



## COVID-19 Practice Ready Checklist of the Arizona Interscholastic Cycling League

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Please complete this checklist to ensure that you are ready to start in-person activities. This is not a compliance check, but rather a tool to help you make sure that your team has thought through COVID-19-related details that could affect your practices and the safety of student-athletes and coaches.

Is your team associated with the high school or middle school?

- Yes
- No

Is the school allowing team conditioning or practicing for other sports?

- Yes
- No

Will you be holding preseason activities?

- Yes
- No

If you plan to hold preseason activities, where will they be held?

- Park
- Trails
- School
- Local business
- Other

If you intend to hold preseason activities, have you confirmed that group gatherings of your size are allowed at the location(s)?

- Yes
- No

Have you completed the [Preseason Activity Form](#)?

- Yes
- No

Have you communicated your plan with your coaches in advance so that they have time to digest it and ask questions?

- Yes
- No

Have you considered the risks associated with carpooling and how you can minimize them?

- Yes
- No

Have you thought about how you will take attendance at all team activities?

- Yes
- No

Are you able to conduct a student-athlete and coach [screening and symptom checklist](#)?

- Yes
- No

Do your coaches have their own first aid kits or radios that they can keep during the practice season?

- Yes
- No

If not, will you have sanitizer so that coaches can properly clean radios and first aid kits after each use?

- Yes
- No

Student-athletes must come prepared with:

- Personal water bottle or hydration pack
- Food
- Mask, bandana or buff
- Tube, tools, pump
- Extra clothing, e.g., jacket for cooler temperatures
- Hand sanitizer

Coaches must come prepared with:

- Water and food for personal consumption – not sharing
- Mask, bandana or buff
- Tube, tools, pump
- Extra clothing, e.g., jacket for cooler temperatures
- Hand sanitizer
- Disposable gloves in case they need to perform first aid on a rider/coach or need to handle a student-athlete's equipment or tools
- First aid kit

Please be flexible and adaptable as we move forward with this season. Be mindful that not all families may choose to participate in early activities. Keep all in-person activities optional.