

3-17-21

OUTDOOR TRACK AND FIELD CONSIDERATIONS

Each school should develop a plan with their local health officials to successfully complete the season. Below are considerations to include in your plan.

Special Considerations for the use of the following equipment:

- Individual Student Equipment / Personal Items
- Implements (Shot, Discus, Poles, Batons)
- Cross Bars
- Rakes
- Hurdles
- Starting Blocks
- Timing Devices
- Tents/Shelters
- Flagging/Marking Equipment (Flags, Cones, Paint Cans)
- Bibs
- Water Bottles
- Any item that is held in the hands or contacts the body
- Gloves are permissible for all relays, participants, coaches, and officials.
- Each team is responsible for its own towels, hand sanitizer and med kit

Special Considerations for the use of the following components of the facility:

- Team Areas/Camps
- Bleachers
- Bathrooms/Portable restrooms
- Locker Rooms – recommended all competitors come ready to participate
- Concessions
- Weight Training Facilities
- Ticket Booths
- Entry/Exit Gates/Areas
- P.A. Systems
- Warm-up Areas
- Hydration stations
- Entry/Exit

Practices – Screenings, face coverings and individual hygiene of all participants should be followed in accordance with WHSAA Smart Start Guidelines.

- Workouts/practices should be conducted in “pods” of participants with same runners/field events working out together to limit overall exposure.
- Detailed, timed practice plans should be utilized to assist in contact tracing should it be needed.

- Participants should maintain the recommended six feet of distancing between individuals when possible and have no physical contact with each other.
- Limit sharing of equipment (Implements, poles) - When shared, sanitizing should be utilized.
- Avoid grouping of athletes at the start and end of practices and during transition times.
- Staggered start times for meetings are recommended.
- All activities (including meetings) should occur outdoors when possible.
- Face coverings are optional while participating but are **recommended** before and after practice for all athletes.
- Face coverings are always **recommended** for coaches during practice.

Events - WHSAA Smart Start Guidelines must be utilized for all events.

- Regular season contests may take place the same as in the past.
- Recommend not using baskets at start line for apparel.
- Participants must leave the finish area after the completion of the race. Social distancing must always be maintained before and after each race.
- If athletes cannot provide their own implements, then implements should be sanitized between each use.
- In the pole vault, athletes should not share poles. If poles need to be shared by teammates, then the grip should be sanitized between each participant use.
- Gloves will be allowed to be used during relays.
- Schools should bring their own batons, or they will need to be disinfected between each heat/race.
- Teams are expected to bring their own water.
- No pre- or post-competition handshakes or fist bumps should take place.
- Face coverings are optional while participating but are **recommended** before and after meets for all athletes.
- Face coverings are always **recommended** for coaches during meets.
- While in team camps, it is **recommended** that athletes utilize face coverings and maintain social distancing.
- It is **recommended** that all event workers utilize face coverings, and gloves when appropriate.
- There should be **no team dinners** during the season to assist in limiting exposures.
- No pre or post contest gatherings should take place to assist in limiting exposure. (i.e. Tailgating, BBQ's, etc.)

Post Season:

- Per current State Health Orders and Directives, Regional Meets will take place as scheduled.
- However, depending on any State Health Order restrictions, Quadrant meets may have to be utilized.
- Per current State Health Orders and Directives, the State Meet will take place as scheduled.
- However, depending on any State Health Order restrictions, the backup plan will be to split the State Meet into two meets of two classifications. The 2A & 3A will be on

Wednesday & Thursday, May 19 & 20. The 1A & 4A will be on Friday & Saturday, May 21 & 22, 2021.

All NFHS Rules Considerations for Indoor and Outdoor Track and Field should be utilized as appropriate.



2020-21 Indoor and Outdoor Track and Field Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Track and Field Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Note: This is not an exhaustive list and there might be additional steps in each school, city, and state to help prevent the spread of virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with Covid-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your state.

Return to Competition

Considerations for Officials:

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Follow social distancing guidelines:
 - Pre and Post Meet conferences,
 - Clerking at the start line,

- Tabulations and posting of results.
- Consider using electronic whistle.
- Do not shake hands and follow pre- and post-game ceremony guidelines established by state associations.
- Officials personnel may always wear cloth face coverings.

Considerations for Coaches:

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “pods” 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:

- Consider making each student 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.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- Cloth face coverings are permitted.
- Bring your own labeled water bottle.

Considerations for Parents:

(A family’s role in maintaining safety guidelines for themselves and others):

- Make sure your child and immediate household members are without symptoms of from illness before participating in practice and competition (if there is doubt stay home),
- Provide personal items for your child and clearly label them.

****August 17, 2020**