

Sept. 21, 2020

Dear Parents/Guardians and Athletes,

In an effort to keep students active, motivated and physically and mentally healthy, we are creating a running club where students can safely participate and support each other in achieving athletic goals. While nothing is no risk, running has very minimal risk due to no shared equipment, the ability to maintain distancing and being strictly outdoors. Athletes can also choose to participate entirely virtually if they wish and benefit from the support and encouragement offered through an online community.

Athletes will be encouraged to set a personal goal to work towards with the support of coaches and fellow athletes. The goal may be simply completing their first 5K run, a mileage goal for the month they can track (eg. running enough kms to complete a marathon over the month) or setting a PB (Personal Best) at a chosen distance anywhere from 2.5k to 10k.

FOR ATHLETES THAT WISH TO ATTEND PRACTICES.

We are hoping to meet two days a week, after school. These days will be weather-dependent, but we will look towards meeting on Tuesdays and Thursdays. We will generally run at the school track, the Rail Trail and use the trails at Glebe park, which is about one km from the school.

In order to do this as safely as possible, all athletes must agree to abide by these protocols.

- 1) Athletes will meet outdoors at the track. Masks will not be required if **a distance of 2m is maintained between athletes at all times**. This may look like running on opposite sides of the track or trail or stagger starting intervals to allow for more space.
- 2) The athletic change rooms will not be available to runners as these are used only by phys ed classes. Athletes are encouraged to wear their athletic clothes on days they will practice if possible. Otherwise, they may change in their personal vehicle or the track shed can be used as a change area. The windows will be covered in the shed and athletes may change one at a time and sanitize their hands before entering and exiting this area. This is a keyed door and only the coach will permit an athlete to enter.
- 3) Athletes are asked to be as mindful as possible of respiratory droplets. It is strongly suggested athletes have tissues or a handkerchief (that is washed regularly) on hand at practice and use proper hygiene with nose-blowing and refrain from spitting.
- 4) No athletes shall share food or water bottles.
- 5) Any athletes that are feeling unwell or exhibiting any of the symptoms in the COVID-19 self-assessment are asked to not attend practice.

Please initial that you understand, agree to and will abide by our safety protocols.

Parent/Guardian:

Athlete:

FOR ATHLETES THAT WISH TO ENGAGE IN VIRTUAL COMPETITION USING THE STRAVA APP

In an effort to provide some competitive opportunities for students, we are going to attempt to use the app Strava for which students can create a personal account. This app is available for free and can be downloaded onto a cell phone. Athletes can use their phone to record their run or Strava can be synced with various fitness watches. Manual time entries can also be made. Instructions will be given on how students can make their profile 'private' vs. 'public'. As well, any member of our virtual HHSS Running Club must be 'admitted' by the coach. Students can view and encourage each other by giving fellow athletes a thumbs up on their runs. Please visit their website to learn more: <https://www.strava.com/features>. Students will be expected to abide by our code of conduct with all virtual communications and keep all interactions positive and respectful. There is no private messaging on the Strava forum that would not be visible to coaches.

Strava can provide various opportunities for VIRTUAL COMPETITION, including:

- competing against staff for weekly mileage goals
- competing to be the 'King or Queen of the Mountain' on various segments (routes) that have been created near the school
- following and competing with athletes from other schools in our region for fastest pace times over set distances. These athletes will also only be 'admitted' by the coaches from participating schools.

Using Strava is not required to participate in the running club, but athletes may wish to use some of the tools or compete virtually using this format. Likewise, athletes may choose to just collaborate virtually and train independently instead of attending in-person practices.

PARENT/GUARDIAN: Please initial, giving your permission for your athlete to participate in our Strava virtual community.

ATHLETES: Please initial, agreeing to abide by our Code of Conduct with all electronic communications.

If you have not done so already, please ensure you have also completed the medical form: [INSERT LINK HERE](#)

Please sign up using the google form, indicating HOW you wish to participate and your goals as a runner.

Thank-you and looking forward to working together to reach some goals and staying fit, healthy and happy!

Please don't hesitate to contact me if you have any further questions.

Ms. Karen Gervais (coach)
karen.gervais@tldsbc.on.ca

PERMISSION TO PARTICIPATE

Please sign indicating you have read and understand the accept the risks, safety protocols and give your athlete permission to participate in our Red Hawk Running Club.

Parent/Guardian signature: _____