

# **PSU Club XC COVID Response FAQ**

**(as of 8/4/20)**

## **Practice**

**Q:** Will the team be holding practices in the fall?

**A:** For the first two weeks of school, we will not be holding any type of team practice. Of course, we still encourage everyone to get out and run in a safe manner. We will continue to evaluate the possibility of hosting in-person practices past the two week mark. However, at this time, we can not in good conscience hold practices without putting the safety of the team at risk.

**Q:** How do I run in a safe manner?

**A:** The safest way to go on a run is on your own or alongside those you are living with. We understand that you may choose to run with those you do not live with. If you choose to run with people who you do not live with, limit the size of your group and consistently meet with the same group of people and follow social distancing guidelines. We ask that you please wear a mask in this scenario. If you choose not to wear a mask, please know that your actions are not associated with Club XC. If you choose not to follow these guidelines, please do not wear Club merch on your run.

**Q:** Will masks be mandatory if in-person practice resumes?

**A:** Yes. We will be enforcing mask-wearing before, during, and after every in-person practice. Anyone who does not abide by these rules will be asked to leave practice.

**Q:** Will we ever meet indoors?

**A:** No. All in-person practices will be held outdoors. All team-wide events (info meetings, elections, etc.) will be held virtually.

**Q:** Will all 150+ of us ever meet together this fall?

**A:** Unfortunately, no. If we resume in-person practice after two weeks, we will have many small groups meeting at different times/locations. We don't yet know the specifics of this plan, but we will be sure to communicate it with you once we have it figured out. However, we are planning lots of virtual activities that will allow us all to be together while staying safe (see "social" section)!

**Q:** If someone on the team tests positive for COVID-19, will everyone have to quarantine?

**A:** In this scenario, we will be following the recommendations of health professionals and the University, which may include contact tracing and self-quarantine of certain teammates who were in contact with the individual. Because we will never all be in contact as an entire team, we don't believe that the entire team will ever need to self quarantine because of a single individual who tested positive.

**Q:** What directives has Club Sports provided for practice guidelines?

**A:** Club Sports has yet to provide us with any directives for practice guidelines. Should we decide to host in person practice at any point, all Club Sports policies will be followed.

**Q:** Will we still be able to use lockers and other facilities?

**A:** Yes, facilities will be open. However, there will be new occupancy limits in place and hours of operation may be adjusted for various buildings and facilities to support the health and safety of the campus community. These changes will be in addition to University-wide social distancing and masking expectations for all students, faculty, staff and visitors.

## **NIRCA/Racing**

**Q:** Will there be Nirca races? Will there be racing in general?

**A:** Yes - As of right now, NIRCA is working on finding alternatives to the cancelled in person season, including a virtual fall nationals, however, there are no details available at the moment. In addition, clubs are independently working on creating a framework for virtual racing against other clubs and we are actively involved in that discussion. Though there aren't details now, we will keep you posted.

**Q:** Should I still be training then?

**A:** Yes! There will be racing/competition in some capacity, so keep training. The Workout Chairs will be working diligently to ensure that adequate training resources are available to you throughout the upcoming semester in order to prepare you for the competitions that come.

**Q:** Can I contact the Workout Chairs to help plan my training for the fall?

**A:** Absolutely! You can reach out to the Workout Chairs directly, or through a member of the Officer Board. All contact info is on our website ([psuclubxc.com](http://psuclubxc.com)). Also check out the "Training Resources" tab on our website for lots of useful things!

## **Dues**

**Q:** Is the team still charging dues for the upcoming season?

**A:** Yes. We will still have team shirts (and possibly team buffs!) as well as some other general expenses. Your dues will cover the costs of these things, but will be reduced to account for the lack of travel/event registration expenses this season. If you have any questions about the dues structure, please reach out to Chris Colwell! (Don't worry - we didn't forget about the Love Run refunds, either.)

## **Social**

**Q:** Will we still have social events like Pasta Parties, Meatfest, and Dessert Night?

**A:** For the first two weeks of school, we will not be hosting any in-person social events. After the two week period, each event will be evaluated and adapted to meet all state, University, and

CDC safety guidelines. Additionally, events that cannot be adapted safely will be held virtually alongside many new virtual social events throughout the semester.

**Q:** How will the freshmen and new members meet everyone?

**A:** It is going to take some help from everyone to ensure that all new members are feeling welcomed and integrated into our club this semester. We are planning some programs to help new members bond with returning members, such as a big/little program and virtual bonding nights. We will be working very closely with the captains to provide as many bonding opportunities as we can while staying safe.

**Q:** I have ideas for safe social/bonding events!

**A:** Fantastic! You can either reach out directly to our Captains, reach out to a member of the Officer Board, or submit suggestions through the suggestion box on our website ([psuclubxc.com](http://psuclubxc.com)). All contact info is listed on our website.

## **THON**

**Q:** Are we still fundraising for THON?

**A:** Yes! Our THON Chairs are working hard to adapt many of our fundraisers to virtual fundraisers where possible. Our fundraising is more critical than ever to families who are battling the effects of cancer during the pandemic.

**Q:** Is THON Weekend 2021 still happening?

**A:** As of now, THON Weekend has not been canceled. As we see how things progress throughout the semester, we will be attentive to all updates from THON and be sure to keep you in the loop.

**Q:** What about Miles for Smiles????

**A:** Our THON Chairs are in the midst of planning a virtual Miles for Smiles should it be necessary come the spring semester. The vast majority of our fundraising from this event is already done virtually, so we have hope that the event can still be largely successful, even if it is different from past years.

**Q:** What do I do if I have suggestions/questions about our THON efforts for the fall?

**A:** You have lots of options! You can reach out directly to one/all THON Chairs, you can reach out to a member of the Officer Board, or you can submit your suggestion in our suggestion box (found at [psuclubxc.com](http://psuclubxc.com)). All contact info is also listed on our website.

## Miscellaneous

**Q:** My favorite part about Club XC is stadium cleanup! Please tell me we will be allowed to clean Beaver Stadium!

**A:** Unfortunately, we are not planning to participate in stadium cleanup this fall. To make up for this loss, all members of Club XC are welcome to clean the O-Board members' apartments at any time.

**Q:** I heard COVID transmission rates increase when you shout or raise your voice. How can I safely practice my Nittany Lion "rawr rawr rawr!" this fall?

**A:** We recommend calling your Club XC friends over the phone or via video chat to practice your Nittany Lion roars. Other safe options include only roaring to those you live with and/or roaring at strangers from a safe distance of 6ft apart.

**Q:** Did you invest the club's money in penny stocks during quarantine and win?

**A:** Yes. We won big.

**Q:** If we aren't having a mystery run this fall, will you tell me what the mystery is???

**A:** We don't know what you're talking about.

**Q:** Are we still the coolest club on campus?

**A:** Is this even a question?? Of course we are!

\*Miscellaneous Q&A's are just for fun! Except Stadium Cleanup is off the table for sure...so WOO!