



BEST PRACTICES – CROSS COUNTRY

In addition to General Guidelines Fall Sports 2020

July 23, 2020

Subject to change



+ General

1. A virtual race concept will be held on the same date, same course as teams are scheduled.
2. Staggered, wave, interval start times will minimize the risk. Staggered starts by team insures low risk as pods of runners from a parish/school are already practicing together and are a low risk as runners pass others on course due to physical distancing and short duration of potential close contact.
3. Runners from the same team will be spaced 6' apart on the starting line whenever possible. Starting space between starting boxes will be expanded.
4. Physical distancing will be maintained at all times; no hugging, shaking hands, fist bum[s] for support or encouragement.
5. Teams would be assigned a starting time, warm-up, run, cool down, then leave keeping gathering to a minimum. (See meet site plan).
6. No walking courses pre- race, runners study maps during the week, explanations available at registration table.
7. No congregating with teams, athletes, coaches, spectators.
8. No dogs.
9. When possible, courses will be designed to widen to at least 6' at its narrowest point.
10. Due to the virtual race concept, no tents.

+ Athletes

1. Do not share clothing.
2. Do not share water, food, or other items.
3. Do not congregate at the finish line.

+ Spectators

1. All spectators must wear masks the entire time.
2. The number of spectators is restricted to a maximum of 5.
3. Physical distancing required at all times.
4. No spectators permitted by the start and finish lines.
5. Cloth masks permitted.

+ Coaches

1. Coaches will take attendance at every practices and competition in case of contact tracing is needed. The CYO monitoring form will be used.
2. Communicate and monitor guidelines clearly to each athlete.
3. To limit exposure, conduct practices in pods of the same athletes.
4. Masks required of all coaches.
5. Must maintain 6' spacing between athletes at the start and finish lines.
6. Provide sanitizer at each practice and meet. Distribute often and frequently to athletes and coaching staff.

✚ Host parish/school

1. Must wear masks.
2. Bring sanitizer.
3. Maintain physical distance at all times.
4. Use radio contact to registration table as needed.

✚ Officials

1. Only 1 starter - mask required.
2. No starter meeting with athletes.
3. Bring personal sanitizer.
4. Maintain physical distancing at all time.
5. No physical contact at any time.

✚ Meet Modifications

1. No pre-meet coach's meeting.
2. CYO forms will be discussed at the pre-season coach's meeting in August.
3. Results posted the Monday after the meet.
4. All staff will wear masks.
5. Limited time of starting procedures instructions.
6. No awards.

