



SOUTHEAST ATHLETICS



<https://sepiratesathletics.com> • (330) 654-1960 ext. 1128 • @PatYouel

Southeast Local Schools (SLS)

COVID Protocols and Procedures for Cross Country/PTC SUPER DUALS

Guidance for all the Protocols/Procedures/Guidelines provided in accordance with mandates and recommendations from the Ohio Department of Health, the Portage County Health Department, the Ohio High School Athletic Association, the Portage Trail Conference and the administration of Southeast Local Schools.

1. Prior to Event:

- a. **ALL TEAMS NEED TO REGISTER ON BAUM'S PAGE.**
 - i. **Registration:** Register via Baum's Page by **Friday, September 11, 2020.**
- b. Review the Course on the Map Provided.
 - i. The Course is two loops in length.

2. Pre-Screening Prior to Event:

- a. All visiting teams will conduct a Pre-Screening Health Log prior to arrival at SLS.
- b. The home team will also go through the Pre-Screening Health Log.
 - i. **ANY ATHLETE ON THE HOME OR VISITING TEAM THAT FAILS THE HEALTH LOG IS NOT PERMITTED TO PARTICIPATE IN THE EVENT. EACH SCHOOLS' PROTOCOLS FOR THIS SHOULD BE FOLLOWED.**
- c. The Race Starter and Event Staff will conduct a daily symptom check /self-screen themselves prior to the contest.
 - i. **ALL COACHES AND EVENT STAFF, MUST WEAR A MASK/FACE COVERING AT ALL TIMES**
- d. **A copy of ALL Pre-Screening Health Logs will be required to be handed in to the SLS Athletic Department.**

3. Arrival of Visiting Teams:

- a. NO team should arrive before 4 PM.
 - i. The course will be opened for walking from 4-4:45 PM. SOCIAL DISTANCING IS REQUIRED.
- b. Coaches' Packets will be given to coaches upon arrival.
- c. All athletes (visiting or home) must enter the facility wearing a mask/face covering.
 - i. Masks/face coverings must be worn by athletes and coaches at all times while on school property unless actively warming up or participating in the race.
 - ii. Masks/face coverings are not required for athletes with health issues.
- d. There will be **NO** congregating in any areas before, during, or after any of the contest(s).
 - i. **NO TEAM HUDDLES ARE ALLOWED.**
- e. Each team will be given a designated TEAM AREA (SEE MAP).
 - i. Social Distancing will be maintained at all times, except for when runners are actively participating in the race.
 - ii. The TEAM AREA will have hand sanitizer for each team. It should be used frequently. This will be provided by SLS.
 - iii. **ALL ATHLETES SHALL PROVIDE THEIR OWN HYDRATION BOTTLES/WATER. SLS WILL PROVIDE WATER TO ATHLETES IN EMERGENCY SITUATIONS.**
 1. WATER WILL BE PROVIDED FOR EACH RUNNER AT THE FINISH LINE UPON COMPLETION OF THE RACE.
 - iv. The athletes for all teams should arrive at the venue dressed with proper warm-ups or travel attire over top of the uniform.
 - v. Athletes that need taped, should have this done at their home school prior to arrival.



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1. There will be no “routine” Athletic Training services provided to visiting teams. In the event of an emergency, emergency care will be provided as necessary, as well as brief on field evaluations provided, if the visiting team does not have an athletic trainer present.
 2. There will be no return to play decisions made by the host school AT for visiting athletes.
 - f. **LOCKERROOMS WILL NOT BE AVAILABLE.**
 - i. **Porta Potties will be available to athletes and spectators.**
 - g. All VISITING TEAMS WILL HAVE A DESIGNATED DROP OFF/PICK UP LOCATION (SEE MAP).
- 4. Warm-UP/Pre-Match Procedures:**
- a. Each Team may begin warm-ups for the race one hour prior to your race.
 - i. This may not include the first 200 meters or the last 200 meters of the course.
 - ii. **National Anthem-Starter Explanation WILL TAKE PLACE PRIOR TO THE GIRLS VARSITY RACE.**
 1. **THIS will TAKE PLACE on the MS Hill IN FRONT OF TEAM AREAS. TEAMS Will Stay Social Distanced and Will Have Masks on.**
- 5. Race Procedures:**
- a. Coaches will be in charge of Team Check-In.
 - b. It will be the coaches’ responsibility to make sure that athletes are at the starting line on time.
 - c. Coaches will need to assign the waves of runners.
 - i. **The first wave may consist of no more than 7 runners per team.**
 - ii. **The second wave will be each team’s remaining runners.**
 1. **The second wave will begin one minute after the first wave.**
 - a. **These athletes will be given a wristband (It will be in the coaches packet.)**
 - d. The starting line will be broken up into 12 foot blocks for each team with 6 feet social distancing within and between each block.
 - i. The first wave will allow for up to 7 runners in the starting box.
 - ii. The second wave will be for all remaining runners and will begin one minute after the first wave.
 - e. No Team Huddles will be permitted.
 - f. NO RUN OUTS WILL BE PERMITTED.
 - g. The course will be clearly marked.
 - i. Each turn will be marked (natural, by a pole, or by a cone). (SEE MAP)
- 6. Race Finishing procedures:**
- a. **Each team MUST provide a coach at the finish area to assist any of his or her team members that might need help at the finish line.**
 - b. An Athletic Trainer will be provided at the finish line in case of emergencies.
 - c. Upon finishing the race a runner will be given a “Paint” Finish Stick and will remove his or her bib to be given to the timers at the finish line.
 - i. This will determine the order of the meet for scoring purposes.
 - d. There will be **NO** congregating at the finish line.
 - i. Once finished the runner will go to the concession stand and get water and return to his or her team area.



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7. After the Contest:

- a. Results will be posted ASAP for coaches on Baum's Page and a Google Sheet that will be shared with the coaches.
- b. No cool down exercises will take place on the course. These should happen in the TEAM AREA
- c. Upon conclusion of the event, Spectators will NOT BE PERMITTED IN THE "TEAM AREAS".
- d. EACH TEAM IS RESPONSIBLE FOR CLEAN-UP OF THEIR TEAM AREA.
- e. Face coverings **must be worn upon exit of the facility.**

8. Spectator Information:

- a. All spectators are required to wear a MASK AT ALL TIMES ON SCHOOL PROPERTY.
- b. No Spectators will be allowed in TEAM AREA at ANY TIME.
- c. Spectators MUST stay socially distanced at least 6 feet away from any one not in their own families.
- d. **Porta Potties will be available to athletes and spectators.**
- e. There will be no cost to attend the event.
- f. SLS will allow 2 spectators per runner.
 - i. SLS will ask each team/athletic director to notify SLS of who will be in attendance on race day.
 - ii. Parking will be available on each side of the middle school. No one should park in front of the building.

9. Inclement Weather Policy:

- a. The visiting teams will go to the vehicle that brought them to the contest.
 - i. If this is not safe, SLS administrators will provide the visiting teams a place that is safe and can provide for safe 6 feet social distancing.
 - ii. The home team will go to an area in the school that is safe and allows for 6 feet social distancing.