

### **Coaching Instructions**

Please read the meet instructions carefully to your team and share with parents and spectators. These instructions are for the safety and consideration of everyone.

**Masks Are To Be Worn At All Times** by coaches, athletes, and spectators. Athletes are to wear masks unless racing, warming up, or cooling down. Please maintain a distance of 6ft from all others.

**Team Camps:** Tents are permissible on the HS baseball field near the bus parking lot. Teams will have an assigned number that designates not only their position on the starting line but their team camp area. No parents/spectators will be permitted in the team camp area.

**Symptom Check:** The day of the event, please do a symptom check on ALL athletes. They are to have no cough, fever, chills, headache, etc. the day of the event. If an athlete feels even the slightest bit ill, please have him/her stay home for the safety of others. Please have your symptom check form available to turn in at the packet pickup area upon arrival.

**Warming up/Cooling Down:** Please warm up in the team camp area, outside of the cross-country course, or any place that your team can be socially distanced from other teams.

**Start Line** (Taken Directly from the OATCCC Guidelines):

- No pre-race instruction/meeting conducted by officials.
- Runners to arrive at the starting line no earlier than 5 minutes before the start.
- 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 the neck during the race or place them in individual bags labeled with their name 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. Area should be marked with flags, cones, roping or other markings as available.
- No clerking or check-in at the starting line. All check-in to be completed at packet pick-up.
- No items to be left or stored in the starting line area including team trash cans
- No water bottles allowed