



THE LAKE AND PENINSULA SCHOOL DISTRICT

COVID-19: What You Need to Know General Guidelines for Cross Country

Recommendations for Cross Country Practice:

- Coaches are required to screen participants at the beginning of all practices (See Attached Sheet)
- Runners should maintain the recommended six feet of distancing between individuals and have no contact with each other
- No sharing of equipment
- All activities (including meetings) shall occur outdoors
- Avoid grouping of athletes at the start and end of practices and during transition times
- Masks are not recommended while running, but are recommended before and after practice for everyone (athletes and coaches)

ASAA Recommendations for Cross Country 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.

LPSD Plan for regular season Cross Country events:

- -No overnights
- -No entering buildings
- -No transportation in vehicles by non-team Coaches or Chaperones
- -Team members will not be released to others while on event trips
- -Practice social distancing

All Cross Country Coaches, Site Principals, and Head-Teachers are required to take coaching class "COVID-19 for Coaches and Administrators" Contact Ed Lester.

August 24, 2020

Current operations, policies, and procedures in regards to COVID issues will be reviewed on an ongoing basis.