



# **LONG VALLEY TRACK & FIELD**

**CROSS COUNTRY 2020**

**COVID-19 PREPARATION PLAN**

## GENERAL

These guidelines for the cross country season are in accordance with the New Jersey Department of Health Guidelines:

- Each team will identify adult volunteers to help remind coaches, runners and staff of social distancing.
- Use of signs, tapes, markers or physical barriers can be used to assist with guiding social distancing requirements.
- Prior to each practice or race, temperatures will be taken upon arrival to the field. This will be done at a defined entry spot (outside of field of play) before any activity begins. This “entry spot” will be a defined area near the parking lot where athletes arrive.
- We will have consistent groups of the same staff, volunteers, and athletes, and avoid mixing between groups.
- We will separate the athletes into small groups based on age and/or ability for practices and races. Athletes will interact and remain with the same groups for practices and races.
- Everyone must adhere to 6ft social distancing guidelines when interacting with runners, coaches, and spectators.
- Face coverings must be used during times and places when social distancing is not possible including when arriving and departing the fields.
- Athletes will wear cloth or disposable face coverings when not engaging in vigorous activity. Face coverings will not be worn by staff or athletes when engaging in high intensity aerobic or anaerobic workouts or where doing so would inhibit the individual’s health.
- Anyone experiencing symptoms or who has been in close proximity or contact with someone they know who has had flu-like symptoms in the last 14 days must stay home.
- We will utilize the large amount of field space at Palmer Park to ensure social distancing.
- All coaches, runners and team families attending practices and races must perform a daily self-symptom check prior to arriving to the field to verify that they do not currently have any flu-like symptoms and have not been in close proximity to someone they know who has had flu-like symptoms in the last 14 days.

- We will have hand sanitizer available for team coaches and athletes for use before, during and after practice.
- All bathrooms will have soap and hand sanitizer available (maintained by town).
- Runners, coaches, spectators or others returning from vacation or who have otherwise visited a state on the New Jersey travel advisory list cannot attend and cannot participate in cross country practices or races for 14 days following their return.

### **RUNNERS**

- All athletes will be required to wear face coverings when not running and if they are within 6ft of another person, including when interacting with other runners, coaches, and spectators both on and off the field.
- We will educate athletes and coaching staff about when they should stay home and when they can return to activity by taking the following steps:
  - Actively encourage sick volunteers, families, and runners to stay home. Develop policies that encourage sick runners to stay at home without fear of reprisal, and ensure all involved parties are aware of these policies.
  - Individuals, including coaches, runners, and families, should stay home if they have tested positive for or are showing COVID-19 symptoms.
  - Individuals, including coaches, runners, and families, who have recently had close contact with a person with COVID-19 should also stay home and monitor their health.
  - Immediately separate coaches, staff, officials, and athletes with COVID-19 symptoms at any sports activity. Individuals who have had close contact with a person who has symptoms should be separated and sent home as well, and follow CDC guidance for community-related exposure.
  - Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility.
- Daily temperature scan before entering field at entry spot located outside field of play.
- All runners will maintain 6-foot distancing when not in the field of play.
- No touch rule: Runners and coaches must refrain from celebratory physical contact with each other or opponents on and off the field of play.
- Runners must keep all equipment, food, and drinks in their bags when not in use.

- Runners are not permitted to share equipment, food, or drink.
- Spitting is not permitted.

### **COACHES**

- Each team's coach will ensure that their runners, assistant coaches, and teams spectators are aware that they must follow the COVID-19 prevention measures including, but not limited to all mentioned herein. Anyone unable to follow these guidelines must stay home.
- All coaches will be educated on COVID-19 health and safety protocols prior to the resumption of athletic activities, including:
  - Revised practice rules and regulations in place during COVID-19;
  - The importance of staying home when experiencing symptoms of COVID-19 or residing with someone experiencing symptoms of COVID-19;
  - Social distancing and face coverings;
  - Proper hand hygiene;
  - How to address a situation in which an athlete presents with symptoms of COVID-19; and
  - How to address situations in which social distancing or other necessary requirements are challenged by athletes or parents/guardians/visitors.
- All coaches will be required to wear face coverings whenever they will be within 6ft of another person, including when interacting with runners, other coaches or spectators both on and off the field.
- Daily temperature scan before entering the field of play.
- Teams will keep their own times and results. There will be no exchange of papers.

### **SPECTATORS**

- We will communicate applicable details of the plan to parents/guardians and/or participants before commencing practices.
- Must adhere to 6-foot social distancing for anyone not in the same family.

- Must not enter player areas on the field and staging areas.
- Must bring own seating in lieu of bleachers.
- Recommended to wear coverings.
- All family members and spectators will have a designated area to watch the practices and/or races while maintaining proper social distancing. Designated area will be outside of player only designated area.

### **CONCESSION STAND / FOOD**

We will not operate a concession stand and the team will not provide food this season.

### **FIELD PREPARATION**

Each facility that will be used for practices will ensure:

- Signage posted in highly visible locations with reminders regarding social distancing protocols, face covering requirements, and good hygiene practices (e.g., hand hygiene, covering coughs);
- Reduced crowding and proper social distancing around entrances, exits, and other high-traffic areas of the field. These areas will be marked off as “Runner Only Areas”;
- Routine and frequent sanitization and disinfecting, particularly of high-touch surfaces in accordance with CDC recommendations;
- Have hand sanitizer or other sanitizing materials readily available at entrances, exits, and any other area prone to gathering or high traffic.

### **CONDUCTING PRACTICES AND RACES**

Coaches, staff, visitors and athletes will be required to abide by the gatherings limitations outlined in Executive Order No. 152 (2020), or the Order in effect at the time of competition.

- We will ensure screening of athletes, coaches, staff and others participating in practice sessions and races, via temperature check and health questionnaire, at the beginning of each session. This will take place at the entry spot as defined above.
- Runners, coaches, staff, and volunteers showing symptoms of COVID-19 shall not be permitted to participate. If any individual develops symptoms of COVID-19 during the activity, they should promptly inform organizers and must be removed from the activity and instructed to return home.

- Limit practice activities to those that do not involve person-to-person contact between athletes and/or coaching staff.
- Adhere to precautions outlined in this Program Preparation Plan.
- Ensure that athletes and coaches adhere to social distancing while not actively involved in practice activities. Assign coaches or volunteers to monitor social distancing.
- If any equipment is provided by the operator, operators must minimize equipment sharing and clean and disinfect shared equipment at the end of a practice session using a product from the list of disinfectants meeting EPA criteria for use against the novel coronavirus. Do not permit athletes to share food, beverages, water bottles, or any equipment.
- Limit any nonessential visitors, spectators, staff, volunteers, and activities involving external groups or organizations as much as possible. Visitors and spectators should wear face coverings at all times, unless doing so would inhibit the individual's health or the individual is under the age of two.
- Operators are encouraged to mark off spectator/chaperone viewing sites to allow for social distancing.
- Visitors showing symptoms of COVID-19 shall not be permitted to attend.
- Prohibit spitting, handshakes, high-fives, team huddles, and any other close-contacting activities.

We will ensure all above protocols listed are adhered to as we work to ensure the health and safety of all of our athletes, coaches and spectators.