

IESA RETURN-TO-PLAY



CROSS COUNTRY

This document is intended to provide guidance for schools for the 2020 Cross Country season. This is not an exhaustive list and school officials may take additional measures based on requirements set forth by their school district and/or local health officials. Please understand that even with this guidance, there is still risk of transmitting illness at events such as cross country meets. Additionally, with the changing nature of the circumstances surrounding the COVID-19 pandemic, these guidelines may change.

Additional information may be found at:

<https://coronavirus.illinois.gov/sfc/servlet.shepherd/document/download/069t000000CyCndAAF?operationContext=S1>

Season Dates	<ul style="list-style-type: none">Practice May Start: August 3Contests May Start: August 15Regional Meet: Oct. 10-17Season Must End: Oct. 17	<ul style="list-style-type: none">Regular season meets should be limited to within conference, OR other schools in the same general geographical area, (approximately a 30 mile radius), OR EMS region.
Eligibility	<ul style="list-style-type: none">Students must be meeting all eligibility requirements (grades, age, residency, etc.)Students must have a current physical on file prior to practice.	<ul style="list-style-type: none">E-learning students may be eligible provided the local district allows their participation.
Team Limitations	<ul style="list-style-type: none">Schools limited to a maximum of 2 meets per week.	<ul style="list-style-type: none">Schools must meet the 3-contest minimum to be eligible for the state series.

Meet Limitations	<ul style="list-style-type: none"> ▪ Race Capacity- Student participants, coaches, timers, and paid/volunteer meet officials are restricted to a combined total of 50 per race. ▪ Small Meets (i.e. duals and triangular)- Most effective in maintaining fewer competitors, school personnel, officials, and spectators. Small meets make it easier to space runners out at the start and finish of a race to ensure for appropriate social distancing. Small meets must adhere to the event capacity guidelines. 	<ul style="list-style-type: none"> ▪ Multi-team meets- If schools have scheduled large meets, hosts must ensure that all event attendees are held to the capacity guidelines- no more than the listed race capacity. ▪ Multiple races- If multiple races will occur at a site, those participating in the race can only be in the vicinity of the course during their scheduled time. Once that time has expired, participants must vacate the course area to allow the next scheduled group of participants to compete.

State Series	<ul style="list-style-type: none"> ▪ Only one level of state series will be conducted. 	<ul style="list-style-type: none"> ▪

Meet Managers	<ul style="list-style-type: none"> ▪ Hosts should establish team areas that allow for teams to space at least 30 feet apart while maintaining social distancing within their own areas. ▪ Avoid meet protocols that cause coaches, participants and spectators to congregate closely together (result boards, awards ceremonies, water stations, etc.) ▪ Starting lines: If single race start is possible for a race, participants must be lined up in a way that allow for social distancing (6 feet apart). 	<ul style="list-style-type: none"> ▪ Starting lines: If a race cannot maintain social distancing in a single start, meet managers may need to use staggered, wave or interval starts to ensure that social distancing requirements can be met at the starting line. ▪ Finish lines: Keep competitors socially distanced at the finish of a race. Finish corrals and FAT timing are the best way to accomplish this at a larger meet. ▪ Finish lines: With no FAT timing system, consider alternative means of finish place and time to address congestion at the finish line.

Spectators	<ul style="list-style-type: none"> ▪ Spectator and group gatherings subject to IDPH guidelines during this time. ▪ Outdoors, multiple groups of 50 are allowed if thirty feet of space is maintained between groups, up to a maximum 20% the capacity of the space. 	<ul style="list-style-type: none"> ▪ Adherence to all CDC guidelines regarding hand hygiene and respiratory etiquette. ▪ If practical, limit spectators to immediate household members or guardians of participants. ▪ Spectators may not gather at the start line or the finish area.
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Safety	<ul style="list-style-type: none"> ▪ If an Illinois COVID Region or County is placed in Phase 3 or lower of the Governors Restore Illinois Plan, all sports for schools in that Region or County will be suspended or cancelled. 	<ul style="list-style-type: none"> ▪ Spectators should not gather at the start line or the finish area. ▪ Individuals should not congregate in common areas prior to or following the meet.
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Face Coverings	<ul style="list-style-type: none"> ▪ ATHLETES: Face coverings must be worn at all times when not engaged in training, competing or other strenuous activity. ▪ COACHES: Face coverings must be worn at all times when not actively engaged in strenuous physical activity. ▪ SPECTATORS: Face coverings should be worn except for when eating, drinking, or when outside and able to maintain a safe social distance. ▪ Face coverings must be worn by anyone while in a team camp. 	<ul style="list-style-type: none"> ▪ It is recommended that programs require physicians notes for individuals who have a medical contraindication to wearing a face covering. Face coverings must fully cover the mouth and nose, and that the must fit snugly against the sides of the face with no gaps. Reusable face coverings should be machine washed or washed by hand and allowed to dry completely after each use. ▪ Face coverings may also be removed while eating or drinking.
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Confirmed Team Cases	<ul style="list-style-type: none"> ▪ Create notification process for all athletes, coaches, event staff, officials and spectators if the school learns of suspected or confirmed cases at practice or a meet. 	
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