**2020-21 WIAA RETURN TO SPRING SPORTS CONSIDERATIONS**

Updated March 4, 2021

The purpose of this document is to provide assistance to athletic administrators as they prepare for athletic events. The information and considerations within this document are not considered best practices; instead, they are based on a review of available guidance from multiple reputable sources. These considerations are designed to stimulate critical thinking and help inform decision-making. They can be adapted by decision makers to support event planning, event operations and other business operations based on federal, state and local municipal requirements. (Covid-19 Considerations for Sport and Entertainment Venues and Events; The University of Southern Mississippi National Center for Spectator Sports Safety and Security [NCS4]; NFHS Opening Up COVID; NFHS Statement on Risk)

This document provides assistance as schools prepare for competitive events.

The following factors should be strongly considered by stakeholders in assessing the potential for COVID-19 transmission related to high school athletics:

1. COVID-19 rates of participants in any given sport are directly proportional to prevailing community disease rates. 2. Participants in non-contact sports show lower rates of COVID-19 than contact sports.

3. Participants in outdoor sports show lower rates of COVID-19 than indoor sports.

4. Face mask use while participating in indoor sports results in COVID-19 rates comparable to the rates found in outdoor sports.

5. The great majority of sports-related spread of COVID-19 does not appear to occur during sports participation, but from social contact. Maximizing efforts to prevent this type of spread remains paramount. Social distancing, mask use, staying home while ill and proper hygiene must continue to be emphasized in the locker room, on the sidelines, and while traveling, dining and interacting in the community.

**COVID Basics**

• COVID is primarily transmitted by aerosol, but also by touching contaminated surfaces.

o Sports/training may cause heavier breathing which can increase spread of aerosol & virus transmission. • Student-athletes with high-risk conditions or household/close contacts with high-risk conditions may want to avoid and/or adjust participation to reduce risk of transmission. CDC list of risk: https://www.cdc.gov/coronavirus/2019-ncov/need extra-precautions/people-with-medical-conditions.html

• Symptoms of COVID: https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html • The foundations of reducing risk should always be kept in mind:

o Avoid participation and attendance if sick (fever and/or symptoms) – always discuss with your primary care provider if questions or concerns.

o Wear a cloth mask or buff to reduce spread of your aerosol to others (the mask captures some of your aerosol and reduces transmission to other people).

Do not wear medical/surgical masks or N95 masks for exercise as these can decrease airflow. 

Masks must be worn indoors according to the governor’s mandate while practicing or playing. Cloth masks are safe with exercise, they do not decrease oxygen levels, increase carbon dioxide levels, significantly restrict airflow, or cause heat illness. They will take time to get used to, as they can be uncomfortable and increase the perceived effort of exercise.

Athletes may wear a mask while participating in exertion. Athletes not participating should wear a mask. Coaches and sideline personnel should wear masks at all times. 

o Social distancing of at least 6 feet when not participating (sideline, waiting for turn, etc.)

Continue to train in smaller “pods” of athletes to reduce exposure risk. 

“Close contact” is based on the World Health Organization (WHO) recommendation that 15+ minutes of close (within 6 feet) exposure to another increases risk of transmission. Heavier breathing associated with exercise may decrease the amount of time needed to qualify as “close contact”.

o Continue to emphasize hygiene.

Hand sanitization/cleaning frequently (every time on and off field) – each athlete should be encouraged to have their own bottle. 

Do not share water or food/snacks.

Minimize shared equipment as much as possible and sanitize that equipment frequently.

**WHAT IF ATHLETE IS SICK OR EXPOSED**

• Any student-athlete that has symptoms and/or fever should not participate in any activity (meetings, practice, competition) and begin self-quarantine immediately.

o Ensure that student-athletes with a positive COVID test (even if no symptoms) do not return to participation in training or competition until:

At least 10 days have passed since positive test; AND 

No fever (fever is temp of 100.4°F or more) without the use of fever-reducing medicine for at least 24 hours; AND COVID symptoms (for example, cough, shortness of breath, etc.) have improved; 

Athletes may not return earlier if negative follow-up testing (cannot test out of isolation).

o Ensure that student-athletes with probable COVID (symptoms of COVID – refer to symptom chart – but not tested), not be allowed to participate in any training or event until:

At least 10 days have passed since onset of symptoms; AND 

No fever (fever is temp of 100.4°F or more) without the use of fever-reducing medicine for at least 24 hours; AND COVID symptoms (for example, cough, shortness of breath, etc.) have improved. 

• Any student-athlete that has “close contact” (teammate, household, classroom, work, girlfriend/boyfriend, friend – someone with over 15 minutes of exposure within 6 feet) should begin self-quarantine immediately. o If the student-athlete that was exposed previously had COVID (with a hard copy positive PCR test) in the last 3 months

and that student is asymptomatic, then there is no need to continue self-quarantine restrictions. o If the student-athlete that was exposed previously had probable COVID (illness but not tested) in the last 3 months, then they must continue with self-quarantine restrictions described below.

o “Close contact” to an individual with a positive COVID test, student-athletes should not return until: **[NOTE: During the WIAA Tournament series quarantine shall be 14 days.]**

They have waited at least 10 days from last exposure to the infected person; AND 

Have no fever without use of fever-reducing medications; AND 

No COVID symptoms (for example, cough, shortness of breath, etc.) reported during daily monitoring. Athletes may return after day 7 if: 

1. No symptoms were reported during daily monitoring; AND

2. The person has a negative PCR test obtained on day 6 or 7 of quarantine.

In rare instances where the infected positive exposure is a family member with prolonged illness, then discussion and medical clearance with health care providers can be individually obtained and reviewed. 

Daily symptom monitoring must continue for a full 14 days (post-quarantine transmission risk is estimated to be 1- 10% after 10 days & 5-12% after 7 days with the above protocol). 

The athlete must strictly adhere to social distancing guidelines, wearing a mask and avoiding gatherings for a full 14 days after exposure. 

o “Close exposure” to an individual with probable COVID (symptoms but not tested), student-athletes should not return until:

They have waited at least 10 days from last exposure to the infected person; AND **[NOTE: During the WIAA Tournament series quarantine shall be 14 days.]** 

Have no fever without the use of fever-reducing medications; AND 

No COVID symptoms (for example, cough, shortness of breath, etc.). 

If the individual with probable COVID is tested with a PCR test during the course of the quarantine: 1. The PCR test comes back negative, then all individuals quarantined based on that exposure are free to return to participation if no fever and no symptoms.

2. The test comes back positive, then all individuals must follow the directions above (close contact). Athletes may return after day 7 if: 

1. No symptoms were reported during daily monitoring; AND

2. The person being quarantined has a negative PCR test obtained on day 6 or 7 of quarantine. • Athletes may decondition during their quarantine and may require additional time to get back to full speed.

**GENERAL CONSIDERATIONS FOR PRACTICES**

**Pre-Workout/Pre-Contest Screening:**

• Athletes and coaches should check their temperature at home before attending practices or games. If a student-athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games. • What if athlete is sick or exposed? – See above section.

• A record should be kept of all individuals present at team activities.

• Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

**COVID-19 Coach:**

• Designate a coach to be responsible for responding to COVID-19 concerns.

• All coaches, staff, officials, and families should know who this person is and how to contact them. • Train coaches, officials, and staff on all safety protocols. Conduct training virtually, or ensure that social distancing is maintained during training.

**Social distancing:**

• **Practice** – Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This means additional spacing between players while playing, chatting, changing drills so that players remain spaced out, and no congregating of players while waiting a turn. 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.

• **Hydration –** All students shall bring their own water bottle. Water bottles must not be shared. o Due to the importance of hydration during practice, athletes should not be allowed to work out if they do not have access to their own water bottle.

o Water cows, water trough, water fountains, etc. should not be utilized.

○ Water refill stations should be cleaned/disinfected frequently.

**GENERAL CONSIDERATIONS FOR EVENTS**

**WIAA Event Accountability:**

• When arriving at the venue for a contest, coaches will exchange a tracing sheet and verification form signed by the coach and athletic director acknowledging that the students have been pre-screened and the tracing sheet is accurate. • When departing for the contest, coaches take their tracing sheet and verification form signed by the coach and athletic director acknowledging the tracing sheet’s accuracy. If a coach cannot, or does not produce the tracing sheet when verification is requested, it shall be reported to the WIAA office by the opposing coach.

• Failure to produce the verification form and/or the tracing sheet will result in a forfeit.

**Venue**

• Review Air Circulation/Filter System – Work with maintenance staff to ensure that venues meet proper circulation requirements.

• COVID-19 Signage at entrances and throughout each venue – i.e. spectator flow with designated entrance/exit areas with one-way traffic, reminders of not to attend if feeling ill, masking, social distancing, of hygiene habits, etc. • Identify commonly touched areas/items, such as water refill stations, door handles, handrails, etc. and develop a risk minimization/sanitization plan for these areas.

• Sanitizing Stations – Consider placing sanitization products in specific areas, such as scorer’s tables, team benches, ticket sales, etc.

• Parking/Drop-Off/Pick-Up Areas – Coordinate these areas to allow for social distancing before, during and after events. • Restroom Access – Establish protocols to ensure restroom capacity is limited and adheres to social distancing guidelines. • Booster Club/Sponsor/Vendor Sales – Consider eliminating to reduce fan congestion.

• Concession Sales – Consider eliminating concession sales completely and/or create seating arrangements to allow for social distancing, cashless transactions, establish a plan per the FDA and CDC guidelines.

**Staff**

• Changes to Policies/Procedure Handbooks – Review current policies and procedures, edit as needed and communicate changes.

• Review Emergency Action Plan with Event Staff – Review EAP, edit as needed and communicate changes. • Training and Education of Staff and Event Personnel – Provide staff with necessary training on sanitization protocols and other COVID-related items for event.

• COVID-19 Coach – Designate a staff member to be responsible for responding to COVID-19 concerns. All coaches, staff, officials, and families should know who this person is and how to contact them.

• Crowd Control Staffing Needs – Ensure adequate staffing to address event needs with additional attention to COVID related items.

• Minimize the number of personnel on the sidelines.

**Participants**

• Eliminate any shared water stations – Require all participants to bring their own water.

• Player benches and coaching boxes – Use paint or tape as a guide to help maintain social distancing on the sideline for athletes and coaches. Encourage teams to clean up their respective benches before leaving the venue. • Mask/facial covering on sideline for coaches and athletes not participating, especially if not able to maintain full social distancing.

**Spectators**

• Follow county guidelines on limiting spectators.

• Face covering requirements – Event Personnel, Media, Spectators – consider having masks available to purchase or to provide for those who may have forgotten to bring one.

• Ticket sales – If unable to eliminate on-site sales, consider steps to establish social distancing and provide a sanitization station.

• Pedestrian flow – Create protocols and signage to address ingress and egress areas and high traffic areas to avoid congestion. Consider using stanchions, tape or paint as a guide and communicate in advance.

• Seating – Establish a procedure for all indoor and outdoor venues that allows for social distancing guidelines. The number of spectators allowed must be in accordance with state/local regulations for gathering sizes.

**Concessions**

• If opening/allowing, post signage at stand for patrons to maintain social distancing of 6’ between parties near food stand. • Maintain a sanitize solution for wiping cloths during operations and increase cleaning/sanitizing frequency – especially high-contact surfaces such as equipment, utensils and countertops.

• Discontinue self-service operations for the public such as drink stations, condiment trays, cup/napkin/utensil dispensers and other amenities to help maintain infection control.

• Consider the use of fans or open (screened) windows to improve air circulation in smaller indoor stands. • Use single-use condiment packets and avoid using shared condiment containers if possible. • Consider barriers such as Plexiglass between employees and customers if practical.

**Other**

• Advance messaging to teams, spectators, media – Visiting school teams and spectators are expected to comply with the host school strategies for COVID risk mitigation.

○ Provide written notice to all attendees, outlining procedures for the event.

○ Provide PA announcements to reinforce key site requirements and reminders of guidelines. • Social distancing requirements – Teams, event personnel, media, spectators – Review and communicate plans to all • Face covering requirements – Event personnel, media, spectators – Review and communicate plans to all. • Livestream options for spectators who cannot attend in person – Review and communicate plans to all, consider camera location(s).

• Seating capacity/configuration – Teams, spectators, media, medical, event personnel. Consider tape or paint as a guide, communicate in advance and create signage.

• Designate Event Management team – Includes a health professional. This group has the authority to modify, restrict, postpone or cancel the event based on public health risk or other factors.

• Screening of participants, spectators, event personnel, event officials, teams, media – Communicate pre-screening expectations for all attendees.

1. All attendees should check their temperature at home before attending an event. If any attendee has a temperature of 100.4 degrees or above, or if they have any symptoms, they should not attend the event.

• Create communication plan – Attendees can receive an emergency notification, if necessary. Think about how you will address and communicate a positive COVID test of an attendee before, during or after the event. • Attendees – Consider grouping people into tiers from essential to non-essential and decide which tiers will be allowed at an event:

1. Tier 1 (Essential): Athletes, coaches, officials, event staff, medical staff, security

2. Tier 2 (Preferred): Media

3. Tier 3 (Non-essential): Spectators, vendors

\*Only Tier 1 and 2 personnel will be allowed to attend events until state/local health departments lift restrictions on mass gatherings.

• Athletic Training services – As health-care professionals, athletic trainers can take lead roles in developing and implementing infection control policy throughout the school. School administrators should partner with athletic trainers to develop and implement infection control policy throughout the school.

• Transportation to events – Schools must consider social distancing requirements when scheduling contests and events for the fall. Masking and social distancing (as required by state or local health departments) will need to be maintained on buses/vans. Thus, multiple buses/vans and/or parental/guardian transportation will likely be needed.

**Additional information can be found in The University of Southern Mississippi National Center for Spectator Sports Safety and Security (NCS4) COVID-19 Considerations for Sport and Entertainment Venues and Events (click to view)**

**MEDICAL CLEARANCE FORM**

**For Sports Participation After Positive Test or Symptoms of Covid-19**

Name of Student-Athlete \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_School \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ County of Student-Athlete Residence\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ County of School \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Initial Symptoms \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Covid-19 Tested? Yes\_\_\_\_ No\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**WHAT IF ATHLETE IS SICK OR EXPOSED**

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o Ensure that student-athletes with a positive COVID test (even if no symptoms) do not return to participation in training or competition until:

At least 10 days have passed since positive test; AND 

No fever (fever is temp of 100.4°F or more) without the use of fever-reducing medicine for at least 24 hours; AND COVID symptoms (for example, cough, shortness of breath, etc.) have improved; 

Athletes may not return earlier if negative follow-up testing (cannot test out of isolation). 

o Ensure that student-athletes with probable COVID (symptoms of COVID– refer to symptom chart– but not tested), not be allowed to participate in any training or event until:

At least 10 days have passed since onset of symptoms; AND 

No fever (fever is temp of 100.4°F or more) without the use of fever-reducing medicine for at least 24 hours; AND COVID symptoms (for example, cough, shortness of breath, etc.) have improved.

• Any student-athlete that has “close contact” (teammate, household, classroom, work, girlfriend/boyfriend, friend – someone with over 15 minutes of exposure within 6 feet) should begin self-quarantine immediately.

o If the student-athlete that was exposed previously had COVID (with a hard copy PCR test) in the last 3 months and that student is asymptomatic, then there is no need to continue self-quarantine restrictions.

o If the student-athlete that was exposed previously had “presumed” COVID (illness but not tested) in the last 3 months, then must continue with self-quarantine restrictions described below. **[NOTE: During the WIAA Tournament series quarantine shall be 14 days.]** o “Close contact” to an individual with a positive COVID test, student-athletes should not return until:

They have waited at least 10 days from last exposure to the infected person; AND 

Have no fever without use of fever-reducing medications; AND 

No COVID symptoms (for example, cough, shortness of breath, etc.) reported during daily monitoring. 

Athletes may return after day 7 if: 

1. No symptoms were reported during daily monitoring; AND

2. The person has a negative PCR test obtained on day 6 or 7 of quarantine.

Daily symptom monitoring must continue for a full 14 days (post-quarantine transmission risk is estimated to be 1-10% after 10 days & 5-12% after 7 days with the above protocol). 

The athlete must strictly adhere to social distancing guidelines, wearing a mask and avoiding gatherings for a full 14 days after exposure. 

o “Close exposure” to an individual with probable COVID (symptoms but not tested), student-athletes should not return until: They have waited at least 10 days from last exposure to the infected person; AND **[NOTE: During the WIAA Tournament series quarantine shall be 14 days.]** 

Have no fever without the use of fever-reducing medications; AND 

No COVID symptoms (for example, cough, shortness of breath, etc.) 

If the individual with probable COVID is tested with a PCR test during the course of the quarantine:

1. The PCR test comes back negative, then all individuals quarantined based on that exposure are free to return to participation if no fever and no symptoms.

2. The test comes back positive, then all individuals must follow the directions above (close contact).

Athletes may return after day 7 if:

1. No symptoms were reported during daily monitoring; AND

2. The person being quarantined has a negative PCR test obtained on day 6 or 7 of quarantine.

• Athletes may decondition during their quarantine and may require additional time to get back to full speed.

I have reviewed the WIAA guidelines for return to participation for this athlete, and provide medical clearance to return as defined by the above guidelines.

Provider Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ License # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (MD, DO, PA, NP)

Office Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Office Phone #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Provider Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**TRACK & FIELD**

**RULE CONSIDERATIONS**

**Rule 5-10-5 –** The baton is the implement which is used in a relay race and is handed by each competitor to a succeeding teammate. Gloves are not permitted in relay events.

• Schools can bring their own batons, or they should be disinfected after each heat/race.

**EQUIPMENT CONSIDERATIONS**

**Masks**

• Masks must be worn according to the governor’s mandate upon arrival to the venue and until the official warm-ups have started or a player is competing.

• Masks must be appropriately worn at all times, particularly when moving or unable to socially distance. o Coaches and officials must wear masks indoors and outdoors.

o Spectators must wear masks indoors and outdoors.

o Athletes may use “buffs” or neck gaiters. Competitors may find that it is easier for them to mask-up when they feel they need to, and pull it back down without it dropping on the ground.

**COVID-19 Coach**

• Designate a coach to be responsible for responding to COVID-19 concerns.

• All coaches, staff, officials and families should know who this person is and how to contact them. • Train coaches, officials, and staff on all safety protocols. Conduct training virtually, or ensure that social distancing is maintained during training.

**Set-up and Breakdown of Meet Equipment**

• Any equipment used for competition should be disinfected prior to and immediately following. Only one individual should handle the equipment on any given day, or gloves should be worn for set up and take down.

**General Equipment**

• There should be no shared athletic equipment (foam rollers, resistance bands, towels, etc.). Any equipment that is used for practice (untouched by athletes, such as cones) should be cleaned and disinfected prior to and immediately following practice.

**Implements**

• Athletes should provide (or be assigned) their own implements and athletes should retrieve their own implement after all throws. Sanitize implements frequently.

**Mats**

• Option 1 – Athletes are to provide their own disinfectant wipes (at least 60% alcohol) to disinfect their hands/arms/legs after each jump or vault, or

• Option 2 – Host should cover mats with a tarp that is removed and disinfected after each athlete (multiple tarps would be needed).

**Blocks/Batons/Vault Poles**

• If shared, these items should be disinfected between athletes as well as before and after each meet.

**Clothing/Shoes**

• Must not be shared among athletes. Any items that are not currently being worn should be stored inside a personal gym bag. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice/competition.

**Other Hygiene Considerations**

• Any equipment that is shared should be cleaned and disinfected prior to and immediately following each use and each meet. Be responsible for your own supplies.

• Athletes, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use frequently.

• Emphasize to avoid touching the face throughout practice and competition.

• Spitting/Nose Clearing/Coughing – All athletes and coaches are prohibited from spitting/nose clearing and must cover coughs. • Athletes, coaches and staff should avoid touching doors, gates, fences, benches or other schools’ equipment. **General Reminders for Athletes**

• Personal Items – It is recommended that each athlete bring their own gym bag for personal items. Gym bags should be placed in a predetermined area 6 feet apart for the duration of the event. No shared clothing/shoes.

• Athletes are encouraged to provide their own hand sanitizer (at least 60% alcohol) and use frequently. • Water bottle – All athletes shall bring their own water bottle. Water bottles must not be shared. • Tell coaches immediately when you are not feeling well.

**COMPETITION CONSIDERATIONS**

**WIAA Event Accountability**

• A tracing sheet and verification form shall be kept of all individuals traveling with the team to the contest verifying that the traveling party has been prescreened that day, before departure.

• When departing for the contest, coaches take their tracing sheet and verification form, signed by the coach athletic director, acknowledging the tracing sheet’s accuracy. If a coach cannot, or does not produce the tracing sheet when verification is requested, it shall be reported to the WIAA office by the opposing coach.

**Competition Structure**

• Encourage minimal travel and single-day competitions.

• Consider single opponents (dual meets), but invitationals can host 8 teams.

o Ensure that all teams have their own area removed from other teams.

o Consider splitting boys and girls teams at different locations.

o Consider splitting levels (varsity, nonvarsity) at different locations.

**Event Information**

• Throwing events – Enforce social distancing for all athletes and officials. To limit contact, athletes can provide their own implements (that pass inspection) and retrieve their own implements after all throws. If athletes cannot provide their own implements, then it is recommended that implements be sanitized between each use.

• Jumping events – Enforce social distancing for all athletes and officials. To lower the risk of these events, meets (practices) can cover pits by a tarp that is removed and disinfected after each athlete (therefore, multiple tarps may be needed for appropriate event pace). To limit contact, athletes should not share vaulting poles unless disinfected after each use. (See additional disinfection information on previous page.)

• Sprint, Hurdle and relay events should be run entirely in lanes (may use every other lane to assist with distancing). o Any equipment that is shared should be cleaned and disinfected prior to and immediately following each use and each meet.

o Do not use baskets at start line for apparel.

o Recommendations for students to wear a cloth facial covering when not actively competing.

• Middle Distance and distance races on the track of 800m and longer (any event not run entirely in lanes) are considered moderate risk activities if conducted under normal circumstances.

**Social Distancing**

• **Warm-ups/Stretching** – Maintain social distancing between athletes.

• **Congregating of Athletes and/or Coaches** – Discourage congregating upon arrival to the field, prior to warm-ups, and immediately following the race/event.

• **Huddles** – Social distancing to be maintained as much as possible when the coach is communicating with athletes. All athletes and coaches should be encouraged to mask during huddles.

• **National Anthem** – Align team members in a manner that allows them to maintain social distancing guidelines. • **Interaction with Officials** – Coaches and officials should maintain social distancing when interacting. • **Competition Areas**

o Allow only essential personnel to be present in the practice/competition areas. These are defined as athletes, coaches, medical personnel/trainers, and officials. Encourage facial coverings.

o All others (i.e. managers, photographers, media, etc.) are considered non-essential personnel and are not to be in the competition areas. Adhere to social distancing guidelines and encourage facial coverings.

**Spectators**

• Follow county guidelines on limiting spectators.

• **Face covering requirements** – Event personnel, media, and spectators must wear masks when moving or unable to socially distance.

○ Consider having masks available to purchase or to provide for those who may have forgotten to bring one. • **Ticket sales** – If unable to eliminate on-site sales, consider steps to establish social distancing and provide a sanitization station. • **Pedestrian flow** – Create protocols and signage to address ingress and egress areas and high traffic areas to avoid congestion. Consider using stanchions, tape or paint as a guide, communicate in advance and create signage.

• **Seating** – Establish a procedure for all indoor and outdoor venues that allows for social distancing guidelines. The number of spectators allowed must be in accordance with state/local regulations for gathering sizes.

**OFFICIALS CONSIDERATIONS**

**Officials are not responsible for monitoring activities on the sidelines, such as social distancing, hand washing, symptoms of illnesses and other such issues. This monitoring remains with the coaching staff and school personnel.** • Bring personal hand sanitizer. Wash hands frequently.

• Bring your own water bottle.

• Don’t share equipment. Bring your own supplies.

• Follow social distancing guidelines.

o Pre and Post meet conferences.

o Tabulations and posting of results.

• Consider using an electronic whistle

• Do not shake hands and follow pre- and post-game ceremony guidelines.

• Cloth face coverings are encouraged, and if social distancing cannot be maintained, they are required. **COACHES CONSIDERATIONS**

• Coaches are strongly encouraged to wear masks at all times, especially when unable to maintain social distancing. • Communicate your guidelines in a clear manner to students and parents. Athlete safety is paramount. • Communicate expectations regarding finish line and chute protocol.

o Minimizing contact with other runners is paramount. Discussions must encompass behaviors of the athletes when they cross the finish line – i.e. falling to the ground and spitting/nose clearing.

• Follow the CDC guidelines for cleaning and disinfecting the practice/competition venue.

**ATHLETES CONSIDERATIONS**

• Athletes are strongly encouraged to wear masks at all times, especially when unable to maintain social distancing. • Be responsible for your own supplies.

• Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed after every workout immediately upon returning home.

• Hand sanitizer should be plentiful at all contests and practices.

• Tell coaches immediately when you are not feeling well.

• It is recommended that each athlete bring their own gym bag for personal items. All personal items should remain in the gym back when not in use. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice.

**PARENT CONSIDERATIONS**

• Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home)

• Provide personal items for your child and clearly label them.

o Gym bag

o Communicate with your child, ways to keep their items separate from others, and emphasize the importance of the guidelines that are being provided.