



CCFY Safety Guidelines

Cross Country for Youth is enacting the following protocols in order to keep our students safe and their families. We ask that the students and their parents review before participating.

BEFORE YOUR COMPETITION

- Everyone must obey the social distance rule of maintaining a minimum of **SIX FEET** at all times
- Please arrive **NO MORE than 60 minutes** before your scheduled race.
- Instead of a traditional hug or handshake before or after you run, we recommend a friendly nod, a tip of your cap, or a simple wave as a form of greeting or sportsmanship.
- Please bring your own face mask. Face masks will be required to be worn before and after races but not during the race.
- Infrared thermometers will be used to check temperature prior to each race.



AFTER YOUR COMPETITION

- After your race is over, do not gather at the park or any other common area..
- At this time, we will not conduct traditional Award Ceremonies. Results and team scores will be emailed to you.

OTHER IMPORTANT PRECAUTIONS FOR STUDENTS AND PARENTS

- If you are sick or at risk, please stay home.
- Please bring your own water, as water won't be supplied.
- Wash your hands frequently. If you can't wash them at the park, use hand sanitizer.
- Avoid touching your face, including your mouth, nose, lips or eyes.
- Ceremonies. Results and team scores will be emailed to you.

Virtual Program Activities



OUTDOOR ACTIVITIES *(continued)*

CROSS COUNTRY DRILL DEFINITIONS

- PUSHUPS** – Strength building exercises to strengthen the pecs, core, deltoids, and triceps muscles.
- BUTT KICKS** – Is a form exercise that trains the hamstrings to contract forcefully as the feet land.
- HIGH SKIPS** - A form exercise that develops powerful push-offs and greater knee lift
- HIGH KNEES** – A form exercise that develops strength and endurance in the hip flexors.
- HAMSTRING STRETCHES** - Cool down stretches to improve the flexibility of the hamstrings.
- CARIOCAS** - An exercise to improve coordination and flexibility of the hips, groin and abdomen
- CRUNCHES** – Is a strength exercise that strengthens students' abdominal muscles



CROSS-COUNTRY FOR YOUTH
www.crosscountryforyouth.org

Check us out on Social Media



CROSS-COUNTRY FOR YOUTH

VIRTUAL

PROGRAM

CROSS-COUNTRY FOR YOUTH

CROSS-COUNTRY FOR YOUTH

Attitude is Everything!

www.crosscountryforyouth.org



The 2020 season has been like no other in our organization's history. With the pandemic front and center in our lives and uncertainty everywhere. We made the decision to create a virtual program. We knew that our youth would need a program that provided them a safe outlet to participate in cross country training and competition. In addition, we felt that the character, nutrition, and mental health curriculum would be a great foundation.



CLASSROOM ACTIVITIES



ONLINE: Character Education
The character messages and activities will include a key message which will be presented by a young adult. Examples of the messages include discipline, sportsmanship, perseverance, commitment, courage, teamwork, integrity, leadership, respect and responsibility.



ONLINE: Nutrition Education
We will be covering the main parts of the MyPlate icon (fruits and vegetables, grains, protein, and dairy) as well as the importance of healthy eating. The video messages will be presented by young adults.



ONLINE: Mental Health Training: THRIVE
Based on six evidence-based areas of focus to promote positive mental health. **Thoughts, Healthy Thinking Habits, Resilience, Identity, Values, Emotion Regulation.** Mental Health is best thought of as having a positive view of yourself, the world and others.

OUTSIDE: Cross Country Training (at your running location)

Runners will gradually build their fitness base and will have training experiences that will promote health, teamwork and improve their overall physical condition. They will also be prepared for cross country competitions.

OUTDOOR ACTIVITIES

CROSS COUNTRY WORKOUTS

Each week, students will be able to view their **Workout for the Week** and receive instructions from their CCFY Coaches, and they can also download the weekly student workout.



CROSS COUNTRY DRILLS

From the list below a student can choose 3 drills each day for warmup prior to their workouts.

- Crunches
- Pushups
- Butt Kicks
- High Knees
- High Skips
- Carioca
- Hamstring Stretches
- Jumping Jacks & Twists

Check the back of this brochure for definitions of these drills.

