

2020 Stow Bulldog Invitational – COVID PLAN

Silver Springs Park – Stow, Ohio
Saturday October 10

Stow-Munroe Falls Cross Country plans to follow all guidelines set forth by the Summit County Board of Health and Stow-Munroe Falls Schools. We will follow recommendations from the OHSAA, NFHS, and the OATCCC (Ohio Association of Track and Cross Country Coaches) on how-to put-on a cross country meet during COVID-19. Below are changes and rules I have put in place based on these recommendations.

Team Reductions and Max Numbers

- Number of teams have been restricted to between 10 and 15 teams per gender.
- This year's invitational will only be for high school athletes. Youth and Middle School races have been cancelled for this year.
- We have added a race to each gender to help spread out numbers of athletes.
- No more than 150 runners in a race per the OATCCC.
- Races will have a blend of small teams and larger teams. Some teams may still elect to only bring varsity.
- No out of state teams will be able to compete in our event.
- Races will be spread out by 60 minutes instead of 30 minutes.
- There will be two hours between the girls and boys sessions in order to completely clear the park of female athletes and their spectators prior to boys teams arriving.

Athletes and Coaches

- Athletes and coaches must conduct daily symptom assessments
- Anyone experience symptoms in the last 14 days must stay home. Any athlete injured or not running should stay home.
- Athletes and coaches should wear a face covering except when running.
- Social distancing of at least 6 feet should be maintained at all times
- No touching allowed including hugging, shaking hands, fist bumps, or partner stretching except if a coach needs to administer assistance for a medical emergency.
- No spitting.
- All Team camps must be 20 feet apart.
- Teams should not arrive more than 1 hour prior to their published race time. Athletes will be asked to stay on busses until that time occurs.
- Teams should send a coach to the finish line area to pick up packets.

Competition Considerations:

Starting Line

- Runners must wear masks to the start area.
- Runners to arrive at starting line no earlier than 5 minutes before the start.
- No clerking or check-in at starting line. All check-ins to be completed at packet pick-up.
- No pre-race run outs or team huddles.

- No items to be left or stored at the starting line area.
- No water bottles in the starting area.
- No spectators within 30 feet of the starting line area. Area will be blocked off.
- No pre-race instructions/meeting conducted by officials.
- Each team will be assigned a starting line box and must remain in that box until the gun.
- Boxes will be large for spacing and teams will be placed in every other box. The starting line will be very large to spread teams out, with spacing between each team of at least 6 feet. Boxes will also be deep for same team members to social distance.
- The starting line will be run in alleys for the first 20-40 yards to allow runners to spread out before breaking.
- Starter will tell runners when to remove their masks.
- Coaches will be responsible for their runners and their masks.
- Athletes may run holding their own mask in their hand or secured to their uniform.

Course

- In accordance with the NFHS 8-1-3a: The course will be widened to 6' at its narrowest point. There will be two white lines painted on either side of the course.
- Spectators are to stay 6' back from all white lines.
- Coaches will need to stay 6' apart from each other and social distance at the 1 mile and 2 mile areas when getting splits. Both areas for splits are in an open area so this should not be an issue.

Finish Line

- No spectators or coaches within 30 feet of the finish line area.
- Fully automatic timing (FAT) will be used.
- Athletes will cross the line and disperse immediately from the finish line area.
- Timing chips will be returned to their coach. Coaches will be supplied with rubber gloves and a Ziploc bag to collect chips and then return after the race is completed.
- Athletes can keep their racing bibs.
- Volunteers will be in masks and gloves. Zero contact policy. No touching of any kind except in the event of assisting with a medical emergency.
- No finish corral or chut3s. Keep runners moving back to team camp area.
- Coach will pick up all team awards after the meet.
- Finish line area will be roped off and much larger than normal.

Post-Race

- For any athlete that did not carry their own mask during the race, masks must be made available by a team representative to each athlete prior to the athlete leaving the finish area.
- No water will be provided at the finish area. Per OATCCC recommendations, each athlete is responsible for their own water which should remain at the team camp.
- Teams are encouraged to supply their own water bottles and have them at the team camp.
- No spectators near water station.

- Stow Athletic trainers will be on site. We will also have several active and retired EMS workers on site, masked and gloved to assist with emergencies.
- Athletes must maintain 6' of social distance between each other at all times in the finish area.
- Athletes will not congregate in the finish area.
- Athletes will return immediately to the team camp area.

Restrooms

- 6 Porta Johns spaced out 6 feet apart will be provided near the start line.
- 6 Porta Johns spaced out 6 feet apart will be provided near the restroom building near the finish line.
- Flush toilets will still be available in the finish line area but will be fogged every hour.
- Painted circles will be placed on the ground for social distancing in front of porta johns and outside of restrooms.
- Hand sanitizer stations will be available near restroom areas.

Spectators

- Limit each team to 2 spectators each per runner
- Must wear masks at all times.
- Must maintain social distancing of 6 feet at all times.
- No spectators at the starting line, finish line, post-race area, team camp areas, or on race course which includes the first 300 meters.
- Must remain 6 feet from the course line at all times.
- Stay in cars until 15 minutes before the race of their child's race.
- Must leave immediately after their child's race.
- At all times, we ask that spectators respectfully comply with any reasonable request from meet management or compliance officers.

Signage, Fundraising, and Volunteers

- Parents will be assigned to help with social distancing and mask compliance.
- Large social distancing signs will be placed in the starting and finish areas.
- There will be no concession stand this year.
- Donation and T-shirt money collection will happen with gloves and masks at all time.
- T-shirt sales will be done online prior to the meet to limit the number sold at the meet. Teams can send a representative to pick up their team shirts in a box during the meet.
- There will be individual t-shirt sales as well in a smaller capacity situated away from the finish area. Circles will be placed on the ground 6' from each other on the ground in front of this area. Sales volunteers will wear gloves and masks at all times.