



Updated COVID-19 Precautions for 2020-21 XC Events Oct 25th- Nov 17th:

1. Minimize total attendance:

- i. Non-LHSAA/NFHS member schools and club teams **SHALL NOT** participate in cross country meets hosted by LHSAA member schools.

2. Starting Options:

- i. Race divisions/waves over 50 shall be limited to 7 athletes per school: All athletes will remain in masks on the starting line until the official race starter gives the command to remove masks. Races may be run in their entirety without masks. Masks shall be reapplied at the earliest option after the completion of the race.
- ii. Race divisions/waves of 50 or less may have more than 7 athletes from the same school:

3. **Create staging areas** where physical distancing is possible in order to facilitate 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. Facilitators will need to move each wave or race division 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.**

5. **All spectators and athletes in attendance SHALL wear masks when physical distancing isn't possible.**

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 finish line area and/or physical distance** (with only members of their team) post-race. 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-race.

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 to be determined by host site. Host sites should consider using food trucks that can adhere to CDC and state guidelines for food service as an alternate option.
9. **To reduce gathering sizes, facilities/meets SHALL 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. 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 XC 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. **Awards ceremonies** – awards may be presented after each race/division provided physical distancing requirements can be met.
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 (see attached) before each competition and present to host school upon arrival or packet pickup.
15. **Reporting requirements if an athlete, coach or meet personnel tests positive for COVID19** – individuals or representative of said individual (coach, parent, guardian, etc.) will make the Meet Director aware of any positive COVID-19 diagnosis within 48 hours following any event. Contact information will be part of the athlete or team registration process. Those individuals who competed in a particular wave or race division with a COVID-19+ athlete, will be notified of the positive test result.

