

XC Regular Season Protocols

*edited 7/30 (9:30 PM)

This document is an outline of important components and protocols for Class A cross country in Nebraska to occur safely--consistency amongst all meets and meet hosts will be essential for the safety of our season. Cross country has significantly less risks than contact and indoor sports, and organizations are already hosting & competing in cross country, road races, and track meets around the nation & world--there are proven ways to host meets with the recommended guidelines released by the NSAA.

SPECTATORS & FANS

--2-3 spectators allowed per athlete (families should make appropriate decisions regarding symptoms, high risk populations, children, etc.)

--Host School needs to create a map where the fans are allowed to be during races ("definitive, spectator area) and/or ~15 feet off of the race "white line" (marked by host school--mile markers and finish chute COMPLETELY off limits for spectators)

**Host schools of meets need to submit it to "host" group for review (by Tuesday, August 4th)

**See attached "Meet Host Checklist" for guidance and "to-do-list"

--Spectators, fans, etc. must wear MASK AT ALL TIMES.

--Spectators only watch their own "kids" race (PLUS or MINUS 10 minutes before and after), otherwise in cars or in parking lot (dependent on meet location & host).

--Spectators will be highly encouraged to leave ASAP after the meet to minimize congregating in large groups. Athletes will also be highly encouraged to leave with parents ASAP (after cooling down), depending on school transportation. Every effort should be made to have the course from an early race cleared out as soon as possible (bull-horn announcements should be made after the race announcing people to clear out ASAP). It is understood there will be some parents who have children running in multiple races--this parent should still follow protocol as safely as possible, and avoid "hanging out at the course for multiple hours".

RACE DAY DETAILS

--Porta-potties should be available to some degree for spectators, but spaced out accordingly with spots marked on ground for appropriate social distancing. Separate restroom areas should be strongly considered for athletes.

--Races start 'on the hour' (or more....), 8:00 AM....9:00 AM...for JV type races (kids running 30+ minutes will require more downtime between races). Races can start every 45 minutes if varsity only (no one is slower than 25:00 in varsity....plenty of downtime to clear out spectators before next race).

"RECOMMENDED" RACE TIMES

WEEK DAY RACES START AT 5:00 PM or later (example below)

If Varsity First: 5:00, 5:45, 6:30, 7:30

If JV First 5:00, 6:00, 7:00, 7:45

--Saturday's are strongly recommended as the "invite" (multiple races) day due:

- 1) heat and weather considerations (water & facemasks become issues with heat)
- 2) lack of substitute teachers

- 3) transportation **can** be provided by parents
- 4) can have much greater spacing between more races (no daylight issues like evening)

--It is highly encouraged that varsity races should go first (less crowds for warming up, varsity parents will leave ASAP after, varsity first will ensure faster "flow" of races and stay on time schedule)

--Participating teams will be responsible for their own team water supply/ice. It is recommended that meet hosts not supply water or ice to competitors at the finish line to minimize touch points and areas prone to congregating. If an athlete is suffering from heat exhaustion/stroke, the meet host should provide ice to help cool that athlete down.

--Starting line should be laid out in a way that an empty box of at least 2 meters can be placed between teams.

PRE-RACE PROTOCOL

If the weather is warm, athletes will be encouraged to arrive at starting line in uniform, ready to race (with no warm-up materials). In adverse conditions, athletes will each have their own marked trashbag in which they will put their warmup clothes right before the gun goes off.

--Start area managed by **assigning** each team a socially distanced camp area also designated for check-in where the host provides packets at least 60 minutes before the start. Team camps should be a minimum of 100 feet apart, to ensure proper social distancing--this includes separating boys and girls teams for one school. Teams don't report to the starting line until five minutes before (can't have huge clumps of kids standing around) to minimize duration in close proximity. It will be strongly recommended to have a "pre-race staging areas" marked for teams to listen to race announcements prior to moving to the official starting line. "Athletes only move to the starting line after 1 minute to go call (?)".

--Athletes will be in masks at all times EXCEPT: when warming up, racing, or cooling down. Athletes will be expected to self-monitor for symptoms, and coaches should constantly reinforce staying home if an athlete is experiencing any symptoms or illnesses.

**Specific school district rules can be more strict and over-rule any mask mandates and requirements.

--Team huddles need to be socially distanced (6' apart) before and after races.

--Finish areas cannot have chutes. Finish areas should be large enough for all athletes (~60 total) to socially distance after the race appropriately and should be roped off (caution tape) so NO ONE CAN ENTER. The area beyond the finish should be large enough to allow athletes to keep moving while maintaining social distance during the exhaustion phase immediately following the race.

--Each team is responsible for providing a chute worker (or more) who would be responsible for pulling their own athletes out (of the finish area) if one of their runners collapses at or near the finish line. (minimize contact between teams & individuals). Trainers should be communicated with ahead of time on proper post-race protocol.

**Important Discussion Points: chip timing, coaches timing, other alternatives (to be discussed Aug 11)

--Chip timing at meets will be highly encouraged, as it eliminates the need for contact at the finish line area.

--Below is recommended race entry guidelines. Meet hosts should share their team & number intentions with all participating teams, so that any schedule changes can be made as soon as possible (by Tuesday, August 4th, refer to Meet Host Checklist).

Sixty athletes is the **maximum** total number of racers that can be managed and spread out safely after races (outside of the state XC meet). It is also reasonably close to the number of "50 people maximum" that has been sanctioned in a lot of the various "phase openings" across the state. Sixty athletes per race allows the meet host to have some flexibility in terms of number of teams and participants from each team. It is still highly encouraged that sixty athletes is the **MAXIMUM** number of racers--less than 60 is **ideal**.

"60 athletes"	2 teams	up to 30 kids each (teams can adjust total # as coaches see fit??)
(PER RACE MAX)	3 teams	up to 20 kids each
	4 teams	up to 15 kids each
	5 teams	up to 12 kids each
	6 teams	up to 10 kids each
	7 teams	up to 8 kids each
	8 teams	up to 7 kids each
	10 teams	up to 6 kids each

**IF A MEET INTENDS TO HAVE MORE THAN THESE GUIDELINES,
THEIR RACES MUST BE RUN IN WAVES.**

AWARD CEREMONIES

-Award ceremonies will be strongly discouraged at regular meets--awards should be placed in envelopes and given or mailed coaches (similar to track meets).

EXTRA THOUGHTS (for further discussion):

- Saturday meets (parent transportation, spacing out of races, avoid heat in early morning)
- Masks (it is HOT in August/September!!!!)