

Fall 2020 Return to Competition: Cross Country

General Considerations

- No hugging, shaking hands, or fist bumps.
- Cross country meets may consider using staggered, wave or interval starts.

Rule Modifications:

- Consider widening the starting grids including skipping boxes at the starting line.
- Consider using finish corrals for larger meets as easier to distance at finish.
- Pre and Post Game Ceremony: Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the meet.
- People (players, coaches, officials, spectators, etc.) feeling sick or that have been exposed to someone sick, should not attend or participate in competitions or practices.
- As mandated by the State of Indiana we strongly encourage all participants and spectators to practice social distancing and to wear face coverings whenever possible.

Considerations for Coaches

- Consider conducting workouts in "pods" of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

Considerations for Student-Athletes

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing, and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- Cloth face coverings are permitted.
- Bring your own water bottle.
- Start Protocols - Student/Athletes should have individual bags and locations for sweats - no mass piling of team clothing.

- **Finish Protocols - Student/Athletes should remain upright and walk through the chute with the understanding that there will be times that a participant may need medical attention.**

Considerations for Officials

- Bring personal hand sanitizer. Wash hands frequently.
- Don't share equipment.
- Follow social distancing guidelines:
- Pre and Post Meet conferences
- Clerking at the start line
- Consider using electronic whistle
- Do not shake hands and follow pre and post-game ceremony guidelines
- Officials personnel are strongly encouraged to wear cloth face coverings at all times.

Considerations for Parents

- Provide personal items for your child and clearly label them.
- **The use of cloth face coverings is strongly encouraged. In addition, social distancing is strongly encouraged as much as possible for non-participants, parents, coaches, officials, and other event volunteers.**

Considerations for Administration

- Facility Sanitization - Consideration should be given to which facilities are going to need sanitization, how often will sanitization be needed, who will be doing the sanitizing.
- Awards ceremonies - Consideration for options that would allow social distancing for the athletes, coaches, and spectators - consider other alternatives such as not having awards ceremonies, strongly recommending the use of cloth face coverings for any individuals attending the awards ceremonies if there are alternative options.
- Concession stands may be opened provided they have been inspected and licensed.
- Limit the outside food brought in by teams/spectators.
- Admission may be taken using sanitization practices or a free-will donation container is an option as well.
- Consider establishing a team-based approach to develop a written management protocol for any COVID-19 related issues, including exposure and testing outcomes. Contact local county public health officials for their participation, involve school nurse and/or medical personnel, certified athletic trainers and/or counselors.