



COVID 19 Protocols & Procedures – Cross Country

The MHSAA/NFHS Guidance for Re-Opening School Sports lists Cross Country as a low risk sport.

Low risk sports can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

Competition and Spectator Limitations

- 2020 Fall regular season tournament competition limit – no more than 70 runners in a race.
- No scrimmages allowed.
- Spectators will be limited. The number of spectators and individuals allowed for indoor and outdoor events will be based on future guidance from the governor's office, and will be posted prior to the first dates of competition.

Practice

- 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 required while running, but recommended before and after practice for everyone (coaches and athletes).
- All coaches and other school personnel should be masked, and gloved when appropriate with PPE.

Competition

- Scheduling of host sites and courses needs to be done ahead of time to ensure the venue can both handle a race and is willing to be the host site. This includes private facilities like parks that may have restrictions on races or congregations of people like cross country races. No spectators may need to be strongly considered.
- Avoid grouping of athletes at start and end of competitions or during transitions. (Team and athletes) will have to be a smaller controlled number.
- Course design should be considered and adjusted as necessary to include non-repeating courses and at least 6 ft. wide at its narrowest points. In addition, "passing lanes" could be considered as a way to have competitors physically distance during a race.
- If spectators are allowed at the course, there must be a restricted area at the finish that keeps spectators away so they do not interfere with the "quick exit" of each athlete.
- All event workers should be masked, and gloved when appropriate with PPE.
- Host schools can add course monitors and marshals to the course in multiple key spots to monitor social distancing and remind runners to run their line for proper distancing.
- Educate athletes about physical distancing, handwashing, and other immune system protocols. This would include the use of hand sanitizer before and after competition.
- Masks not required while running or racing, 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.

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