2020-21 R.I. INTERSCHOLASTIC LEAGUE RETURN TO
EDUCATION-BASED ATHLETIC COMPETITION

Modifications and Considerations for Cross Country

GENERAL CONSIDERATIONS:

- In accordance with RIIL and RIDOH guidance, responsible parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, Athletes are required to wear cloth face coverings/masks per RIDOH guidelines. During play when spacing between players is greater than 10 ft athletes may momentarily take brief face covering relief. The default expectation is that the mask will be on. In addition, coaches, trainers, spectators and all other individuals who are not engaged in physical activity are required to wear a face covering per RIDOH guidelines.
- Schools are encouraged to comply with NFHS Rule 8-5, that events contested with 4 or fewer teams be limited to a maximum of 12 participants from each team.
- No hugging, shaking hands, or fist bumps.
- Cross country meets should consider using staggered, wave or interval starts
- Meet organizers should take into account using FAT timing, course layout, use of waves, and social distancing in consideration of determining the size of an invitational meet.
- In non-dual meets, it is recommended athletes wear numbers for easy identification.
- It is recommended a course is 200 yards from the start line to the narrowing point.
- Possible Rule Modifications:
  - 8-1-3a: Consider widening the course to at least six 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 finish to assist with picking place to avoid congestion.
- Event organizers should have a hydration plan for the end of the race.
- Pre- and Post-Race Ceremony: Establish cross-country specific social distancing meet protocols including the elimination of handshakes before and after the race.
- The use of team tents on site is discouraged.
• Teams are expected to provide individual water for their athletes and discourage the use of water stations and open cups.

CONSIDERATIONS FOR CROSS COUNTRY OFFICIALS:

• Bring personal hand sanitizer. Wash hands frequently
• Do not share equipment.
• Follow social distancing guidelines:
  o Pre- and Post-Meet conferences
  o Clerking at the start line
  o Tabulations and posting of results.
• Consider using electronic whistle.
• Do not shake hands and follow pre- and post-game ceremony guidelines established by state association.

CONSIDERATIONS FOR COACHES:

• Communicate your guidelines in a clear manner to students and parents.
• Consider conducting workouts in “cohorts” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
• Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

CONSIDERATIONS FOR STUDENTS:

• Students are responsible for their own supplies
• Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
• Bring own water bottle.