



Cross Country Recommendations during the Covid Situation

The GATFXCCA is not a policy-making organization, but with the best practices recommendations from the CDC, GADPH and GHSA, our goal is to provide a resource for the cross country community in Georgia to use during these unprecedented times so to ensure a safe practice and racing environment across our state and that we as coaches are following the recommendations.

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Whether for a meet or for practice, it is important to know the guidelines of your local area and to make sure you are following those guidelines!

Recommendations for Practice

- Strongly recommend wearing a mask/face covering at practice at all times except when athletes are running.
- Practice social distancing as much as possible
- Consider the size of running groups – smaller is better – try to keep athletes in groups of 5-10 while running if possible.
- Limit the amount of time that athletes are around each other.
- When running at public parks, make sure you know and follow the local guidelines.

Recommendations for Athletes

- Practice good hygiene – wash hands, do not touch face, cover any coughs or sneezes
- Strongly recommend wearing a mask/face covering when social distancing is not possible
- Athletes should have their own personal water containers without sharing.
- Any towels or clothing should not be shared between athletes.
- Follow any guidelines put out by different meet directors
- Let your coach know if you do not feel well or have any of the symptoms of COVID-19 (fever, cough, sore throat, shortness of breath, loss of taste or smell).

Recommendations for Coaches

- Practice good hygiene – wash hands, do not touch face, cover any coughs or sneezes
- Strongly recommend wearing a mask/face covering when social distancing is not possible
- Follow and help enforce any guidelines put out by different meet directors

Recommendations for Parents/Spectators

- Practice good hygiene – wash hands, do not touch face, cover any coughs or sneezes
- Strongly recommend wearing a mask/face covering when social distancing is not possible
- Follow any guidelines put out by different meet directors
- Avoid gathering in large groups around the course, especially the start and finish areas.
- Educate your student athletes, parents, and your cross country community about physical distancing, handwashing, and other immune system protocols.
- Make sure your child and immediate household members are free from illness before participating in practice and competition. If there is a doubt, stay home.

Recommendations for Meet Directors/Host Schools

- Social distancing of at least 6 feet should be maintained at all times, except when racing. No hugging, shaking hands, or fist bumps for support/encouragement.
- Cross Country contests should consider using staggered, wave, or interval starts depending on the number of competitors; also may consider having multiple races.
- Possible rule modification-8-1-3a-consider widening the course to at least 6 feet at its narrowest point.

- Host schools shall provide hand sanitizer for all teams and participants.
- Host schools shall enforce social distancing requirements in spectator areas & facility entrances.
- Consider using finish corrals and FAT timing as easier to distance at finish.
- Remove finish corral to collect timing chips - Have athletes return to designated team area and coaches are responsible for returning chips
- Enlarge finish line area for athletes to finish - if possible, have timers use 5 meter timing mats as opposed to 2.5 meter mats.
- Establish social distancing protocols for pre/post contest ceremonies, the pre-contest meeting is limited to one coach per team, possibly putting awards in envelopes and have the coaches pick them up, one at a time, after the contest.
- If you decide to provide a concession stand, set the concession stand away from any course markings, start/finish line, and away from any group gathering areas in order to follow social distancing protocols, as well as state and local health department guidelines.
- Medical personnel, sport medicine trainers, or designated coaches should be set up on the course, and/or at start/finish line to monitor the competitions. If there is a medical issue, only those individuals should attend to the issue as to limit the number of personnel involved.
- Consider transportation guidelines when teams/competitors are arriving or departing from the competition as not to have congested area.
- Remove Water Table at meets. Teams/athlete provide their own water.
- Consider having coaches fill out a form or waiver verifying that they have screened their athletes with temperature checks and COVID questions outlined by the GHSA prior to arrival at the meet.
- Remove finish corral to collect timing chips - Have athletes return to designated team area and coaches are responsible for returning chips
- Separate and designated starting boxes at starting line for all meets. Ideally starting boxes should be spaced out with 3-6 feet in between each team
- Mark off areas around the start and finish line so spectators cannot gather. Consider having meet officials walking around the course to ensure social distancing and face covering recommendations are being followed.
- Either have teams set up their team tents spaced apart or have preassigned areas for each team.
- Look at start times of races and consider spacing them out to avoid large gatherings of athletes.
- Consider the number of teams and the potential size of the races, especially the JV races. Might want to consider splitting JV races up in to multiple races to avoid larger races.
- Use of a UV lamp to disinfect race packets, chips and bibs. Can also be used if you have a concession stand area