



ACTIVITY: Cross Country

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Considering all recommendations by the NFHS, WIAA rules and regulations, and the SMAC guidelines, the following are the specific guidelines for Cross County. For general guidelines, please refer to the general guidelines document on the WIAA website.

**The NFHS has determined that Cross Country is Lower Risk.** Sports that can be done physical distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

Special Considerations for the use of the following equipment:	Special Considerations for the use of the following components of the facility
<ul style="list-style-type: none"> <li>• Individual Student Equipment / Personal Items</li> <li>• Stretching Equipment</li> <li>• Timing Devices</li> <li>• Tents/Shelters</li> <li>• Flagging/Marking Equipment (Cones, Paint Cans)</li> <li>• Bibs/Tags/Chips</li> <li>• Water Bottles</li> <li>• Any item that is held in the hands or makes contact with the body</li> </ul>	<ul style="list-style-type: none"> <li>• Team Areas</li> <li>• Bleachers</li> <li>• Bathrooms</li> <li>• Locker Rooms</li> <li>• Weight Training Facilities</li> <li>• Athletic Training Facilities</li> <li>• Drinking / fountains / jugs</li> </ul>

**Washington's Phase 2**

- Runners should maintain the recommended six feet of distancing between individuals and should not be in contact with each other, no sharing of equipment.
- Recommended that all activities occur outdoors.
- Avoid grouping of athletes at start and end of practice or during transitions.
- Staggered start times for meetings are recommended.
- Educate athletes about physical distancing, handwashing, and other immune system protocols.
- Masks not recommended while running, but recommended before and after practice for everyone (coaches and athletes).

**Washington's Phase 3**

- Competitions with field sizes up to 50 can occur. Avoid grouping of athletes at start and end of practice/competitions or during transitions.
- Staggered starts will be used. (Either individual starts or waves of up to 10 racers, depending on course configuration)
- Multiple races can be held if separated in time and allow for appropriate transportation.
- Create chutes and finishes that do not encourage congestion.
- Educate athletes about physical distancing, handwashing, and other immune system protocols.
- Masks not recommended while running but recommended before and after practice/meets (when not racing) for everyone (coaches and athletes).
- No pre or post-race handshakes or fist bumps should take place.
- Teams should not mass collect warm-ups at the start area.
- All event workers should be masked, and gloved when appropriate.

## **Washington's Phase 4**

- Staggered starts are recommended. (Either individual starts or waves of multiple runners, depending on course configuration)
- Mass starts could be used.
- Multiple races could be held.
- No pre or post-race handshakes or fist bumps should take place
- Teams should not mass collect warm-ups at the starting area.
- Masks not recommended while running but recommended before and after practice/meets (when not racing) for everyone (coaches and athletes).
- All event workers should be masked, and gloved when appropriate.

## **NFHS Recommendations**

### General Considerations:

- Possible Rule Modifications:
  - 8-1-3a: Consider widening the course to at least 6 feet at its narrowest point.
- With no FAT timing system consider alternative means of finish place and time to address congestion at finish line.
- Consider using image-based equipment at finish to assist with picking place to avoid congestion.
- Clean and disinfect frequently touched surfaces and exercise equipment.

### Considerations for Coaches:

- Communicate your guidelines in a clear manner to students and parents.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

### 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,
  - Tabulations and posting of results.
- Consider using electronic whistle.
- Do not shake hands and follow pre and post-meet ceremony guidelines established by state associations.

### Considerations for Parents:

(A family's role in maintaining safety guidelines for themselves and others):

- 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.