

2020 WFL Covid info and meet guidelines

NYSPHSAA Covid information taken from Return to Interscholastic Athletics document

<http://www.nysphsaa.org/Portals/0/COVID%2019/Return%20To%20Interscholastic%20Athletics%20REVISED%20FINAL%20091120.pdf>

Please refer to the original complete document if you need further information

Please refer to your Athletic director or Superintendent if you have any questions about your school procedures and rules regarding Covid-19

General Considerations (All Sports):

- Responsible Parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, individuals must wear acceptable face coverings, unless players are unable to tolerate a face covering for the physical activity (e.g. practicing, playing); provided, however, that coaches, trainers, and other individuals who are not directly engaged in physical activity are required to wear a face covering.
- Responsible Parties should modify layouts so that individuals are at least six feet apart in all directions, to the greatest extent possible, particularly during field exercises, drills, and other practice activities.
- Responsible Parties should discourage sharing of equipment among patrons/players, unless it is able to be cleaned and disinfected between use. ○ **Note:** NYSDOH guidance does not prohibit specific equipment use.
- Coaches and students need to be screened daily (Interim COVID-19 Guidance for Schools).

Cross country is classified as: **Low Risk (NYSDOH)**

Cross Country

The NYSDOH has determined that cross country is a low risk sport (greatest ability to maintain physical distance and/or be performed individually; greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all).

General Considerations:

- Schools are encouraged to comply with NFHS Rule 8-5, that events contested with 4 or fewer teams be limited to a maximum of 12 participants from each team.
- No hugging, shaking hands, or fist bumps.
- Cross country meets should consider using staggered, wave or interval starts, with a minimum of one (1) minute.
- Meet organizers should take into account using FAT timing, course layout, use of waves, and social distancing in consideration of determining the size of an invitational meet.
- In non-dual meets, it is recommended athletes wear numbers for easy identification.
- It is recommended a course is 200 yards from the start line to the narrowing point.
- Possible Rule Modifications:
 - 8-1-3a: Consider widening the course to at least six feet at its narrowest point.
- Finish:
 - Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
 - With no FAT timing system consider alternative means of finish place and time to address congestion at finish line.
 - Consider using image-based equipment at finish to assist with picking place to avoid congestion.
- Event organizers should have a hydration plan for the end of the race.

Pre and Post Meet:

- Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the match.
- The use of team tents on site is discouraged.
- Teams are expected to provide individual water for their athletes and discourage the use of water stations and open cups.

Considerations 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 whistle.
- Do not shake hands and follow pre and post-game ceremony guidelines established by state association.

Considerations for Coaches:

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of 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.

Considerations for Students:

- Consider making 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.
- Bring own water bottle.

Considerations for Parents:

A family’s role in maintaining safety guidelines for themselves and others:

- Provide personal items for your child and clearly label them.
- Spectators should not congregate around the finish area.
- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), only two spectators per participant are permitted. (Pg. 5)

WFL League specific reminders and protocol

12 athletes max per team per race. 12 in each Varsity, JV, and each Modified race.

Tuesday league meet starts at 5:00PM

-Saturday will be 10AM

Tuesday Order of League Races will be as Follows:

-Saturday Order:

Modified 5:00 - 5:10 2 waves if needed, Boys then Girls

-Mod 10:00, 10:10

Varsity Girls 5:30

-Boys 10:30

Varsity Boys 5:45 –may run a bit later

-Girls 11:00

Tuesday JV races if needed a few minutes after the Varsity

-JV Races can be at the end 11:30

*schools without JV can leave and they could be run close together if very small races

Masks must be worn at all times by spectators, officials and coaches. Athletes need to wear them at all times except when they are competing and can no longer tolerate them. When the mask is worn it must cover both the mouth and nose. Athletes must wear them at the starting line and after they finish the race. The mask must remain with them during the race and be on their face, chin, or neck as they compete. The mask is required to be worn to at least the first turn or end of the starting straight (usually 100-200meters), this allows for spacing of athletes. If an athlete can no longer tolerate the mask they may slide it down after the first turn or end of the start straight. If an athlete can tolerate wearing a mask during the entire race they may do so.

Do not bring your team tent – use your bus. Athletes may choose to cover their belongings with a plastic trash bag to protect from rain and weather.

- No run outs, hanging out at the starting line, chants, huddles etc.
- Quick call by the official to the start line and you are off
- Finish area must be clear, paint your finish line wider than normal -20 ft wide, chute can also be wider and shorter 40-50 ft long, athletes need to move through and out quickly.
- Let official pull tags and help read names and score
- Scoring can also be done after everyone has left to help speed up dismissal
- We ask that you take 10 minutes to cooldown then leave
- Senior nights- not conducted as usual, have them after a practice, or at meets -just make an announcement to recognize all the seniors at the meet
- There is no rush on a Saturday meet – you have time to get events in
- If you have a large Saturday meet you could stretch it out and have 6 races separately
- Use your judgement and make sure you have enough watches and help from other coaches

I hope this has helped answer questions and provided guidance in this difficult time.

Please enjoy the season that we have and help us prolong it as long as possible.