

SIJHSAA RETURN TO PLAY **(CROSS-COUNTRY)** **As of 8-28-20**

This document is intended to provide guidance for schools conducting practices and hosting meets during the 2020 SIJHSAA Cross Country Season. The guidelines in this document are intended to decrease potential exposure to respiratory droplets and potential for illness through safe practices such as social distancing, proper hygiene, and appropriate protective equipment. This is not an exhaustive list, and school officials may take additional measures based on requirements set by their school district and or local health officials. Please understand that even with this guidance, there is still a 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.

Season Dates

- Contests May Start August 15
- Regular season play should be limited to within conference, or other schools in the same general geographical area (approximately 30 miles), or COVID-19 region only.
- (Conference includes conference schools from another COVID-19 Region)
- (Geographical area includes schools within 30 miles of each other is to assist schools scheduling on borders of different COVID-19 regions.).
- State Series: No State Series will take place.

Eligibility

- Students must be meeting all eligibility requirements.
- Students must have a current physical on file prior to practice.
- E-Learning students would be eligible provided the local district allows their participation.

Team Limitations

- Schools limited to a maximum of 2 meets per week.
- Meets can't exceed 3 teams (triangular) One exception to this is if schools only have individual runners, they may be added to a triangular in order for those athletes to compete. No race may exceed 50 participants.
- Schools with multiple teams (i.e. Varsity (8th) and JV (7th) may allow each team/division the maximum number of contests per week. No runner may compete in more than 2 races per week.

Spectators:

- Spectators 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% of the capacity of the space. It is suggested that schools should designate areas for fans to sit in to adhere to IDPH guidelines.
- Adhere to all CDC guidelines regarding hand hygiene and respiratory etiquette.
- It is suggested that spectators be limited to immediate household members or guardians of participants.
- Spectators are urged to bring their own lawn chairs to enable social distancing.
- **Spectators: Face coverings should be worn except for when eating, drinking, OR when outside and able to maintain a safe social distance (6 feet) (Revised 8-28-20)**

Safety

- Individuals should not congregate in common areas prior to or following the event.
- Schools must have information posted at entrances and around facilities explaining the transmission as well as symptoms of COVID-19, encouraging all visitors to maintain social distance, reminding people to stay home if they feel sick or have any of the symptoms of

COVID-19. (temperature above 100.4/38c, fever, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell.

- It is suggested parents remain in cars for drop off and pick up of athletes after practice.
- Coaches and or school administration are responsible for temperature checks of players and coaches before practices or meets. In addition the COVID-19 Athlete/Coach Monitoring Form should be filled out before practices and meets and kept on record. Anyone with symptoms or illness is not allowed to participate.
- 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 canceled.
- Concessions stands are up to each school, but should be approved by their public health department. If concession stands are permitted, pre-packaged items would be the best option.

Masks

- Runners must wear face coverings but they may be removed outdoors while actively exercising or participating in practices or competition, as long as social distancing can be maintained.
- Runners, Coaches and Spectators should wear face coverings over their nose and mouth at all times except for when eating, drinking, or when outside and able to maintain safe social distance.
- It is recommended that programs require physician's notes for individuals who have a medical condition that prohibits the use of face covering. Face coverings must fully cover the mouth and nose, and that 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.
- **Coaches should wear face coverings at all practices and contests unless they are actively engaged in strenuous activity with your team OR when maintaining a safe social distance (6 feet) (Revised 8-28-20)**

Coaches and Runners

- Coaches are responsible for keeping records of attendance at meets and practices.
- Coaches should be knowledgeable of their runners with pre-existing conditions and work with the school nurse or other health officials to take additional precautions as needed.
- Coaches are responsible for ensuring social distancing is maintained between runners as much as possible.
- No pre-race or post-race hand shakes or fist bumps should take place
- Coaches should wear masks at outside practices and meets unless they are running with athletes or when a safe social distance is maintained.

Confirmed Team Cases

- Create a notification process for all athletes, coaches, event staff, officials and spectators if the school learns of suspected or confirmed cases at practices or a contest.

IHSA Cross Country Considerations

- The SIJHSAA generally follows IHSA guidelines with some exceptions.
- 2 meets per week / no more than 3 schools per meet)
- The IHSA Cross Country Considerations is included in this document.