



2020 Kyrene Athletic Program Cross Country Modifications

This document provides guidance and game modifications for schools, game administrators, coaches, players, and officials to follow in accordance with NFHS, state and local restrictions and recommendations. Game Administration is responsible for informing all participants of local guidelines for participation.

❖ Practices

- Guidelines for maintaining healthy operations and a healthy environment must be followed at all times.
- Athletic programs that are offered during this phase are permitted to have a 1:50 ratio with athletes staying in cohorts.
- Target ratio for cross country is 1:25. If there is more than one coach and cohort, training groups/cohorts will remain separate with consistent membership for attendance and contact tracing purposes if needed. Coach will take attendance daily and report to their COVID-19 Point of Contact at their school if an athlete is absent.
- Coaches must wear a cloth face mask at all times.
- Athletes must wear a cloth face mask when transitioning between facilities and entering or leaving campus. Athletes may but are not required to wear masks when warming up or running during practice.
- Social distancing of at least 6 feet is required for athletes.
- No water will be provided. Athletes should bring their own water bottle. Two gallons of water are recommended per training session.
- No equipment will be shared during any practice time.
- Temperature checks and self-reported screening reports are required; athletes must be free from symptoms to participate.
- Coaches and athletes will wash their hands or use hand sanitizer every time they enter or leave a practice facility.
- Locker rooms may be open only if 6 feet social distancing can be practiced and supervision is possible. It is recommended that a maximum of 10 students are allowed in the locker room at one time with adult supervision.

❖ Attending a meet—Pre-Meet

- For transportation to a meet (on a school bus) coaches are to follow their district guidelines.
- Masks are to be worn by athletes when not warming up or racing.
- Coaches are to wear masks at all times; when in contact or proximity of participants or spectators. Spectators must also be masked.
- Athletes are to bring their own labeled water bottles.

- If an athlete is to interact with a medical personnel or trainer; they are to wear a mask.
- All athletes competing are required to have their number on their arm prior to the meet.

❖ **During the meet and pre-race**

- In the team huddle there is to be no hand holding.
 - A team may still do a team chant.
 - Non racers should NOT be a part of the team huddle.

❖ **Hosting a Meet or Invitational**

- Team camp areas must be large enough to allow for teams to spread out.
- Stretch out starting line as much as possible to allow for athletes not to be touching each other (shoulder to shoulder).
- Athletes will be staggered based on individual times with 5 yards a part to support social distance at the starting line.
- The starting line box should be wide enough for at least seven runners to stand side by side without touching each other.
- The host team will provide the official timer for each race.
- Limit the number of teams at your meet that can be safely accommodate social distancing.
- All meet personnel at the finish line must wear masks and gloves.
- Designate workers to help fallen runners. These workers need to change gloves after each race or more frequently if time permits.
- Allow time between races for chute workers to change to new gloves.
- The back part of the finish line needs to be large enough to allow athletes to exit safely, keeping an appropriate distancing between runners as much as possible.
- Rope off finish area to prevent spectators from crowding along the finish chute.
- Awards—eliminate award presentations.
- Awards should be put in an envelope for pick up by the coach or can be given to the athlete at the finish line.
- Results should be posted online or emailed to participating schools.

Should the conditions warrant, these modifications will be adjusted.

PLEASE NOTE:

Practice and game schedules vary per school. In the event that a team or school is impacted by COVID-19, a game or meet may need to change locations or be cancelled and is not likely to be able to be rescheduled. Schedules and the format of practices or games may need to be adjusted mid-season if there is a shift in the level of community spread. Please be mindful of these possibilities upon registration, we will not be able to issue refunds for athletics participation fees as they are most commonly paid through non-refundable tax credits.