## ASAA Return To Cross Country Run Protocols as of 8/14/2020

<table>
<thead>
<tr>
<th>Objective</th>
<th>This document is intended to provide guidance for schools to consider with their stakeholders in designing return-to-activity protocols in accordance with state and local restrictions and or recommendations.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Points of Emphasis</td>
<td>Schools should not allow meetings, practices, events or competitions to take place unless all protocols by coaches and advisors can be followed. Administrators must emphasize the need for all coaches and participants who have signs or symptoms of illness to stay home to decrease risk of viral transmission. These protocols are designed to work in conjunction with ASAA Practice and Event Protocols.</td>
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</tbody>
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### Cross Country Run

<table>
<thead>
<tr>
<th>Low Risk</th>
<th>Intermediate Risk</th>
<th>High Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>As determined by school district</td>
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</tbody>
</table>

#### Facility

- Follow ASAA Return To Practice Protocols with special considerations of:
  - Team Areas
  - Bleachers
  - Bathrooms/Portable Toilets
  - Locker rooms
  - Entry/Exit
  - Weight Training Facilities
  - Athletic Training Areas
  - Hydration Stations

- Follow ASAA Return To Practice Protocols with special considerations of the Low Risk designation.
  - Locker rooms and bathrooms are not to be used to dress (arrive appropriately attired and return home to shower)
  - Hydration Stations are not to be used

- All indoor and outdoor activities must follow ASAA return to practice Protocols.

#### Equipment

- Follow ASAA Return To Practice Protocols with special considerations of:
  - Individual Student Equipment/Personal Items
  - Stretching Equipment
  - Timing Devices
  - Tents/Shelters
  - Flagging/Course Marking Equipment
  - Bibs/Tags/Chips
  - Water Bottles
  - Each team is responsible for its own towels, hand sanitizer and med kit
  - Any/all items that is held in the hands or makes contact with the body

- Follow ASAA Return To Practice Protocols with special considerations of the Low Risk designation.
  - Tents/Shelters are for use by athletes and coaches only
  - Each team is responsible for its own towels, hand sanitizer and med kit (no sharing allowed)

- All indoor and outdoor activities must follow ASAA return to practice Protocols.
### Practices

Screenings, face coverings and individual hygiene of all participants should be followed in accordance with ASAA return to practice protocols
- Runners should maintain the recommended six feet of distancing between individuals and have no physical contact with each other
- No sharing of equipment
- All activities (including meetings) occur outdoors
- Avoid grouping of athletes at the start and end of practices and during transition times
- Staggered start times for meetings are recommended
- Workouts should be conducted in “pods” of students with the same 5-10 always working together
- Masks not recommended while running, but are recommended before and after practice for everyone (athletes and coaches)

### Events

All meets should be in accordance with ASAA Return To Event Protocols.
- Create starts and finishes to discourage congestion (staggered/wave/interval starts are available options)
- Multiple races can be held if separated in time
- No pre or post-race handshakes or fist bumps
- Teams should not mass collect warm-ups at the start area
- All event workers should wear masks and gloves

ASAA Board of Directors has mandated that all NFHS Cross Country Run Rules Considerations be followed.

All meets should be in accordance with ASAA Return To Event Protocols and low risk Cross Country Run protocols.
- All event workers are required to wear masks and gloves

### Additional Information

- All indoor and outdoor activities must follow ASAA return to practice Protocols.
- Masks not recommended while running, but are required before and after practice for everyone (athletes and coaches as well as all in attendance)
- All meets are cancelled