

## CROSS COUNTRY CONSIDERATIONS

Each school should develop a plan with their local health officials to successfully complete the fall season. Below are considerations to include in your plan.

### Special Considerations for the use of the following equipment:

- Individual Student Equipment / Personal Items
- Timing Devices
- Tents/Shelters
- Flagging/Marking Equipment (Cones, Paint Cans)
- Bibs
- Water Bottles
- Any item that is held in the hands or contacts the body
- Gloves are permissible for all players, coaches and officials.
- Each team is responsible for its own towels, hand sanitizer and med kit

### Special Considerations for the use of the following components of the facility:

- Team Areas
- Bleachers
- Bathrooms/Portable restrooms
- Locker Rooms – recommended all competitors come ready to participate
- Hydration stations
- Entry/Exit

**Practices** – Screenings, face coverings and individual hygiene of all participants should be followed in accordance with WHSAA Smart Start Guidelines and the WHSAA Screening/Monitoring form should be utilized.

- Workouts/practices should be conducted in “pods” of participants with same runners working out together to limit overall exposure
- Runners should maintain the recommended six feet of distancing between individuals and have no physical contact with each other
- No sharing of equipment
- All activities (including meetings) occur outdoors
- Avoid grouping of athletes at the start and end of practices and during transition times
- Staggered start times for meetings are recommended
- Face coverings are not recommended while running, but are strongly encouraged before and after practice for everyone (athletes and coaches)

**Events** - WHSAA Smart Start Guidelines must be utilized for all events.

- Regular season contests will be limited to no more than four high school teams with a limit not to exceed 112 participants (this would allow for JV and Varsity)
- Create starts and finishes to discourage congestion (staggered/wave /interval starts are available options)
- Multiple races could be held
- No pre or post-race handshakes or fist bumps should take place
- Teams should not mass collect warm-ups at the starting or finish areas.
- Face coverings are not recommended while running but are strongly encouraged before and after meets (when not racing) for everyone (coaches and athletes).
- All event workers should have face coverings, and gloves when appropriate
- No pre or post game gatherings should take place to assist in limiting exposure. (i.e. Tailgating, BBQ’s, etc.)

## **Post Season:**

If a conference decides to hold a Conference Meet, it must meet the guidelines of the regular season. The State Meet will be at three separate sites with a 1:00 p.m. start time.

**All NFHS Rules Considerations for Cross Country should be utilized as appropriate.**



## **2020-21 Cross Country Considerations**

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Track and Field Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Note: This is not an exhaustive list and there might be additional steps in each school, city, and state to help prevent the spread of virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with Covid-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your state.

## **Return to Competition**

### **General Considerations:**

- Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
- Cross country meets should consider using staggered, wave or interval starts.
- Possible Rule Modifications:
  - 8-1-3a: Consider widening the course to at least 6 feet at its narrowest point.
- Finish:
  - Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
  - With no FAT timing system consider alternative means of finish place and time to address congestion at finish line.
  - Consider using image-based equipment at finish to assist with picking place to avoid congestion.
- Clean and disinfect frequently touched surfaces and exercise equipment.
- ***Pre and Post Game Ceremony:*** Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the match.

### **Considerations for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.

- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

**Considerations for Students:**

- Consider making each student responsible for their own supplies
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- Cloth face coverings are permitted.
- Bring your own water bottle.

**Considerations for Officials:**

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Follow social distancing guidelines:
  - Pre and Post Meet conferences,
  - Clerking at the start line,
  - Tabulations and posting of results.
- Consider using electronic whistle.
- Do not shake hands and follow pre and post-game ceremony guidelines established by state associations.
- Officials personnel may wear cloth face coverings at all times.

**Considerations for Parents:**

(A family's role in maintaining safety guidelines for themselves and others):

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home),
- Provide personal items for your child and clearly label them.