

## Cross Country Program FAQ Sheet

### ***Will my family be required to wear a mask?***

- ALL Spectators and Coaches must wear a mask for the entire duration of the activity they are attending when unable to social distance. (Unless under the age of 2)
- Participants will be required to wear a mask upon arrival and any time they are not on the field. Once a participant is on the field of play, they can remove their mask. When exiting, they must put it back on.

### ***Where will I be able to sit during activities?***

- All spectators will be required to sit behind the designated spectator line.
- Spectator lines will be indicated surrounding each field.
- Please bring chairs or blankets if you need seating.

### ***What is expected of me prior to attending the activities?***

- Parents are required to self-assess their children and additional persons they are bringing before attending each activity. If symptoms are present or attendees have recently been exposed to someone with COVID-19, please do not attend the activity and notify our designated COVID-19 Full-Time Staff contact.
- All attendees are encouraged to stay in their vehicles until 10 minutes before their scheduled activity start time. This will allow the attendees in the prior event time to make their way out of the park.

### ***Should we make a snack schedule for our group?***

- All distribution/sharing of snacks is prohibited. Parents are responsible for bringing necessary beverages or food for their family only.

### ***What equipment do I need?***

- The Town will be providing each team with cones to complete necessary drills. This equipment will be sanitized between uses by different teams. Players are instructed to bring any other individual equipment that is required.

### ***What will the season schedule look like?***

#### ***Divisions***

- 9U Coed
- 12U Coed
- 15U Coed
- 4 Weeks of training sessions/activity.
- 2 activities per week.
- In the final week, the last session of the season will be a Cross Country meet for the teams running in the current session with Fuquay-Varina Parks and Recreation.
- This 4-week program is designed to teach the sport of cross country. Including all, but not limited to stretching, proper conditioning, and correct running practices. The program is designed to teach all these aspects through instruction, running, and entertaining games.