

# DAKOTA COUGARS TRACK & FIELD 2021

- BEFORE COMING TO PRACTICE YOU MUST FILL OUT THE HEALTH QUESTIONNAIRE DAILY!!

<https://forms.gle/CQEsZVNT5w3yr1GL9>



- WE WILL TAKE YOUR TEMPERATURE
- YOU MUST WEAR A MASK AT ALL TIMES
- YOU MUST BRING YOUR OWN WATER OR SPORTS DRINK
- YOU MUST USE HAND SANITIZER
- YOU MUST SANITIZE ANY EQUIPMENT THAT YOU USE
- YOU MUST STAY WITH YOUR TRAINING GROUP