _____ Phone _____ Relationship _____

Pick-up Authorization:

All Children 10 and under MUST be signed in and out by a parent or guardian.

I authorize the person(s) listed below to check out/pick up my child from this program. I understand that anyone listed must provide photo identification and anyone not listed will NOT be allowed to check out/pick up my child. *Please list first and last names of authorized individuals.*

1st Name: _____

2nd Name: _____

Are there any special needs our program staff should be aware of? YES ___ NO ___

If yes, what are they? _____

Parent/Guardian Signature: _____ Date: _____

Participants Emergency Information:

Child's Doctor: _____ Phone: _____

Child's Dentist: _____ Phone: _____

Insurance Provider: _____ Group Number: _____ Policy Number: _____

Hospital Preference: _____ Allergies: _____

Medications Needed/Frequency: Please fill out the Medication Release Form.

Risk Waiver

I/We, _____, as legal guardians of the minor child listed above, consent to any x-ray examination, anesthetics, medical or surgical diagnostic or treatment procedure deemed necessary for the child's treatment by our physician or the emergency physician on duty at a licensed hospital. It is understood that this consent is given in advance of any specific diagnosis or treatment being required, but is given to encourage said physician to exercise his or her best judgment as to the requirements of each diagnosis or treatment. This consent shall remain in effect for the duration of the YMCA program unless sooner revoked in writing and delivered to said physician. I understand that there are inherent risks associated with my child participating in YMCA youth programs and approve of him or her participating in the camp activities. I certify that my child is in normal health and capable of participating safely in camp activities and the YMCA or any of its sponsors, employees or volunteers will not be held liable for any physical harm incurred to my child as a result of this program. I also understand that I will not hold the YMCA responsible for injury in which my child may be involved, occurring to and from the YMCA camp. I give the YMCA staff permission take and utilize photographs of my child while in the program for marketing purposes. In the event I cannot be reached to make arrangements for emergency attention at the time of an accident or illness, I hereby authorize the Treasure Valley YMCA to make immediate and appropriate arrangements for authorized personnel to take my child to the nearest emergency facility for treatment deemed necessary by the YMCA staff.

I understand that if my child becomes a discipline problem I will be called to pick him/her up.

Parent/Guardian Signature: _____ Date: _____