



THE 2020 ARMORY COMBINE EVENT PROTOCOLS

We have outlined the following protocols to provide a safe environment for all those in attendance on December 5, 2020.

The current situation means that we all need to protect each other and we trust you will ensure your team will do their very best to ensure adherence by everyone while at The Armory. All are reminded that if anyone is feeling sick or experiencing a low-grade fever, please err on the side of caution and do not come to The Armory.

QUICK GUIDELINES FOR COMBINE ATTENDEES

1. Anyone coming to The Armory is required to wear a mask for the entirety of their time in the facility. This includes during warm-up, cool-down and all Combine events. If an athlete does not comply with all the rules, they may lose their competition privileges.
2. Every person will answer health-related questions upon arrival.
3. Entrance is through the front of The Armory and exit will always be through the back door.
4. Windows will all remain open to maximize the amount of fresh, outside air in The Armory. Please dress accordingly and do not attempt to shut any windows.
5. There will be no access to the 2nd floor warm-up hallways.
6. All athletes should socially distance among themselves.
7. All foot traffic will be one directional in the arena.
8. Restrooms will be available on the 3rd floor, which is the arena floor.
9. Athletes who wish to warm up outside should leave through the back door and re-check in via the front door.
10. Spitting is not permitted anywhere in The Armory or in trash cans.
11. Maintenance staff will be present at the event to wipe down with disinfectant those areas that athletes and visitors come into contact with.
12. We recommend track spikes are used for The Mondo Dash, but they are not required.
13. Turf shoes or regular tennis shoes should be worn for the standing long jump, 5-10-5 agility drill and 3k medicine ball throw.
14. Cleats should not be worn for any of the four events.

PROCEDURE FOR ARRIVAL FOR COMBINE ATHLETES AND CHAPERONES

1. All athletes, student chaperones, and staff must enter through The Armory's main entrance on Fort Washington Avenue.
2. Athletes and their chaperones will be permitted to enter the lobby no more than 15 minutes prior to their check-in time.
3. Each athlete must provide a print-out of their Eventbrite registration showing what group they are in AND what time they can report. Each group has the report time located on their ticket.
4. Upon arrival all guests will have a COVID screening at the front desk.
 - a. Visitors will be unable to enter The Armory if any of the following exists:
 - i. You have experienced, or are currently experiencing, a fever, cough, or shortness of breath within the last 14 days.
 - ii. You have had close contact with an individual infected or suspected infection with COVID-19 within the last 14 days.
 - iii. You are traveling from a state that is on the NYS Travel Advisory within 14 days.
5. Once you have passed the screening in the lobby, chaperones will proceed to the 4th floor bleachers and athletes will proceed to the Hall of Fame gallery behind the front desk for check-in and height and weight measurements.
6. Athletes will then proceed to the 3rd floor apron with their belongings and prepare for The Mondo Dash.
7. Everyone must wear a mask at all times inside the facility while at The Armory.
8. Everyone must socially distance themselves and keep six (6) feet away from others inside the facility.
9. All stairways and walkways will be unidirectional. Please strictly adhere to signs and arena maps.
10. Hand sanitizers are available throughout the facility, please use them.
11. Restrooms on the 3rd floor will be open for athletes and chaperones.

PROCEDURE FOR EVENTS FOR COMBINE ATHLETES

1. The Mondo Dash
 - a. Spikes allowed but not required
 - b. No blocks, all athletes can start from a 2, 3 or 4 point stance
 - c. 8 heats of 3 with the 6 fastest times coming back to run a 2 heat final
 - d. Warm-up will be done on the oval prior to the athlete's heat
 - i. Heat 1 will warm-up on the infield starting 15 minutes prior to 55m start
 - ii. Heat 2 will warm-up on the back stretch 15 minutes prior to 55m start
 - iii. Heat 3 will warm-up on the home stretch 15 minutes prior to 55m start
 - iv. Each heat will then rotate positions as heats are run allowing heat 4, 5, 6 & 7 to have adequate warm-up time as they move in the 3 aforementioned positions prior to their heat
 1. Additional warm-up can be done outside the building prior to check-in
2. Upon competition of The Mondo Dash half of the group will proceed to the shot-put cage for the 5-10-5 agility drill and half of the group will proceed to the long jump sand pit.
3. Standing Long Jump
 - a. Spikes turf or regular training shoes allowed
 - b. Athlete will stand at the edge of the sand pit and jump into the sand as far as possible
 - c. First mark made in the sand will be measured for distance
 - d. All 12 athletes will be lined up down the long jump runway on marks laid out ahead of time, 6 feet apart
 - e. After an athlete makes an attempt they will walk to the back of the line and all the athletes lined up down the runway will move up one spot
 - f. Each athlete will receive 3 attempts
4. 5-10-5 Agility Drill
 - a. Turf or regular training shoes must be used, no spikes allowed
 - b. Each athlete will begin at the center line
 - c. The Finishlynx camera will trigger the timing upon the athletes first movement and catch their final time as they move back through the center at completion of the drill
 - d. Each athlete will be granted two attempts
5. After each half of the group has finished their event they will rotate and do the other either the standing long jump or 5-10-5 accordingly.
6. 3k Medicine Ball Throw
 - a. Each athlete will take the 3 kilogram (6.6lbs) medicine ball and throw it forward with both hands from their knees
 - b. There will be 5 medicine balls in rotation and after each ball has been thrown it will be sanitized and prepared for the next athlete in rotation

- c. The event will take place in the shot-put cage and thrown from the shot put circle toe board
 - d. The 12 athletes in rotation will be lined up along the outside of the throwing cage on marks laid out ahead of time, 6 feet apart
 - e. After an athlete makes an attempt they will walk to the back of the line and all the athletes lined up will move up one spot
 - f. Each athlete will receive 3 attempts
7. After an athlete as completed their final medicine ball throw they will gather their belongings and exit out the back of the building.

GENERAL COVID-19 REQUIREMENTS

To ensure compliance with physical distancing requirements, by entering The Armory Foundation each person will do the following:

1. Everyone must have a mask or face covering their nose and mouth at all times
2. Everyone will follow social distancing markers such as tape or signs that denote 6 ft. of spacing in commonly used and other applicable areas on the site (e.g., front desk, water stations, restrooms).
3. Markers are placed throughout the lobby, both inside and outside of all multi person areas.
4. Signage reminding people of social distancing rules, common means of preventing the spread of the Covid-19, and reminders of good hand hygiene are placed throughout the facility.
5. To maximize the amount of fresh outside air in The Armory, windows will remain in the open position when anyone is in the facility. Please do not try to close any windows, and please dress for cooler temperatures in The Armory.
6. The 4th floor seating area will be unidirectional and must be adhered to.

MASKING, HYGIENE AND COMMUNICATION

All persons will enter the building only through the front door so that we are sure that no one is entering the facility without appropriate PPE.

A. Protective Masks.

To promote safety, all persons in the facility will wear an appropriate **face covering at all times**. N95 masks, KN95 masks, disposable surgical masks, and cloth face masks are all acceptable options. If for some reason a guest does not have a face covering, there will be disposable masks available at the front desk. Face coverings must be discarded or cleaned after use or when damaged or soiled, may not be shared, and should be properly stored or discarded.

B. Hygiene and Cleaning.

To ensure compliance with the appropriate hygiene and cleaning requirements, The Armory staff will adhere to hygiene and sanitation requirements from the Centers for Disease Control and Prevention (CDC) and Department of Health (DOH) and maintain cleaning logs on site that document date, time, and scope of cleaning.

Hand hygiene stations are now located in numerous locations on each floor at the egress point of each stairwell. There are also additional hand sanitizer dispensers located throughout the facility in particular areas where traffic is highest; front and back doors, communal offices, medical rooms, and we have portable stations available if there is a need for a mobile unit for any reason. All restrooms have necessary equipment to allow for proper hand hygiene as well.

Regular cleaning and disinfection with products shown to kill the Covid-19 virus as well as a host of other viruses and bacteria will occur at least after every shift or more frequently as needed, especially for high touch areas like stairwells, doors, and restrooms., There will also be frequent cleaning and disinfection of shared objects and surfaces. (e.g. tools, machinery, track pads).

Please limit the sharing of objects and discourage others from touching shared surfaces; or, when in contact with shared objects or frequently touched areas sanitize or wash hands before and after contact.

All track equipment and maintenance equipment will be sanitized both prior to use and immediately post use.

C. Communication.

The Armory has posted signage throughout the site to remind personnel and visitors to adhere to proper hygiene, social distancing rules, appropriate use of PPE, and cleaning and disinfecting protocols.

The Armory will broadcast reminders about the new procedures over The Armory's speaker systems and jumbotron on a regular basis.

The Armory maintains a continuous log of every person, including workers and visitors, who visit The Armory; excluding deliveries that are performed with appropriate PPE or through contactless means. The Armory has policies that If a worker tests positive for Covid-19, The Armory will promptly notify state and local health departments and cooperate with contact tracing efforts, including notification of potential contacts, such as workers or visitors who had close contact with the individual, while maintaining confidentiality required by state and federal law and regulations.