

COVID-19 Instructions

Coaching Instructions: Please go over these instructions thoroughly with your team and share with parents and spectators. These instructions are for the safety and consideration of everyone attending.

Team Camps: Teams will be directed to the team camp area and where to set up maintaining social distancing from other teams. No parents or spectators are permitted in the team camp area. Masks are to be worn at all times: Coaches, athletes and spectators should all be wearing masks. Athletes should be wearing their mask unless warming up, racing or cooling down. They should maintain social distancing as well.

Health Check: All COVID-19 health checks should be done prior to coming to the meet. If an athlete or coach has symptoms they should not attend. A provided monitoring form from Baumspage should be printed out and completed upon arrival. This monitoring form needs to be turned into the packet pick-up area to Terry Young upon arrival.

Warm Up/Cool Down: Athletes may warm up and cool down on the course or anywhere your team can maintain social distancing from others.

Spectators: All spectators must have a voucher to enter the meet. Spectators may view the races from the bleachers or various places surrounding the course while maintaining social-distancing from athletes and others. No one is permitted on the football field except for athletes and coaches.

Start Line: Taken directly from OATCCC guidelines for COVID-19.

- No pre-race instructions/meeting conducted by officials.
- Runners to arrive to the starting line no earlier than 5 minutes before the start of their race.
- No pre-race run outs or team huddles.
- Runners to wear masks to the start area.
- Runners may choose to continue to wear masks during the race, pull them down around their neck during the race or place them in individual bags labelled with names and collected by a team representative prior to runners entering the starting line area.
- No coaches or spectators within 30 feet of the starting line area.
- No clerking or check-in at the starting line.
- All check-in is to be completed at packet pick-up.
- No items to be left or stored in the starting line area including team trash cans and water bottles.
- Finish line – Upon completion of your race please move back to your team camp area where a team representative will collect the timing chips. No congregating at the finish line.