



## 2020-21 MHSA CROSS COUNTRY REQUIREMENTS/CONSIDERATIONS FOR COVID-19



The requirements / considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

### **GENERAL REQUIREMENTS / CONSIDERATIONS**

1. Workouts/practices should be conducted in “pods” / “bubbles” of participants with same players working out together to limit overall exposure.
2. Before, during and after the contest, players, coaches, and administration should wash and sanitize their hands as often as possible.
3. No out of state competition or teams traveling from out of state for competition, unless it is in a dual format and approved by the MHSA Executive Director.
4. Always maintain social distancing of 6 feet while on the field/court of play when possible.
5. Everyone must have their own beverage container that is not shared. Safe handling practices should be adhered during hydration, which includes refilling, retrieval and identification of water source.
6. Cloth facial coverings are allowed for players, coaches and officials. Facial coverings must be a single solid color and unadorned. Face Coverings must be worn per the Governor’s directive.
7. Gloves are permissible for all players, coaches and officials.
8. The ball should be cleaned and sanitized throughout the contest / event as recommended by the ball manufacturer.
9. Administrators must limit the number of non-essential personnel who are on the field/player surface area throughout the contest.
10. Attendance at MHSA events is dependent on host site and local health department guidelines and restrictions.
11. A family’s role in maintaining safety guidelines for themselves and others is very important. 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.

### **ADMINISTRATIVE RULES - CONTESTS**

- Cross Country dual meets are recommended and encouraged.
- Cross Country can have multiple teams participate if the following restrictions are followed:
  - No more than 200 participants at a meet (or a lesser maximum number by the current Governor’s phase).
  - Teams must remain in their own team staging area.
  - No more than 25 participants may be on the start line.

- The next runners up will be placed in a corral before they start.
- All runners must wear masks in the team staging area, corral and until the start. Runners may remove their mask when call to the starting line by the starter.
- Once the race is completed, individuals must immediately exit the finish line area and return to their team bus. There can be no gathering of teams after each race.

### **RETURN TO COMPETITION**

- Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
- Cross country meets should consider using staggered, wave or interval starts.
- Rule Modifications:
  - 8-1-3a: Consider widening the course to at least 6 feet at its narrowest point.
- Finish:
  - Consider using finish corrals and FAT timing for larger meets as it is easier to distance at the finish.
  - With no FAT timing system, consider alternative means of finish placement and time to address congestion at the finish line.
  - To avoid congestion, consider using image-based equipment at the finish to assist with picking places.
- Clean and disinfect frequently touched surfaces and exercise equipment.
- ***Pre and Post Meet Ceremony:*** Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the meet.

### **Rules for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “pods/groups” of the same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Coaches must tell athletes to try not to collapse at the finish line. Coaches must be at the finish line to assist any of their athletes. Coaches will be the only personnel allowed to give assistance to a team runner at the finish, unless it is deemed an emergency.

### **Rules for Students:**

- Make each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.

### **Rules 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 whistles.
- Do not shake hands and follow pre and post-meet ceremony guidelines established by host site and state associations.
- Officials and personnel must wear cloth face coverings at all times and per the Governor's directive

**WHEREVER  
YOU PLAY,**  

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**MHSA**  
IS ON YOUR TEAM.