



2020 NSAA Fall Season Guidelines

Circumstances related to the COVID-19 pandemic are constantly changing and the circumstances vary from community to community. Difficult decisions will have to be made from week to week or even day to day. The safety and well-being of the participants and spectators is and always will be the primary consideration as we provide opportunities to participate in the fall sports season.

Each school has the authority to determine if it will participate in the 2020 Fall Season. During the season it will be the responsibility of the host school to provide administrative oversight in compliance with established COVID-19 guidelines in accordance with their local health departments and facilities. **Prior to any contest, the host school administration will be required to notify the visiting school administration of their established protocols.** The visiting team and spectators will be expected to adhere to all protocols established by the host school.

The host school should make every effort to mitigate risk and provide adequate opportunities for physical distancing procedures for the opposing team, officials, and all spectators.

This may include but is not limited to:

- Restricting attendance / seating areas
- Separate points of entry for home and visitor teams / spectators
- No concession stands or separate/multiple concession stands for home and visitor spectators
- Separate / multiple restrooms for home and visitor spectators
- Adequate locker room space / outdoor space for the opposing team
- Adequate locker room space / outdoor space for the officials
- Encouraging / requiring spectators to wear face coverings
- Implementing diligent and effective cleaning and disinfecting of frequently touched objects and surfaces

If a school has a player test positive for COVID-19, they will contact their County Health Department regarding a course of action.

It is recommended that players, coaches, and spectators have their temperatures checked at home or at the school prior to participating in or attending practices and games. Any individual with a temperature of 100.4 or above should not participate in or attend practices or games.

During practice, coaches should make accommodations for physical distancing whenever possible. Provide adequate spacing when participating in stretching, instructional time and drills. Conduct workouts in small groups whenever possible.

During competition, the sideline/bench/team areas should be restricted to essential personnel only. This includes players, coaches, team trainers, team managers, game officials, statisticians, and media.

Coaches, officials, and players should be cognizant of physical distancing guidelines when interacting during the game.

Pregame and postgame interactions between opposing coaches and players should adhere to physical distancing guidelines.

Schools are encouraged to play their regularly scheduled competitions unless a COVID-19 issue prevents them from playing. Member schools shall be solely responsible for determining whether a scheduled game, match, contest, or other activity is cancelled or postponed due to a COVID-19 related issue in consultation with their local health departments. Member schools shall notify the NSAA of any cancellation or postponement.



2020 NSAA Cross Country COVID-19 Rules Modifications & Considerations

Areas of identified risk include start & finish areas. Below describes the possibility to help manage these risks:

Start

- Teams may be called to the start line 5 minutes prior to start to minimize duration in close proximity. Cross country meets could also consider using staggered, wave or interval starts when necessary.
- If possible provide an empty starting box of 6 feet between each team.

Finish

- Consider using finish corrals and FAT timing for larger meets as it is easier to distance at finish. Chip timing at championship meets eliminates any need for contact at the finish.
- With no FAT timing system consider alternative means of finish place and time to address congestion at finish line.
- Finish area should be designed structurally and with staff to keep finishers moving in a direction directly back to the team camps immediately.
- The area beyond the finish should be large enough to allow athletes to keep moving
- Consider using image-based equipment at finish to assist with picking place to avoid congestion.

Prerace and Postrace Ceremony

- Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after.
- It is recommended to not have award ceremonies

Possible NFHS Rule Modifications:

- 8-1-3a: Consider widening the course to at least 6 feet at its narrowest point.

NSAA approved changes for 2020

Class A cross country districts will be at 2 sites for the 2020 season. The NSAA will follow the previous format to determine seeding for districts.