



CVAA Guidelines for Cross Country Competitions

Introduction

On December 14th 2020, the California Department of Public Health released guidelines for “Outdoor and Indoor Youth and Recreational Adult Sports”. On January 25th 2021 the CDPH updated those guidelines with “Updated on January 25, 2021 to clarify that the Regional Stay at Home Order ended as a result of improvement of ICU projections throughout California”. The guidelines state that youth sports can participate in competitions based upon the respective color tier they fall under or are comparable in contact in the CDPH release.

(<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>)

Tier Color

Cross Country may compete in the purple tier

General Guidelines

- Cross Country duals will use staggered starts. There will be 4 levels – Varsity, Junior Varsity, Sophomore and Freshman. Each race will be staggered at least 30 minutes to allow for the course to be cleared before the next race.
- Race order will be: 1. Freshman 2. Sophomore 3. Varsity 4. Junior Varsity
- Boys and girls duals will take place at opposite sites
- Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Modifications

- Consider widening the course to at least 6-feet at its narrowest point
- Finish line area should be enlarged to provide for social distancing guidelines

Pre-Post Meet Ceremony

- Do not shake hands before or after races

Pre-Post Meet Conference

- Follow social distancing guidelines
- Head coaches will discuss competition details at least 2 days prior to competition
 - Pre and Post Meet Conferences
 - Clerking at the start line
 - Tabulations and posting of results
- Officials continue to use their own personal equipment

Water Bottles & Hydration Stations

- No sharing of any water bottles
- Hydration stations may be utilized but shall be touched only by a single appointed monitor

Observers/Spectators/Course Marshalls

- Only approved coaches who have been screened for COVID-19 on the day of a competition can serve as course marshalls during competition.
- For youth sports (age 18 years and under), immediate household members only may observe competitions as needed for age-appropriate supervision; these are the only approved spectators at this time. Approved spectators should be limited to ensure physical distance can be maintained, reduce potential crowding, and maintain indoor and outdoor capacity limits allowed by Tiers.
- Observers must stay at least 6 feet from non-household members and wear face coverings at all times.
- Approved observers must NOT be present if he/she is exhibiting signs or symptoms of COVID-19
- California Department of Public Health (CDPH), Orange County Health Care Agency (OCHCA) as well as the Capistrano Unified School District and Saddleback Valley Unified School Districts may have stricter rules and should be consulted to confirm what is allowed.

Health Screening

- *Pre-Participation Screening*
 - Athletes and coaches will be screened for signs/symptoms of COVID-19 prior to participating. Each team will have a designated check in area prior to the competition to screen athletes
 - Responses to screening questions for each athlete and coach will be recorded and stored

Transportation

- All athletes and coaches will use self-transportation to arrive at duals. Coaches should communicate pick up and drop off areas for home and away dual locations prior to a competition. District appropriate permission for self-transportation must be on file for each athlete in the athletics office.

Returning to sports after infection

- Children and teens with symptoms of COVID-19 should not attend practices or competition. They should consult their physician for testing and must notify their coach, athletic trainer and/or school administrator of their symptoms.
- Youths recovering from COVID-19 will have different paths to return to sports based on the severity of their illness. Those who are asymptomatic or have mild symptoms should not exercise until cleared by a physician. Date of return to campus is determined by District personnel. In case of more serious infections and return to sport participation, see the [American Academy of Pediatrics Interim Guidance on Return to Sports](#) for additional guidance.

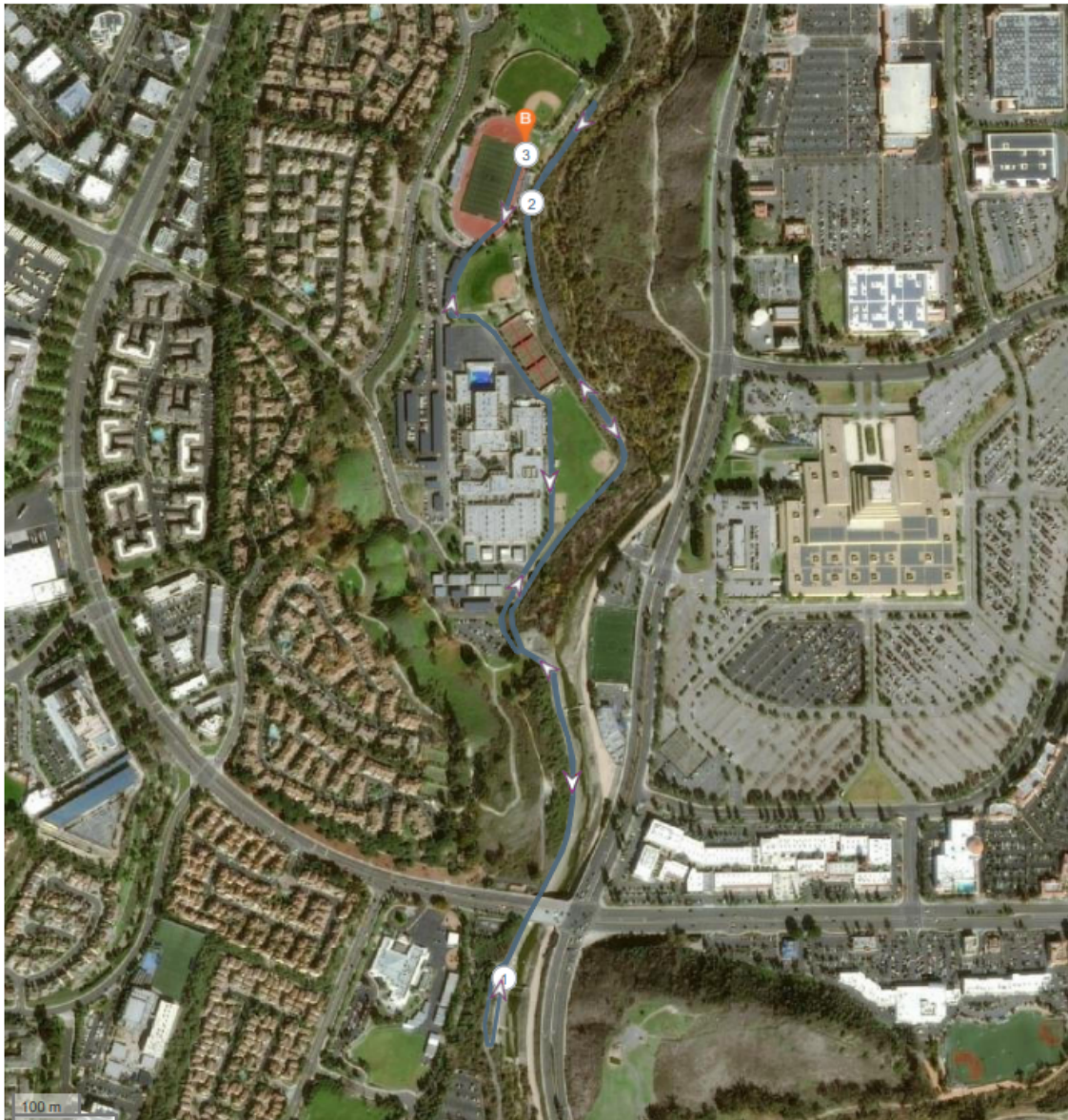
Trainer

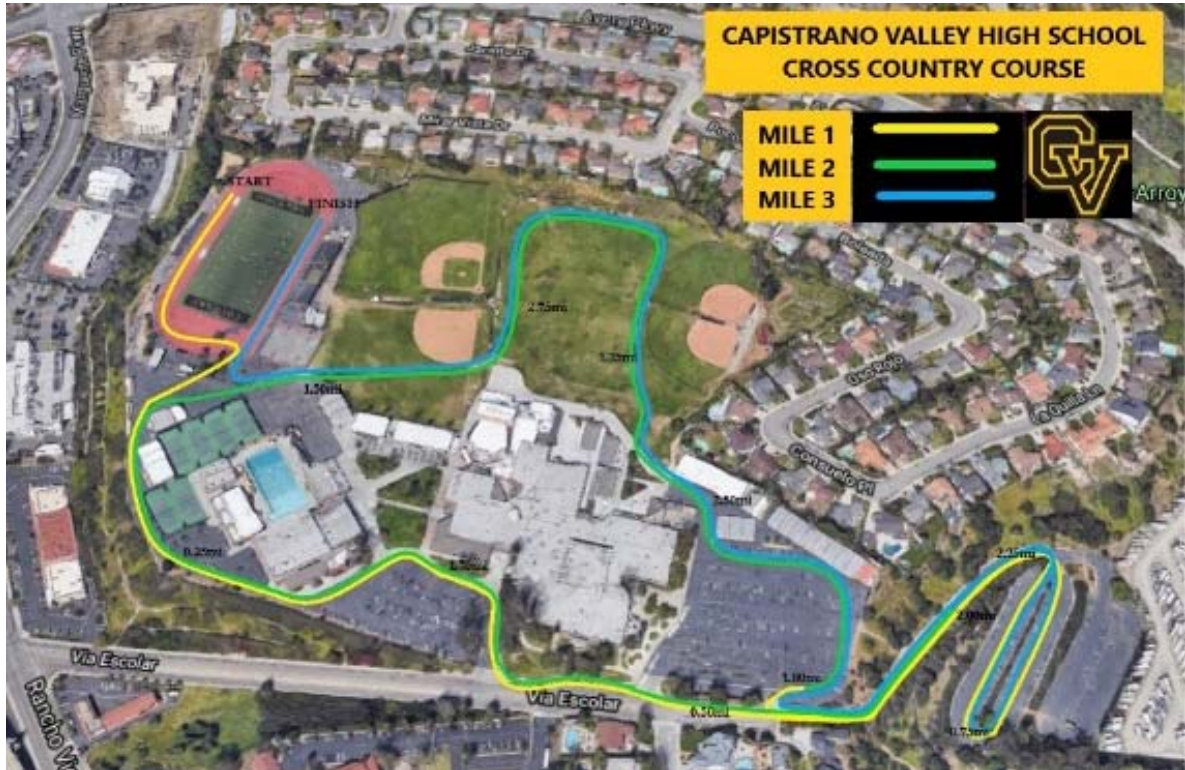
- Trainer will be on site for the entirety of all races

Courses

- Each school will provide course for hosting a dual (Tesoro does not have a home course).

ANHS XC - Spring 2021 Course

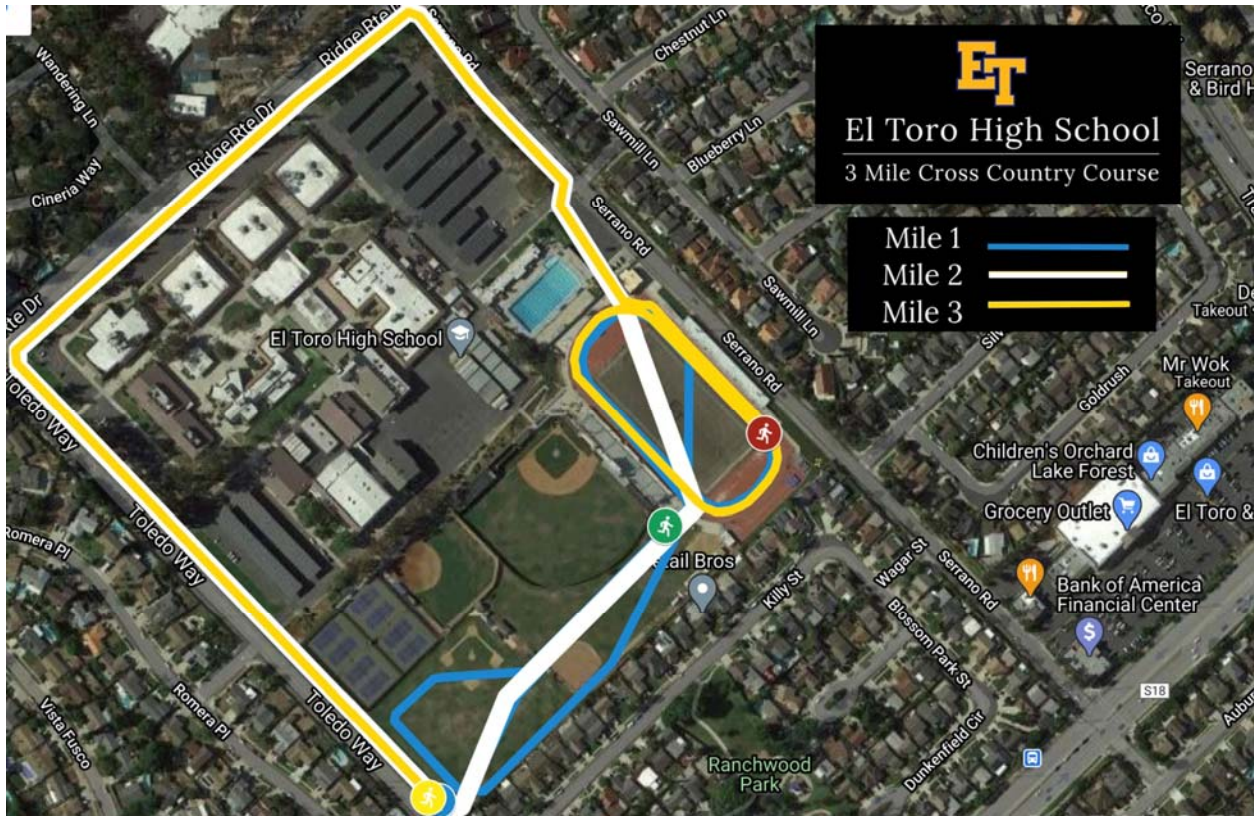


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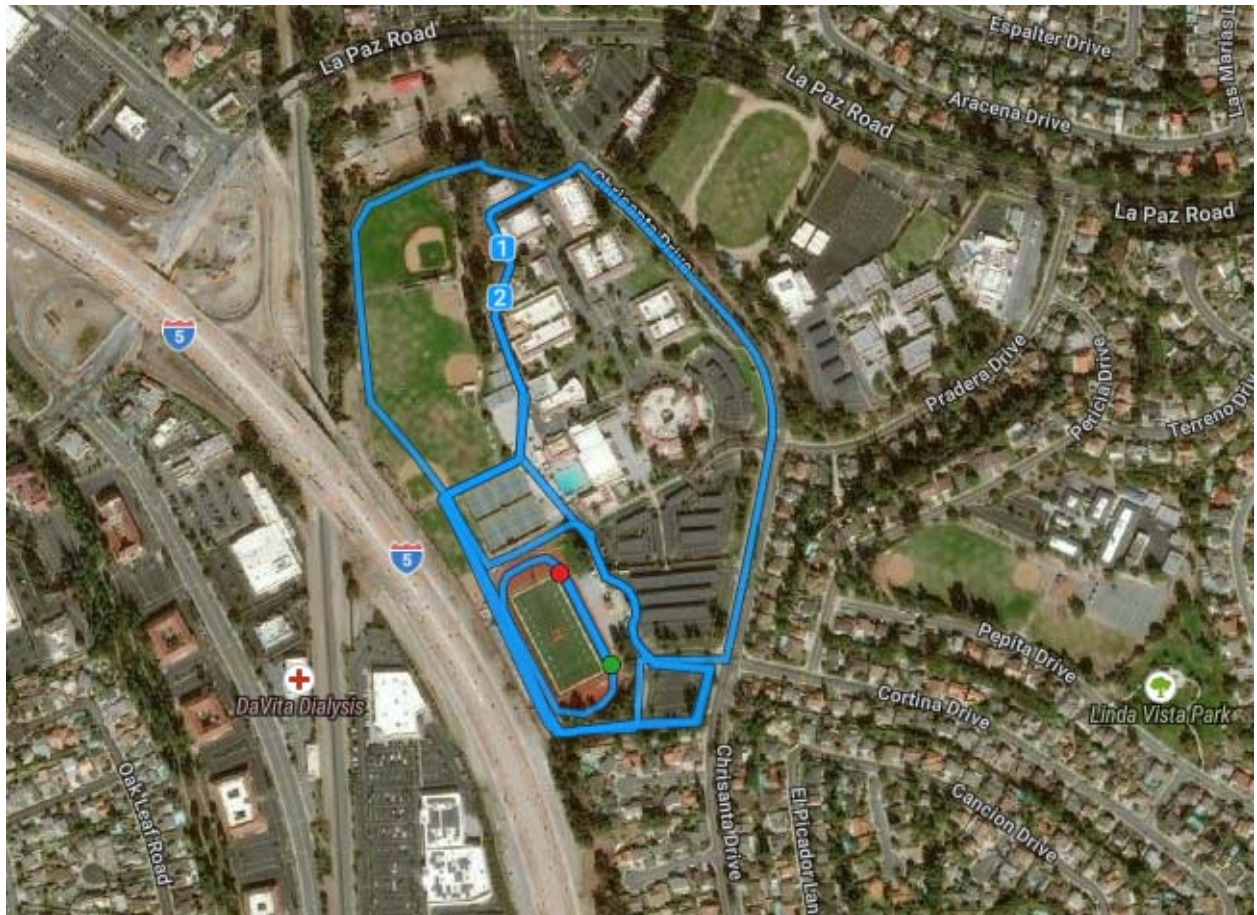
El Toro High School
3 Mile Cross Country Course

Mile 1 (Blue line)
Mile 2 (White line)
Mile 3 (Yellow line)

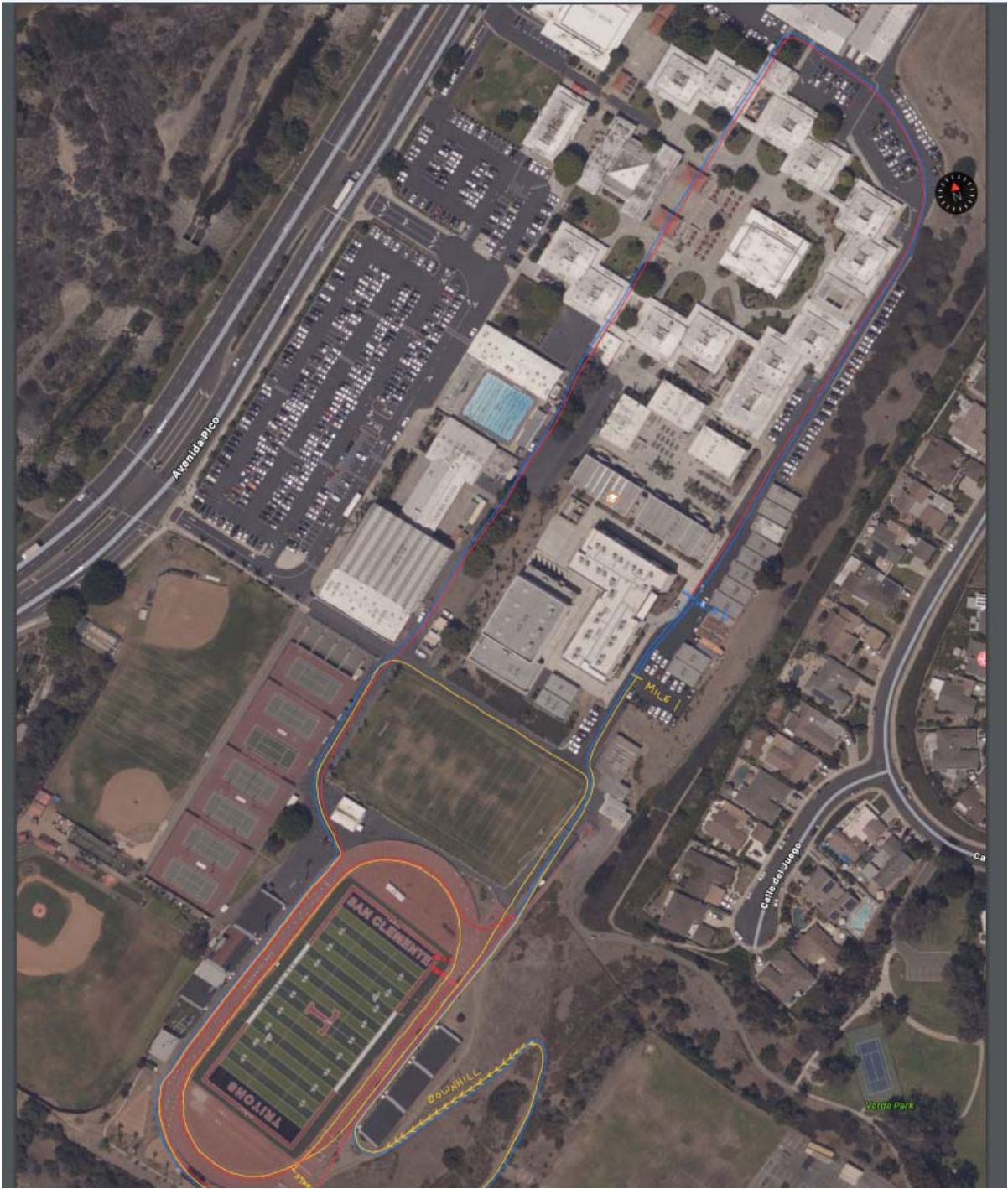
El Toro High School
Toledo Way
Serrano Rd
Sawmill Ln
Blueberry Ln
Chestnut Ln
Wandering Ln
Cinera Way
Ridge Rd
El Toro & Bird H
D Takeout
Mr Wok
Children's Orchard Lake Forest
Grocery Outlet
El Toro &
Bank of America Financial Center
Ranchwood Park
Dunkinfield Ctr
Blossom Park St
Wagon St
Killy St
Serrano Rd
S18
Auburn



Mission Viejo



San Clemente



Click on the map to add to your path

Trabuco Hills



Boys Schedule

<p align="center"><u>Boys Cross Country</u> Coast View Athletic Association Fall 2020 (Spring 2021)</p>
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	<u>South Coast League</u>		<u>Sea View League</u>
	Aliso Niguel Dana Hills El Toro Mission Viejo San Clemente		Capistrano Valley San Juan Hills Tesoro Trabuco Hills
Feb 6	Dana Hills @ Aliso Niguel San Clemente @ Mission Viejo El Toro - Bye	Feb 6	Tesoro @ San Juan Hills Capistrano Valley @ Trabuco Hills
Feb 12	El Toro @ Dana Hills Aliso Niguel @ Mission Viejo San Clemente - Bye	Feb 12	League Bye
February 20	Dana Hills @ San Clemente El Toro @ Aliso Niguel Mission Viejo - Bye	February 20	Tesoro @ Trabuco Hills San Juan Hills @ Capistrano Valley
February 27	Mission Viejo @ El Toro Aliso Niguel @ San Clemente Dana Hills - Bye	February 27	League Bye
March 6	Mission Viejo @ Dana Hills San Clemente @ El Toro Aliso Niguel - Bye	March 6	Tesoro @ Capistrano Valley San Juan Hills @ Trabuco Hills
March 13	League Finals - Tentative	March 13	League Finals - Tentative
Updated	1/27/2021		

Girls Schedule

<u>Girls Cross Country</u> Coast View Athletic Association Fall 2020 (Spring 2021)	
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	<u>South Coast League</u>		<u>Sea View League</u>
	Dana Hills El Toro Mission Viejo San Clemente Trabuco Hills		Aliso Niguel Capistrano Valley San Juan Hills Tesoro
Feb 6	Trabuco Hills @ Dana Hills Mission Viejo @ San Clemente El Toro - Bye	Feb 6	San Juan Hills @ Aliso Niguel Tesoro @ Capistrano Valley
Feb 12	Dana Hills @ El Toro Mission Viejo @ Trabuco Hills San Clemente - Bye	Feb 12	League Bye
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Updated	1/27/2021		