



## **2021 HEALTH & SAFETY GUIDELINES**

### **SEASON 1 SPORTS**

#### **Pre-Practice & Contest Screenings**

- All coaches, student athletes, and game officials shall be screened prior to each practice or contest for signs / symptoms of COVID-19 prior to participating.
- Teams traveling for a contest should screen their student athletes prior to boarding transportation for the event, and once again upon arrival at the contest site. (Home contest site is not responsible for screening visiting athletes and coaches)
- Responses to screening questions for each person should be recorded and stored based upon school or district protocols.
- Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.

#### **Hygiene Practices**

- When practical, make handwashing/sanitization stations available and accessible for all Student Athletes, Coaches, Officials, and Spectators at all times.
- Disinfect frequently used items and surfaces on a daily basis.
- Mandate the use of face coverings for everyone entering the campus at all times.
- Require all Student Athletes, Coaches, Officials, and Spectators to bring their own water bottles. Water bottles must not be shared. Food should not be shared.

#### **Facilities & Equipment**

- All athletic facilities and equipment should be cleaned and disinfected at the conclusion of each practice or contest.
- Cleaning schedules should be created and implemented for all athletic facilities and equipment.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.)

#### **Limit Areas for Public Gatherings**

- Consider strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact.

*These Guidelines are specific to the San Diego Section are not meant to supersede CIF State Health and Safety Guidelines. Please refer to [https://www.cifstate.org/covid-19/All\\_Sports\\_Guidelines.pdf](https://www.cifstate.org/covid-19/All_Sports_Guidelines.pdf) for more information.*



## 2020 CIFSDS Cross Country Modifications

WIDESPREAD

This document provides guidance and match modifications for schools, administrators, coaches, and players to follow in accordance with NFHS, the state of California, and County restrictions and recommendations. Home Site Administration is responsible for informing all participants of local guidelines for participation.

### Attending a Meet—Pre-Meet

- For transportation to a meet (on a school bus) coaches are to follow their district guidelines.
- An increased number of Shade tents may be required to accommodate athletes, managers and coaches, in order to allow for social distancing of athletes.
- Face coverings are to be worn by athletes while sitting under the tent or when not warming up or racing.
- Coaches are to wear face coverings at all times; when in contact or proximity of participants or spectators. Spectators may attend at the discretion of the Host School. Spectators must also be masked.
- Athletes are to bring their own labeled water bottles.
- If an athlete is to interact with a medical personnel or athletic trainer; they are to wear a face covering.

### During the Meet and Pre-Race

- In the team huddle there is to be no hand holding.
  - ◇ A team may still do a team chant.
  - ◇ Non racers should NOT be a part of the team huddle.

### Hosting a meet or Invitational

- Team camp areas must be large enough to allow for teams to spread out.
- Stretch out the starting line as much as possible to allow for athletes not to be touching each other (shoulder to shoulder).
  - ◇ Team boxes should be at least six feet wide.
  - ◇ The width of each starting box for invitations should allow only two runners to be on the line, and without touching athletes standing next to them.

- ◇ For multiples or duals the starting line box should be wide enough for at least seven runners to stand side by side without touching each other.
- Limit number of runners per race.
- Limit the number of teams at your meet that can safely accommodate social distancing.
- All meet personnel at the finish line must wear face coverings and gloves.
- Masks should be worn at all times by all individuals participating in the activity, even with heavy exertion as tolerated.
- Social distancing measures shall be in place at all times other than when engaged in competition.
- Designate workers to help fallen runners. These workers need to change gloves after each race or more frequently if time permits.
- Allow time between races for chute workers to change to new gloves.
- The back part of the finish line needs to be large enough to allow athletes to exit safely, keeping an appropriate distancing between runners as much as possible.
- Rope off finish area to prevent spectators from crowding along the finish chute.
- Medical staffing:
  - ◇ Athletic Trainers and student aids all need to wear a face covering.
  - ◇ Post-race and mid-race water tables need to have single use cups
  - ◇ Personnel filling cups should remain constant and not change.
  - ◇ Cups at post-race (beyond the finish line) should be handed out by gloved individuals
  - ◇ Cups on mid-race water tables are to be spread out and on multiple tables – these cups will be grabbed by runners.
- Awards—eliminate award presentations.
- Awards should be put in an envelope for pick up by the coach.
- Results should be posted online or emailed to participating schools.

**Should the conditions warrant, these modifications will be adjusted. Any further update will be posted on CIFsds.org.**