



Dear Parents and Athletes,

As we face a lot of unknowns moving forward with all areas of life, I wanted to let my polevault families know how our PV club is handling the new and temporary rules. These have been set by Fayetteville Public Schools and the AAA as they try to figure out how to safely serve all public education teams statewide.

NWA POLEVULT CLUB SUMMER PROTOCOL

FPS and AAA rules and guidelines

First and foremost, we are NOT allowed to have non-Fayetteville Public School athletes using facilities through the summer and most likely through December 2020.

NEW LOCATION sessions begin JUNE 1, 2020

We have decided to set up a new runway and the Vaultchick pit at our house in Farmington, AR and wanted to open up to large group practices (no more than 10), and small group private sessions (no larger than 5). This is open to all of our vaulters. Sign up information below.

WHERE TO SIGN UP and COST?

All information will be on www.NWATRackclub.com regarding sign ups, times, dates and how many slots are left. Click on the SIGNUP GENIUS tab next to the sessions you want to look at.

Small groups will workout in the mornings. No more than 5 per group. Dates on on the website in the signup genius link. Cost is \$40. Hour and half vault session and 30 min strength and conditioning work.

Large groups will workout in the later afternoons. No more than 10 per group. Dates are on the website in the signup genius link. Cost is \$25. 2 hour sessions. Greg and I will be doing these together.

LIABILITY WAIVERS and PROTECTING EACH OTHER

1. I have attached a document and can also email if the attachment doesn't work, as well as the packet is on our club website.
 - a. **You will need to print and sign and turn in these documents prior to the first polevault practice.**
 - i. **Release of liability**
 - ii. **Release to treat medically in an emergency**
 - iii. **Consent to train knowing the risks of doing so in a pandemic**
 - b. **IT IS REQUIRED** to have this signed and turned in prior to any participation at the Bennett household.
 - c. We will have clorox wipes to be used at the discretion of the vaulter if they choose to wipe down a pole handle when sharing and it is advised to either wipe down or use hand sanitizer.
 - d. We will spray down handles of poles after each practice.
 - e. **It is on the athlete to bring their own hand sanitizers** if they wish to disinfect their hands when sharing poles. If I can find any anywhere I will provide it!
2. Large group sessions (10 athletes max) cost is \$25 and VENMO is preferred.
Cash is accepted too sealed in an envelope with dates written on it and athletes' name.
3. Small group session sessions (5 athletes max) cost is \$40.
 - a. When paying, please document the dates of payment through the venmo comments.
 - b. If you have to pay cash, please seal it in an envelope and I will have a place to drop it in. Please put the vaulter name and date of session.
 - c. No other forms will be accepted.
4. You can use our bathroom on site, but not be allowed to be in the house except for that reason. Hands washed for 20 seconds after is required. Hand sanitizer before going in house is required.
5. Please bring your own water jugs.
6. I will have a hose hooked up if you need to fill your water bottles.
7. We will use www.nwatrackclub.com/ to have a sign up link to Signup Genius.
8. You can always cancel through Signup Genius.
9. We have limited pole selection.
10. Vaulters can bring their own and will not be allowed to share with others.

11. Goal is to get technically better, not necessarily work on PR's. Be ready for a lot of drills and short run work.

It is very important that you have had mystery symptoms that are not allergy related or fever in the 2 weeks prior to your practice, you cannot come to practice. We have to protect each other, be smart and stay home if there is even a question.

Sessions can be scheduled at our website www.NWATrackClub.com on the front page or up in the menu under BOOK ONLINE.

We really appreciate everyone's patience, care and concern for each other and are very excited to start working with our athletes again! Email or text April with any questions or concerns.

See you soon!!

**April Steiner Bennett &
Greg Culp**