

# 2020 KSHSAA CROSS COUNTRY CONSIDERATIONS

Revised 7/27/2020

KSHSAA Return to School Activities – Activity Specific Risk Mitigation Strategies

**With support of the NFHS, the KSHSAA Sports Medicine Committee and the KSHSAA Executive Board, we offer this document as guidance to the member schools of the KSHSAA to consider for the 2020 cross country season. The considerations outlined are meant to decrease potential exposure to respiratory droplets by encouraging physical distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate and reasonable protective equipment. With the considerations the KSHSAA believes these reasonable accommodations will help with risk mitigation for the upcoming cross country season.**

For all activities, starting with the fall season (and year-round activities), the following risk mitigation protocols are suggested/required. For as long as group size restrictions and social distancing are in place, the following best practices are recommended on activity specific basis.

Activity: **Cross Country**

**Transportation Considerations:** Adhere to BOE policies for transportation to/from practices and contests; clean vehicles before and after each usage; suggestions include single individual per bus seat; staggered bus seating as available; parent support for transporting own child (if within BOE policy);

**Locker Room Considerations:** Adhere to local school policy for usage; cleaning before and after each usage; suggestions include staggered use by teams of locker rooms; maintaining consistent groupings of students in locker room; clothes cleaned after use; equipment cleaned before storing;

**Concessions Considerations:** Follow CDC guidelines. Consider only bottle drinks and pre-packaged items. Limit cash sales, use credit card.

**Crowd Size/Limits Considerations:** Consider only allowing a certain number of spectators from each school. May want to consider no spectators.

**Admission/Ticketing Considerations:**

- Consider cashless admission utilizing digital tickets.

**Competition/Scheduling Considerations:**

- Schools should consider smaller meets (Quads & Tris) vs. large invitational tournaments.
- Schools should consider having Varsity meets on one day and sub-varsity meets on another.
- Schools should consider not traveling so far to meets.
- Consider a reduced number of competitions.

**Athlete Considerations:**

- Each student is responsible for their own supplies.
- Each student has their own marked water bottle/jug.

- Students should not share clothing/shoes.
- Students should have hand sanitizer.
- Students should wash hands frequently.

**Officials Considerations:**

- Follow social distancing guideline during: Pre-Post Meet conferences with coaches; clerking at the start line; during tabulation of results.
- Wear a face covering whenever possible. May want to consider clear shield.
- Bring personal hand sanitizer.
- Bring their own water bottle.
- Don't share equipment.
- Consider using electronic whistle.
- Do not shake hands.
- Use a megaphone or loudspeaker for commands

**Event Staff Considerations:**

- Wear face coverings whenever possible.
- Bring personal hand sanitizer.
- Use gloves when handling equipment.
- Social distancing of 6 feet should be maintained.
- No shaking hands, hugging, high fives.
- Bring their own water bottle.
- Limit contact with runners at finish line area.

**Equipment/Facility Considerations:**

- Clean and disinfect frequently touched surfaces.
- Consider using finish corrals and FAT timing to distance runners at the finish.
- If no FAT timing system is available consider alternative means of finish place and time to address congestion at the finish line.
- Consider using image based equipment at finish to assist with picking place to avoid congestion.
- Consider staggered start times per team.
- Course measured at least 6 feet wide for as much of course as possible.
- Consider teams running – record times, and leave before next team comes and runs same course and records times.
- Consider having wider starting boxes and further apart. Teams in every other box.
- Team tents areas limited to only members of the team.
- Spread team tent areas apart so there is at least 6 feet of separation.
- Regular cleaning & disinfecting of restroom and port-a-potties per health department guidelines.
- Provide hand sanitizer.

**Practice Considerations:**

- Consider conducting workouts in “pods” of the same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Health screening prior to practice. (see general guidelines)
- Keep accurate records of who attends practice – days and times.

- Consider temperature checks prior to practice. (see general guidelines)
- Athletes are responsible for their own supplies.
- Athletes bring their own water bottle/jug.
- Covered face clothes are permitted.
- Consider limiting the number of students coming to practice.
- Runners should remain 6 feet apart.

#### **Contest warm up Considerations:**

- Teams should stay together, don't intermingle with other schools.
- No pre-race huddles.
- Maintain social distancing of 6 feet.
- Consider wearing mask other than times of physical exertion.

#### **Competition Considerations:**

- Widen course – at minimum 6 feet.
- Limit the number of spectators per student.
- Limit the number of runners per race or entries per school.
- Spectators should wear masks.
- Coaches should wear masks.
- Face coverings are permitted for runners.
- Consider having runners wear facemasks, in the starting box, until start of race and then remove.
- Competitors may wear face covering prior to race starting and then take it off after race has started.
- Athletes bring their own water bottle.
- Athletes are responsible for their own supplies.
- Recommend staggering starts to allow fewer runners per race.
  - Possible alternative starts – interval starts, “wave” starts vs. mass starts.
  - If “wave” starts are used – consider having team A start, then later team B start, etc.
  - If “wave” starts are used – consider having all #1 runners be the first wave, #2 runners be the 2<sup>nd</sup> wave, #3 runners the 3<sup>rd</sup> wave, etc.
  - If interval starts (runners start one at a time at timed intervals) are used with 15-20 second intervals – consider starting the #1's first, followed by #2's, etc. Bibs match the start order.
  - If interval starts (runners start one at a time at timed intervals) are used with 15-20 second intervals - consider having runners from the same school going every interval. Bibs match the start order.
- Consider no awards ceremony. Provide medals and trophies to coach to distribute.

#### **End of Race Considerations:**

- In lieu of handshakes, please develop and utilize an appropriate sign of respect and sportsmanship that does not include handshake or other physical contact; suggestions include head nod, chest thump, salute, etc.
- At completion of race return to team tent area, don't mingle.
- Use water from individual cups or from personal water bottle

#### **NFHS Rules modifications:**

**KSHSAA Protocol modifications:**