

More....Safety Information and COVID 19 Regulations

General Recommendations:

- 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:
 - o 8-1-3a: Consider widening the course to at least 6 feet at its narrowest point.
 - o Finish:
 - o Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
 - o With no FAT timing system consider alternative means of finish place and time to address congestion at finish line.
 - o Consider using image-based equipment at finish to assist with picking place to avoid congestion.
 - o Clean and disinfect frequently touched surfaces and exercise equipment.
 - o Pre and Post Game Ceremony: Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the match.

Recommendations 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.
- Coaches should adhere to all face mask requirements that the host site’s county has set forth.

Recommendations 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.

Recommendations for Officials:

- Bring personal hand sanitizer. Wash hands frequently
- Don’t share equipment.
- Follow social distancing guidelines:
- Consider using electronic whistle.
- Do not shake hands and follow pre and post-game ceremony guidelines established by state associations.
- Officials should adhere to all face mask requirements that the host site’s county has set forth. Recommendations 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.