

# Best Practices for Track Sports under COVID-19

*When we come together for a competition, even when the participants are individuals, not teams, there is a risk for transmission of illness.*

*These best practices can help outline how you can safely enjoy BMX and other racing venues.*

## Wait to Participate

If you are sick, please stay home.

If you have symptoms of any illness, contact your health care provider about being screened for COVID-19.



## Stagger Schedules

Consider options in scheduling to reduce the number of people at a location or facility at one time.



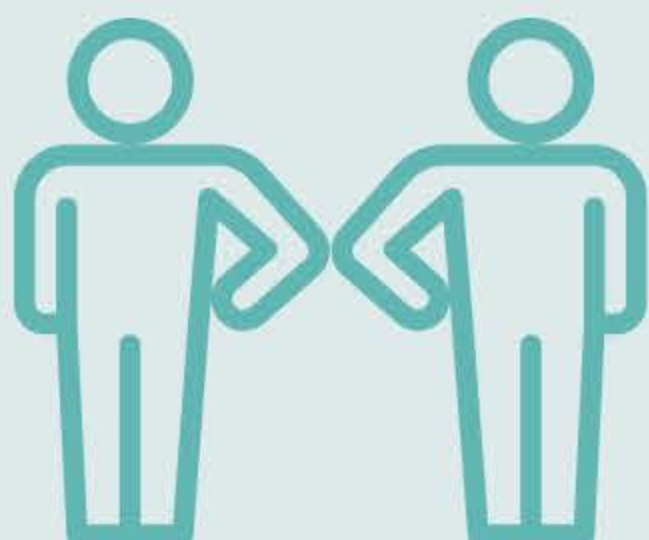
## Limit Shared Equipment

Suspend the use of shared or loaner helmets, ask riders to bring their own and encourage riders to wear gloves.



## Celebrate Differently

Refrain from handshaking and high fives, encourage fist bumps as a way to say great job, instead.



## Encourage Physical Distancing

Place markers on starting blocks, waiting decks and other areas, indicating where to stand to maintain distance of 6 feet between people at all times.



## Ensure Crowd Control

Limit any non-essential visitors, spectators, volunteers and activities involving external groups or organizations.



Discourage anyone outside Mesa County from attending.



## Encourage Hand Washing

Install portable hand sanitizing stations and/or hand washing stations.