

# Winona Winhawk Cross Country

Fall 2020

Note that the resumption of all activities and athletics are subject to change based on the most current information, directives from state government and health department officials, and member school feedback.

## **Cross Country, Boys and Girls:**

Start date: August 17

First competition date: August 27

Last date of regular season competition: October 10

End date: October 24 Total weeks including postseason: 10

Maximum number of contests: 7

Maximum number of contests per week: 2 Dual or Tri meets only (No invites)

Opponents: Conference, Section, local teams only

All aspects of athletics including meetings, practices, competitions, transportation and facility usage must align with the requirements of the Minnesota Department of Education plan for return to learning, must follow the requirements from the Minnesota Department of Health's Guidance on Youth Sports, and must include the required actions identified in the Governor's Executive Orders.

## **Please remember:**

Practice will be conducted in "pods" of up to 25 students with the same students always warming up together. This ensures more limited exposure if someone develops an infection. Pods can practice in the same general area but each member of one pod must socially distance from members of all other pods.

Once the running starts runners will be spread out on roads, sidewalks, trails throughout town based on pace and ability.

Masks will be worn at all times indoors and outdoors when social distancing cannot be maintained. We will practice social distancing - a minimum distance of 6 feet between each individual – whenever possible.

Runners are expected to follow these guidelines at practice whether they are in direct view of coaches or not.

## **Pre-Workout Screening and gathering requirements:**

- If we are meeting inside the high school, athletes will enter the building through the main doors at the beginning of practice.
- Daily temperature scans, screening questions, and attendance will be taken by a coach on the perimeter of our meeting area - whether we are meeting outside or inside, on campus or off.
- If any student shows symptoms or cannot effectively answer the screening questions, they must not be allowed to enter.
- Please remain socially distanced when arriving to and departing from practice in parking lots and when walking to the meeting area. We must minimize students congregating.
- Parents picking up students should try to be prompt as to deter congregating of individuals.

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## **Cleaning:**

- Hand sanitizer will be available to students at the meeting area.
- Students must be encouraged to shower and wash their clothing immediately upon returning to home.
- When we use the weight room after practice, there will be strict cleaning and sanitizing procedures that must be followed after each athlete finishes using a piece of equipment.
- Weight room is limited to 1 pod at a time, which means that as pods are rotated through the weight room, equipment will be sanitized between sessions.

## **Activity:**

- Students should wear their own appropriate workout clothing (do not share clothing). Individual clothing and towels should be washed and cleaned after every workout.
- Students must be discouraged from touching their face.
- Participants must bring their own water bottles and towels.
- Keep all interaction between students contactless.
- Coaches at outdoor facilities are recommended to wear a mask, but will not be required to wear a mask, if all coaching is done from the appropriate 6 feet social distancing requirement.
- Participants are allowed to wear masks, but not required.
- Some form of shirt is required to be worn during practice.
- Participation is strictly optional.

## **Exposure:**

- In the event that it is determined a participant has contracted COVID-19 the Activities Director will be contacted immediately, a plan will be developed, and information will be given to all participants via email and phone calls.

## **Severe Weather:**

- In the event that we encounter severe weather and have to seek indoor shelter at the high school, we will shelter in the concourse near the counseling office and make every effort to maintain social distancing and pod separation.

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## **Meets:**

- Athletes will get screened before getting on a bus to an away meet or upon arriving at a home meet.
- Masks will be worn by all on buses to and from meets.
- We will practice social distancing whenever possible.
- There will be at least 10 feet between boxes on the starting line.
- Masks will be worn by all participants if ever indoors and outdoors whenever 6 feet of distancing cannot be maintained.
- Masks can be worn during races, but they are not necessary.
- Spectators, if allowed, are restricted from the team camp areas and must stay distant from the race course.
- Team camps will be designated to keep teams away from each other.
- There will be no finish line chute after the finish line to ensure runners can disperse from that area quickly.
- Hand sanitizer and disinfectant will be available on site if needed.
- JV waves should be coordinated with the faster JV runners participating in the earlier waves as much as possible to prevent waves from mixing on the course.
- Warm-ups and extra clothing should remain at the team camp and not brought to the starting line.
- Runouts before races should be done straight out from each team's box.
- Pre- and post-meet team celebrations cannot involve touching and should maintain social distancing.
- There will be no awards ceremony after the meet.