

2020 Arkansas Activities Association Cross Country COVID-19

Recommendations

- Follow current Governor Directives and Arkansas Department of Health Guidelines.

- Follow the current Directive for Team Sports:
https://www.healthy.arkansas.gov/images/uploads/pdf/directive_team_sports.pdf

- Required face coverings that completely cover the nose and mouth anytime distancing of six (6) feet or more cannot be assured. This will likely be necessary at check-in and similar activities where participants congregate. Face coverings that completely cover the nose and mouth are required for everyone 10 years of age or older when indoors (pressbox, concessions, ticket booths, etc.). Face coverings are strongly encouraged when outdoors.

- In accordance with the Directives Regarding Large Outdoor Venues, any event that will have more than 100 attendees requires a plan to be submitted and approved by ADH. This can be done at adh.ehs@arkansas.gov or on our online portal here:
<https://www.healthy.arkansas.gov/programs-services/topics/adh-event-plan-submission>

- Athletes, Coaches, and All Staff (this includes all workers in any capacity) must be screened prior to any activity by asking the following questions and excluded if the answer is yes.
 - Have you had a fever of 100.4°F or greater in the last 2 days?
 - Have a cough, difficulty breathing, sore throat, or loss of taste or smell?
 - Had contact with a person known to be infected with COVID-19 within the previous 14 days?

- Coaches, Officials and All Staff (this includes all workers in any capacity) must, in addition to the above screening process, have temperature checked by digital thermometer prior to entry. Those whose temperature is greater than 100.4°F must be excluded. It is recommended that the host school select one or two access points to the venue for the screening process.

- An alcohol-based hand sanitizer or adequate handwashing facilities must be provided for use by all attendees.

- Sports equipment, restrooms, lockers, water fountains and other high touch surfaces must be sanitized frequently during each event. For a list of cleaning products that will eliminate the Covid-19 virus, visit <https://www.epa.gov/pesticide-registration/list-ndisinfectants-use-against-sars-cov-2>.
- Avoid non-sport related personal contact at all times. This includes, but is not limited to, huddles, high-fives, hand shaking, fist bumping, and chest bumping.
- For races held in a facility, the facility hosting the event must follow the current Directive for Large Outdoor Venues. Spectators are covered under these Directives.
- Concession Stands may operate but must follow all applicable sections of the Directive for Resuming Restaurant Dine-In Operations.
- Admission and gate ticket sales should be taken online when possible.

Return to Competition

General Recommendations:

- Cross country meets should consider using staggered, wave or interval starts.
- **Possible Rule Modifications:**
 - 8-1-3a: Consider widening the course to at least 6 feet at its narrowest point.
- **Finish:**
 - Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
 - With no FAT timing system consider alternative means of finish place and time to address congestion at finish line.
 - Consider using image-based equipment at the finish to assist with picking places to avoid congestion.
- Clean and disinfect frequently touched surfaces and exercise equipment.
- ***Pre and Post Game Ceremony:*** Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the match.