Covid-19

Protocols, Recommendations, Modifications and Cross Country

By
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Decisions regarding to “Return to Play” come from multiple sources including:

- CDC
- Governor Ducey
- State Health Department
- Local school district board and administration

The AIA is not the one who has the right to declare what phase the school or Arizona is in.

Possible indication of Covid-19 infection.

- Flu like symptoms
- Fever or chills
- Shortness of breath or difficulty breathing
- Coughing
- Fatigue
- Loss of smell or taste
- Sore throat
- Headaches
- Nausea or vomiting
- Diarrhea

Source: cdc.gov/coronavirus/2019-symptoms.html
Three Phases of Return to Play.

Phase One:

- As of June 25, most of Arizona was in Phase One.
- Practice groups of 10 or less, with social distancing.
- Groups stays the same throughout this phase.
- Coaches wear a mask.
- Coaches should log daily self-questionnaire and temperature of athletes.
  - Example next page.
- Any athlete that is feeling ill, or has been in a contact with a covid-19 patient should be sent home and not appear for practice for 14 days—or if tested for Covid has a negative test result.
- Temperature checks strongly encouraged for all.
  - Thermals cost about $45-$90.
Example of Chandler Unified District Athlete/Coach Monitoring Form.
Phase Two:

- Medium group activities are permitted for 50 people or less with coach onsite.
- Public facilities (including gyms) remain closed, unless appropriate distancing AND strict sanitation procedures can be maintained.
- All athletes, coaches, and other support staff must be free from symptoms for at least 14 days and no individual is in close contact with anyone who is sick within that 14 day period before group training may begin.
- All athletes, coaches, and support staff who are a member of a high risk group or live at home with a member of a high risk group shall only attend training sessions virtually.
- Screening for symptoms occurs based on a daily COVID-19 symptom questionnaire of all participants including coaches and staff. If an athlete is showing any symptoms or discloses symptoms or illness, parent should be called and the athlete needs to be seen and cleared by a healthcare provider.
- Temperature checks are strongly encouraged for all participants.
- Each athlete shall log their self-reported questionnaire and temperature of COVID-19 point of contact for team shall maintain symptom logs.
- Parents, coaches, and athletes shall know signs and symptoms of illness. If athlete, coach, or staff member has signs or symptoms of illness or a person living in their home has signs or symptoms of illness they shall not come to practice and notify the team COVID-19 point of contact immediately.
- Athletes shall be kept in the same training group (cohort).

Phase Three:

- Public training facilities are now open with regular group size permitted. All sports, with and without contact may resume with usual activity.
- Social distancing still recommended, but not required.
- Training sessions return to normal with average athlete group amount.
- Equipment and other shared material can be used but cleaning shall continue before and after each different athlete group use.
Recommendations for Cross Country Practice:

- Use athlete log in form that you have created or copied.
- Athletes should come dressed for practice (might have to be flexible on practice start time)
- Spread out the group—keep 6’ distance
- Masks worn by coaches and athletes while static stretching.
- During drills coaches are to keep masks on
- During linear drills if done on the track leave an empty lane between athletes.
- During linear drills if done on grass, allow for 6’ social distance between lines and athletes.
- No hugging, handshakes, high five’s given.
- Have athletes bring hand sanitizers
- Stagger work out start times—by either gender, grade, or ability.
- Athletes need to bring their own water bottle.
- Do not use common water cooler.

A potential impact and problem is morning practice before school and showering of athletes. Pools and Parks and Rec in some cities have closed down all locker rooms and showers. Check with your building athletic director.

Recommendations for Cross Country Meets and Invitations.

- Bring more than one pop up tent so athletes can spread themselves out.
- Allow athletes to go home after race with parents—instead of waiting for all races to be complete.
- Masks to be worn while sitting under the tent or when not warming up, racing.
- For transportation on school bus follow your district guidelines.

A potential problem for your team could be that the park used for meets or practice, might be closed.
Recommendations if you are hosting a meet or an invitation.

- Team camp areas must be large enough to allow for teams to spread out.
- Stretch out starting line as much as possible.
- Limit number of runners per race.
- Limit the number of teams at your meet.
- IF chip timing—LYNX coming out with a plug in called Time Trial. Allows for stagger start times.
  - With Time Trial one can start a team or a couple of teams every couple of minutes.
  - Once the last runner finishes the race; Time Trial can score sort the finishers in finish order and score the meet and various divisions (Frosh-Open-Varsity).
- If chip timing use disposable chips instead of reusable chips. Usually increases the cost.
- At finish line—workers should have gloves and masks. Those assisting “fallen” runners need new pair of gloves after touching an individual.
- Awards—eliminate award presentations

Possible impact for the sport of Cross Country:

- From no season of sport for 2020 to modifications of the season.
- XC categorized from low to medium risk. Depending on the state. In AZ it’s a low risk
- Sectionals time schedules spread out to allow teams to depart before others arrive.
- No word on fans being allowed to athletic events as of 7/6/2020
- State might not be able to be on cave creek golf course
- Alternate site and time schedule might have to be developed; such as:
  - Thursday—Division 1-Division 3
  - Friday—Division 2- Division 4

Sources: