Cross Country
Sports Specific Guidelines

Physical Distancing

- Coaches are RESPONSIBLE for ensuring physical distancing is maintained between athletes through practice. This means additional spacing between players while stretching, warming up, chatting, changing drills, etc., so that players remain spaced out, and no congregating of players while waiting their turn for drills. Workouts should be conducted in ‘pods’ of students, with the same 5-10 students always working out together. This ensures more limited exposure if someone develops an infection. Records of who is in each group will be maintained daily.
- ONLY essential personnel are permitted on the practice and competition areas. These are defined as athletes, coaches, medical personnel/athletic trainer, officials (competition), and timers (competition). All others (i.e. managers, photographers, media, etc.) are considered non-essential personnel and are NOT to be in the starting box or finish chute, or in the practice area.
- Locker rooms will NOT be used. Students should report to workouts in proper gear and immediately return home to shower, clean clothes and equipment at the end of every workout.
- Each athlete WILL bring their own gym bag for personal items (see gym bag information below). All personal items will remain in the gym bag when not in use. Gym bags will be placed in a predetermined area 6 feet apart for the duration of practice.
- The number of individuals in a coaches meeting will be limited to those who must be in close proximity for these discussions. Coaches and other individuals in the meeting WILL wear a mask. If information can be thoroughly discussed in a Google Meet or pre-meet document, that is encouraged.
- Teams will NOT exchange handshakes before, during, or following the practice or meet.

Practice and Competition Protocols

- Athletes are not required to wear cloth face coverings, but may do so if they desire, when physically active during practice and competitions. When not physically active athletes MUST wear cloth face coverings. Coaches, officials,
game workers and media are REQUIRED to wear masks at all times. There is no prohibition on the color of the face covering.  
- Team camps may be set up as an area for gym bags to be kept 6 feet apart during competition but they may NOT be a place for athletes to congregate.  
- All equipment used for practice or competition WILL be disinfected prior to and immediately following practice. 
- Only one individual may handle the equipment on a given day (i.e. resistance bands, mats, cones/flags, etc.). 
- During the national anthem teams shall align in a matter to maintain social distancing  
- Athletes and coaches WILL use district provided hand sanitizer during practices and competitions.  
- Consider widening the course at least 6 feet at its narrowest point

**Equipment**

- There will be **NO** shared athletic equipment. All equipment used for practice or competition WILL be disinfected prior to and immediately following practice.  
- Personal items including but not limited to shoes, clothing and towels may NOT be shared between athletes.  
  - If you need to use a watch issued from the school, it can only be worn by that athlete and should be disinfected daily. 
  - Foam rollers may **NOT** be shared between athletes.

**Hydration**  
- All students will bring their own water bottle. Water bottles must **NOT** be shared.

**Best Practices**

- Maintain the same partners/**NO** switching partners 
- Track work limited to every other lane 
- Training many happen in groups (pods)- **recommend** that the pods consist of the same athletes for every workout. 
- Race preparation/competition structure  
  - Competition between 2 teams- following maximum number guidelines 
  - Competition with multiple teams, following maximum number guidelines (including workers, officials, timers, etc.)
○ Consider wave starts- top 2 runners from each school in first wave, 3rd and 4th in second wave, etc. Leave 2 min between each wave start.
○ Out of area opponents are discouraged
○ Multiple races can be held if separated to all for appropriate transition
○ Host school can add course monitors to remind runners of social distancing and avoid running in packs
○ Start Line- NO common bins should be available at the starting line for personal items, therefore these items should not be taken to the starting area (i.e. warmups, headphones, etc.)
○ Finish Line-
  ■ Recommend that lanes are created for the finish and runners are designated to finish in a specific lane to avoid contact.
  ■ Consider a representative, wearing PPE and social distancing when possible, from each team in the finish corral to assist their team’s athletes
    ➢ Athletes wear mask as quickly as possible