



All In-Person Events are Voluntary

Athletes who are unable or uncomfortable traveling or attending these workouts may still participate by joining the zoom. For more details on using zoom, please review the posted monthly training schedule by clicking [HERE](#).

Safety Protocols (Updated 10.25.20)

1. Prior to In-Person Training Protocols:

- a. All student-athletes and staff should practice caution and self-quarantine for 14-days if they have:
 - i. Visited locations deemed under travel advisory by NY State will complete a mandatory 14-day quarantine. To see which states are under travel advisory, please click [HERE](#)
 - ii. Tested positive or someone they have interacted with has tested positive, they will be asked to complete a 14-day quarantine from in-person Beat the Streets practices from the last date of symptoms or interaction.
- b. All student-athletes and staff will be required to have a 2020-2021 BTS Membership. Included in this membership registration form is an e-waiver stating they understand the risks of in-person training as well as agree to comply to all safety precautions and protocols prior to participation in any in-person training. To register for the 2020-2021 Membership, please click [HERE](#)

2. During In-Person Training Protocols:

- a. All in-person training at this time will take place **outdoors** at Riverside Park. Athletes and staff will meet at 116th Street and Riverside Dr across from Columbia University.
 - i. We ask that any student-athletes or staff that do not feel well do not travel to practice.
- b. **Check In** - Participants should arrive 10-15 minutes before training.
 - i. All participants and staff must wear a mask during check in, throughout practice, and clean up.
 1. Any student-athletes and staff without a mask will be given a mask by Beat the Streets.
 - ii. Hand sanitizer will be provided by Beat the Streets to all participants.
 - iii. All participants will undergo a health screening that includes an infrared thermo scanner to check temperature as well as a quick symptom questionnaire.
 1. Any student-athlete and staff with a temperature higher than 99.7, will be immediately sent home from the practice.
 2. Should any student-athlete and staff that answers yes to experiencing symptoms will be immediately sent home from practice.
- c. **Training** - Student-athletes will be split into pods with staff members of 10 or less persons. These pods will be separated into various areas of the park. Pods will remain together for the course of training to limit cross contamination amongst members.

- i. Student-athletes will have the choice to participate in contact and non-contact training.
 1. Those who wish to make physical contact, will be assigned to a group of three based on size and experience within their pod.
 - a. Student-athletes in a group of three will be allowed to make physical contact such as hand-fighting and ankle-band wrestling only with those within their group so that we may limit any possible cross contamination.
 - b. Should only one person within this group of three attend practice, the present athlete will not be allowed to join another group. In this situation, the student-athlete will be required to participate in non-contact training for the day.
 2. Those who wish to participate in non-contact training will maintain socially distanced training while following the same workout of other athletes within their pod of ten. At no point should physical contact occur either in check in, workout, or clean up post practice for these student-athletes.
- ii. Cones will be used to maintain safe distances between athletes and/or groups of three.
- d. Student-athletes who do not follow any safety restrictions will be sent home from the practice.
- e. Should an athlete within a pod become sick, the entire pod they will complete a 14-day quarantine from in-person Beat the Streets practices before resuming.

3. After In-Person Training Protocols:

- a. Beat the Streets will provide Clorox wipes and hand sanitizer post training for student-athletes and staff to sanitize cones as well as use for personal use if needed.
- b. Attendance records and pod records will be submitted to Beat the Streets for accurate record keeping and potential contact tracing.
- c. Should a student-athlete or staff member become sick, they will report their sickness to Beat the Streets Program Director Emma Randall immediately. They should also seek medical treatment of their local doctor and request Covid19 testing. Test results should be reported back to BTS to ensure the safety of others.
 - i. To contact Coach Emma, you may email ERandall@btsny.org or call 937-409-2440
 - ii. Once BTS has been notified of an ill student-athlete or staff member, they will reach out to each member of their training pod to notify them of the ill pod member. This pod will complete a mandatory 14-day quarantine from BTS practices.