



CROSS COUNTRY

Recommended COVID-19 guidelines to implement 2020 Cross Country events:

1. **Minimize total attendance:**
 - i. ~~Non-LHSAA/NFHS member schools and club teams SHALL NOT participate. Exclude any non-LHSAA member schools' race divisions.~~
 - ii. ~~Staggered start times.~~
 - iii. Only 2 spectators per competing athlete or depending on the site, no spectators.
2. **Wave/Interval Options During Phase 3 (scoring by time) Starting Options:**
 - i. ~~Individual Time Trial (ITT) Racing: Athletes enter course one at a time separated by 15-30 second intervals (depending upon host site and timing capabilities).~~
 - ii. ~~Team Time Trial Racing: Teams enter course one at a time separated by 30-60 second intervals (depending upon host site and timing capabilities).~~
 - iii. Up to 50 athletes on starting line (Phase 3): Options could include: top 50 athletes by time, or each team's fastest athlete (up to 50).
 - iv. Over 50 athletes on starting line limited to 7 per school (Phase 3): For starts or wave starts over 50, each athlete SHALL wear a mask until physical distance has been established. Packs of 10 runners or less, after the start of the race, are considered distant and may remove their masks. Waves or race divisions starting in masks may line up with less than 6ft between schools.
3. **Create staging areas** where physical distancing is possible in order to facilitate the wave starts, if necessary. Only competing athletes should be in the "staging area." Staging areas open to athletes 5 minutes prior to their scheduled start time. The maximum number of athletes permitted into a staging area will be determined by its size and number of athletes permitted in each wave or race division. ~~In an ITT or TTT, each athlete or team should have a specific start time. If they are scheduled to enter the course at 9:10 a.m., they would be permitted inside the staging area at 9:05 a.m.~~ Facilitators will need to move each group or individual to the starting line from the staging area in order to start the race on time.
4. **Athletes and spectators must wear masks upon arrival to the facility to extent social distancing requirements cannot be maintained.**
5. **All spectators and athletes in attendance MUST wear masks when physical distancing requirements cannot be maintained.**
6. **Spectators and coaches must wear masks when lining the course to cheer on runners.** This is the safest way for cheering spectators to be allowed at meets. There is always the option of not allowing any spectators. If health conditions prevent anyone from wearing a mask, they should avoid the meets in order to help prevent the spread of the virus.
7. **Athletes are asked to leave the facility and/or physical distance** (with only members of their team) post-run. The goal is to reduce crowd size and group gatherings at every point of the day. Athletes should be encouraged to leave the facility grounds within 30 minutes post-run.
8. **Carry in/Carry out** rules apply for food and drinks. Athletes, coaches, spectators, and volunteers are encouraged to bring their own water bottles. Concessions are discouraged. However, to the extent concessions are allowed by the host site, they should be coordinated in a manner to allow for social distancing and sanitization standards to the greatest extent possible. Host sites should consider using food trucks that can adhere to CDC and state guidelines for food service as an alternate option.



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9. **To reduce gathering sizes, facilities/meets can adhere to the following around the course:**
 - i. Runners enter the staging area or course only when it is their turn to approach the starting line to reduce the maximum number of runners on the course at any one time. This also prevents starting lines with large numbers of individuals in close proximity.
 - ii. If athletes are allowed 2 spectators, they will be permitted along the course at any one time. Spectators are asked not to aggregate along the course until 10 minutes prior to their athletes start time. Upon athletes finishing the race, associated spectators should immediately return to their cars.
 - iii. Each athlete can be given 30 minutes to cool down and return to their car before being asked to leave the facility.
 - iv. Athletes should warm-up and cool-down away from the cross country course to maximize physical distancing efforts and minimize group sizes.
 - v. Minimum of 30 minutes between races/divisions to allow for turnover of athletes, spectators, and volunteers. Each division can be run in waves/intervals until that division's athletes are done. 30 minutes from the last wave, the next division can start.
10. **Start line and finish line in different locations.**
11. **All individuals present on race day should avoid shaking hands, fist bumps, or high fives before, during, or after competition.**
12. **No Awards ceremonies** - awards may be presented after each race/division provided they can be completed before the next race/division has started and physical distancing requirements can be met. ~~can be sent to participating schools post meet.~~
13. **Separate entrance and exits** should be identified, if possible, to minimize cross traffic.
14. **LHSAA COVID Monitoring form** - each participating school SHALL complete the LHSAA coach/athlete COVID-19 monitoring form. Before each competition and present to host school upon arrival or packet pickup.
https://cdn.lhsaa.org/uploads/forms/pdf/COVID_19_Form.pdf
15. **Reporting requirements if an athlete or spectator falls ill** - individuals or representative of said individual (coach, parent, guardian, etc.) will make the Meet Director aware of any positive COVID-19 diagnosis in the or symptoms related thereto occurring during the forty-eight (48) hours following the conclusion of any event. Contact information will be part of the athlete or team registration process. Those individuals who would have been in the "staging area" with the COVID-19 positive athlete will be notified of the positive test result.
16. **NFHS Covid-19 Course:** All head coaches will be required to complete the FREE course offered by the NFHS on Covid-19. This course must be completed by September 1st and the certificate of completion must be kept on file along with other LHSAA compliance forms for review. The link is here: <https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>.