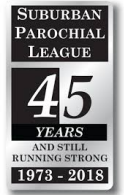




Suburban Parochial League Cross Country Return to Play Guidelines (8/13/2020)



The following guidelines are subject to change based on the policies, procedures, and protocols established by the Illinois Governor's Office, Centers for Disease Control and Prevention (CDC), Illinois Department of Public Health (IDPH), Illinois High School Association (IHSA), Illinois Elementary School Association (IESA), Archdiocese of Chicago, and Diocese of Joliet at the time of practices and competitions.

***Prior to the start of the season, it is highly recommended that all Athletic Directors, Coordinators, Coaches, Course Workers, and Sanitation Team Members must complete the following free training provided by the National Federation of State High School Associations (NFHS) regarding COVID-19 in the youth sports environment.**

<https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>

****In the event that the Illinois Governor's Office or Diocese of Joliet require all schools to remote learning, the season will be cancelled effective immediately.***

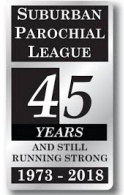
Practices

General Notice for Student Athletes and Coaches:

- **Self-Quarantining after travel to hot spots has been mandated in the DuPage County Health Department. It is important to note that all of these plans will only work with the full support of all of you. We ask that you quarantine for 14 days if your family has traveled to a high risk area out of courtesy to our school communities. Please keep your children home if they are sick or if you suspect they have been exposed to the virus. This effort to reopen relies on all of us doing our part to ensure the safety of all.**
- First, and foremost, listen to your body. Don't work out or come to the field of competition when you have a fever, are coughing, sneezing or are experiencing shortness of breath.
- Please arrive no sooner than 15 minutes prior to the start of practice.
- Wash your hands before and after your practice for at least 20 seconds with hand sanitizer.
- Use the bathroom at home. Bathroom availability will be limited.
- Bring ONE reusable water bottle, clearly labeled with your name on it to meets. Bottled water will not be made available for purchase at meets.
- Masks are to be worn by student athletes *EXCEPT* during warm ups, workouts, and competition.
 - When not wearing a mask, it must be stored in a sealed brown paper bag with the student athlete's name on it.
- Everyone should have a gear bag in which to stow their equipment. No sharing of equipment.
- All remaining on site personnel (coaches and volunteers) WILL be required to wear a mask throughout the entire duration of their visit.
- We will enforce social distancing at all times.



Suburban Parochial League Cross Country Return to Play Guidelines (8/13/2020)



- Everyone should avoid touching their face as much as possible.
- Workout clothes or uniforms need to be washed immediately after use.

General Location Host Protocol:

- Practice hosts must electronically communicate the transmission as well as symptoms of COVID-19, encouraging all participants to maintain social distance, and reminding people to stay home if they feel sick or have any of the symptoms of COVID-19: temperature >100.4F/37C, fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell.
- **No spectators allowed.**

Pre-Contest Screening for all Participants:

- Any person who has had a fever or cold symptoms in the previous 24 hours **should not** be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.
- Vulnerable individuals can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.
- Athletes wait in their car until the check in coordinator/coach summons them.
 - All athletes should change in their car and be practice ready when they walk through the entrance.
- If a student athlete rides their bike or walks on foot to practice; then they cannot enter premises until the check in coordinator/check summons them.
 - The student athlete should arrive dressed in their workout clothes or uniform.
- Athletes come in wearing a mask and holding water jug and a brown paper bag with their name on it. Masks and cell phones (to be used for emergency use only) should be placed in separate brown paper bags and in their gear bag.
- A record should be kept of all individuals entering to be tracked by the Coaching Staff (*Appendix A*).
 - Student athletes, coaches, and volunteers will be required to answer a questionnaire regarding symptoms and will be required to have their temperature taken.
 - **If a student athlete or coach has symptoms and/or fever; they are not allowed to participate in the meet and will be asked to leave the meet venue immediately.**
 - **If participant does have symptoms, they should wait to enter premises or participate in any sporting activity for a minimum of 14 days after symptom onset OR until feverless and feeling well (without fever-reducing medication) for at least 24 hours OR confirmed to not have COVID-19 via 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart**

Limitations on Gatherings:

- Gathering sizes of up to 50 individuals outdoors (**this includes: student athletes and coaches**)



Suburban Parochial League Cross Country Return to Play Guidelines (8/13/2020)

- Schools are recommended to break their team into pods for practice based on team size. In addition, teams should not cross-pollinate pods before, during, or after practice.
- Pods can practice at the same facility and the same time as long as the combined number of individuals (student athletes and coaches) does not exceed 50 and the pods remain on opposite ends of the facility.
- *No spectators allowed*
- When not directly participating in warmups, workouts, or competition, care should be taken to maintain a minimum distance of 6 feet between each individual.

Health Monitoring

- **If a student athlete, coach, or meet official reports having any COVID-19 related symptoms, the Athletic Director should encourage that individual with symptoms to contact their health care provider. The Athletic Director should contact the Principal immediately.**
- **If multiple individuals report having any COVID-19 related symptoms, the Athletic Director and/or Principal should notify their local health department within three days of being informed of the prevalence of COVID-19 symptoms; if multiple individuals test positive for COVID-19, the Athletic Director and/or Principal should notify their local health department within one day of positive test results**
- **Where appropriate, notify individuals who have been exposed. Individuals who tested positive should not be identified by name.**
- **Any individual who has had close contact (15 min or more) with any other person who is diagnosed with COVID-19 should quarantine for 14 days after the last/ most recent contact with the infectious individual and should seek a COVID-19 test at a state or local government testing center, healthcare center or other testing locations. All other individuals should be on alert for symptoms of fever, cough, or shortness of breath and taking temperature if symptoms develop.**
 - **Thus, if a member of a pod contracts COVID, then ALL student athletes and coaches in that pod must follow the procedures and protocol above.**

Meets

General Notice for Student Athletes, Coaches, and Volunteers:

- **Self-Quarantining after travel to hot spots has been mandated in the DuPage County Health Department. It is important to note that all of these plans will only work with the full support of all of you. We ask that you quarantine for 14 days if your family has traveled to a high risk area out of courtesy to our school communities. Please keep your children home if they are sick or if you suspect they have been exposed to the virus. This effort to reopen relies on all of us doing our part to ensure the safety of all.**
- **First, and foremost, listen to your body. Don't work out or come to the field of competition when you have a fever, are coughing, sneezing or are experiencing shortness of breath.**



Suburban Parochial League Cross Country Return to Play Guidelines (8/13/2020)

- Please arrive at your designated time frame. Please leave the meet as soon as your race is over. Student athletes will be allowed entrance into the meet no earlier than 30 minutes prior to their scheduled flight. Wait in your car until you have been cleared by Check-In Coordinator to enter.
- Wash your hands before and after you race for at least 20 seconds with hand sanitizer.
- Use the bathroom at home. Porta-Potties availability will be limited.
- Bring ONE reusable water bottle, clearly labeled with your name on it to meets. Bottled water will not be made available for purchase at meets.
- Masks are to be worn except during warmups, workouts, and competition.
 - When not wearing a mask, it must be stored in a sealed brown paper bag with the student athlete's name on it.
- Everyone should have a gear bag in which to stow their equipment. No sharing of equipment.
- All remaining on site personnel (coaches and volunteers) WILL be required to wear a mask throughout the entire duration of their visit.
- We will enforce social distancing at all times.
- Everyone should avoid touching their face as much as possible.
- Workout clothes or uniforms need to be washed immediately after use.

General Location Host Protocol:

- Meet hosts must **electronically communicate** the transmission as well as symptoms of COVID-19, encouraging all participants to maintain social distance, and reminding people to stay home if they feel sick or have any of the symptoms of COVID-19: temperature >100.4F/37C, fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell.
- Facilities should have a designated entrance and exit location for all participants, workers, officials, and coaches.
- **No spectators allowed.**

Pre-Contest Screening for all Participants:

- Any person who has had a fever or cold symptoms in the previous 24 hours **should not** be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.
- Vulnerable individuals can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.
- Athletes wait in their car until the check in coordinator summons them.
 - All athletes should change in their car and be practice ready when they walk through the entrance.
- Athletes come in wearing a mask and holding water jug and a brown paper bag with their name on it. Masks and cell phones (to be used for emergency use only) should be placed in separate brown paper bags and in their gear bag.



Suburban Parochial League Cross Country Return to Play Guidelines (8/13/2020)

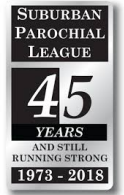
- A record should be kept of all individuals entering to be tracked by the Check-In Coordinator.
 - Student athletes, coaches, and volunteers will be required to answer a questionnaire regarding symptoms and will be required to have their temperature taken.
 - We will create a “Portillos Style” operation where the student athlete will remain in the passenger side of the vehicle and the “Check-In Coordinator” will ask the required questions and take their temperature. We are requesting that all individuals in the car are wearing masks during the check-in process.
 - **If a student athlete or coach has symptoms and/or fever; they *are not* allowed to participate in the meet and will be asked to leave the meet venue immediately.**
 - **If participant does have symptoms, they should wait to enter premises or participate in any sporting activity for a minimum of 14 days after symptom onset OR until feverless and feeling well (without fever-reducing medication) for at least 24 hours OR confirmed to not have COVID-19 via 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart**
 - Student athletes will NOT be required to wear a mask during their race. All remaining on site personnel (coaches and volunteers) WILL be required to wear a mask throughout the entire duration of their visit.

Limitations on Gatherings:

- SPL Cross Country Meets will be limited to either dual or triangular meets; no multi team meets that exceed 3 teams.
- **Gathering sizes of up to 50 individuals outdoors (this includes: student athletes, coaches, and meet officials)**
 - SPL Recommendation for Each Group of Participants:
 - **Runners**-30 total per race
 - **Coaches**-2 per team (6 total)
 - **Finish Line Chute**-1 per team (3 total)
 - **Course Marshalls**-10 total
 - **Starter**-1 total
 - **Total Number of Individuals Per Race: 50**
- **No spectators allowed**
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 6 feet between each individual.



Suburban Parochial League Cross Country Return to Play Guidelines (8/13/2020)



Competition Guidelines:

Team Tents

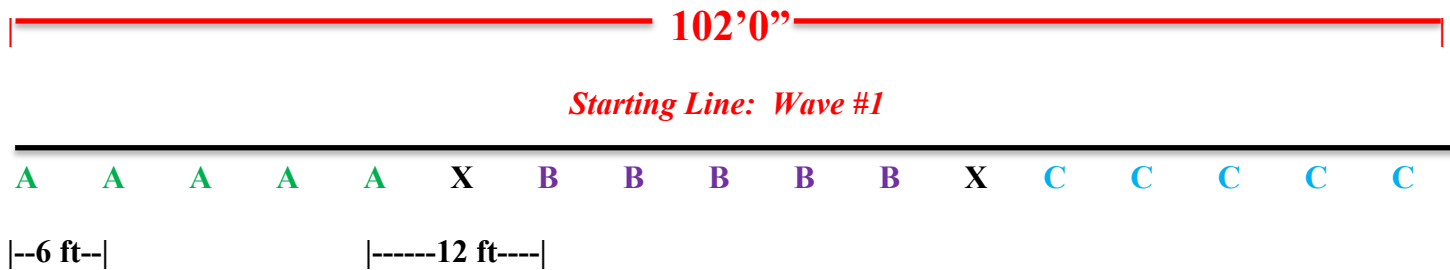
- Team tents must be separated at least 30 feet apart for each other. Individuals inside team tents must wear masks and maintain six feet social distancing.
- When students gain clearance to enter meet location, they must report immediately to their team tent (while wearing their masks).
- Student athletes must remain in their team tent until they are escorted to the start line by their coach.



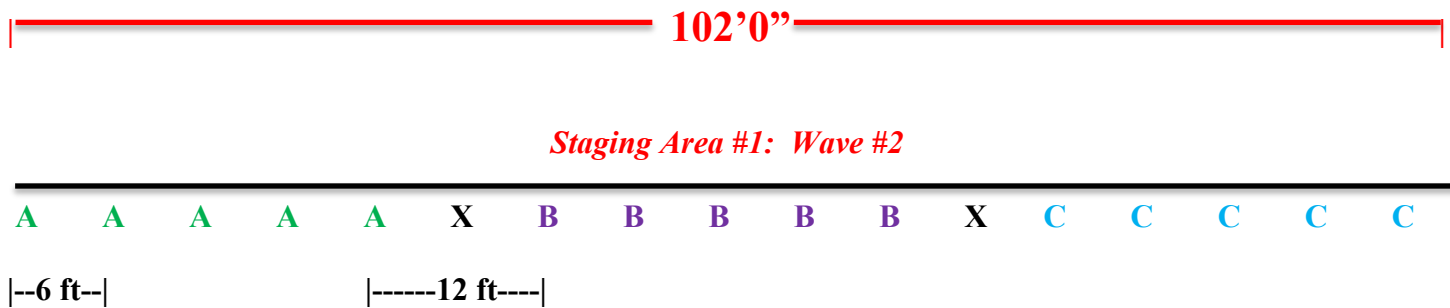
Suburban Parochial League Cross Country Return to Play Guidelines (8/13/2020)

Starting Line

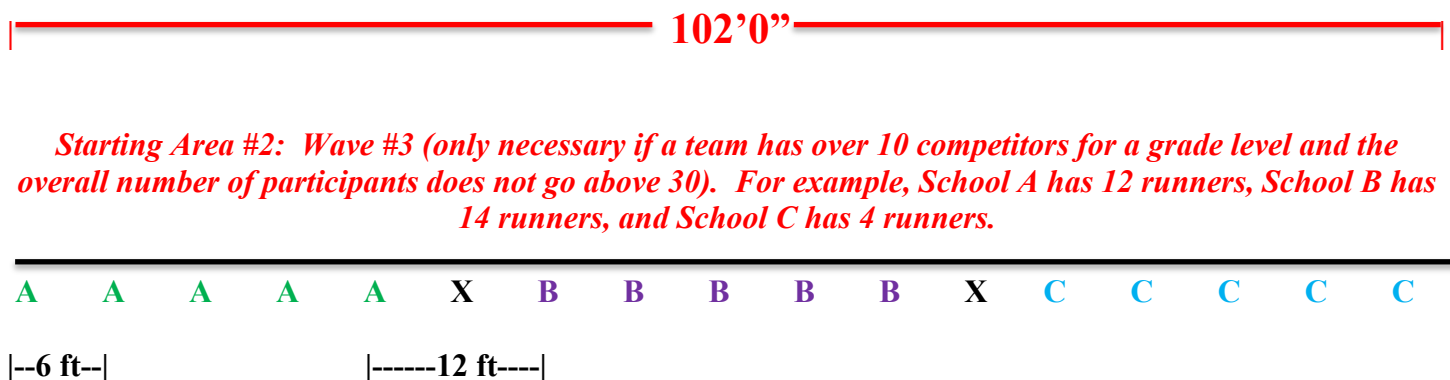
- Our starting line will be 102 feet in length. There will be an “X” for every six feet on the start line.
 - We will have a maximum of 15 runners on the start line at once.
 - There will be a 12 foot distance in between teams.



6 Feet In Between Starting Line & Staging Area #1



6 Feet In Between Staging Area #1 & Staging Area #2





Suburban Parochial League Cross Country Return to Play Guidelines (8/13/2020)



- **Runners will be placed in waves (separated by school and speed) and will be released to start every 2 minutes.**
 - **Example for 5th Boys Race**
 - **Wave #1 (Race Begins at 8:00 AM)**
 - *School A's* Top Five 5th Boys Runners (based on time)
 - *School B's* Top Five 5th Boys Runners (based on time)
 - *School C's* Top Five 5th Boys Runners (based on time)
 - **Wave #2 (Race Begins at 8:02 AM)**
 - *School A's* Next Five 5th Boys Runners (based on time)
 - *School B's* Next Five 5th Boys Runners (based on time)
 - *School C's* Next Five 5th Boys Runners (based on time)
 - **Wave #3-If Necessary (Race Begins at 8:04 AM)**
 - *School A's* Remaining 5th Boys Runners (based on time)
 - *School B's* Remaining 5th Boys Runners (based on time)
 - *School C's* Remaining 5th Boys Runners (based on time)
- **There will be six feet social distance in between each wave of runners.**

Finish Line/Timing

- Keep competitors socially distanced at the finish of a race.
 - Utilize a different finish line chute for each team (if possible)
- Coaches will be responsible for acquiring their student athletes' race times.
- We will not pass out ribbons. Schools would be responsible for recognizing personal records (if they so choose).
- *Optional:*
 - *Image based equipment is an effective way to pick place at the finish while avoiding congestion at the finish line. This equipment could be as simple as a smartphone or iPad*

End of Race

Student athletes will return to their team tent at the conclusion of their race. They will gather their belongings, water bottle, and mask and proceed to the parent pick up line.

Uniforms need to be washed immediately after use upon returning home.

2020 SPL Cross Country Meet Schedule:

Saturday, September 12th, 2020 (5th through 8th Grade Participates)

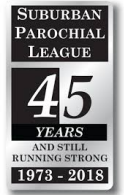
Saturday, September 19th, 2020 (5th through 8th Grade Participates)

Saturday, September 26th, 2020 (5th through 8th Grade Participates)

Saturday, October 3rd, 2020 (5th through 8th Grade Participates)



Suburban Parochial League Cross Country Return to Play Guidelines (8/13/2020)



* *There will be no SPL Cross Country Championship Meet for the 2020 season.*

Race Distance Per Grade Level:

5th Grade (1.0 Miles)

*6th Grade (1.0 Miles)

7th Grade (2.0 Miles)

8th Grade (2.0 Miles)

*We will revert back to the 1.5 mile distance for the 6th Grade races in the 2021 season.

The tentative flight times for meets would be:

5th Boys (8:00 AM race time-Arrive By 7:30 AM)

5th Girls (8:20 AM race time-Arrive By 7:50 AM)

6th Boys (8:40 AM race time-Arrive By 8:10 AM)

6th Girls (9:00 AM race time-Arrive By 8:30 AM)

7th Boys (9:30 AM race time-Arrive By 9:00 AM)

7th Girls (10:00 AM race time-Arrive By 9:30 AM)

8th Boys (10:30 AM race time-Arrive By 10:00 AM)

8th Girls (11:00 AM race time-Arrive By 10:30 AM)

Health Monitoring

- **If a student athlete, coach, or meet official reports having any COVID-19 related symptoms, the Athletic Director should encourage that individual with symptoms to contact their health care provider. The Athletic Director should contact the Principal *immediately*.**
- **If multiple individuals report having any COVID-19 related symptoms, the Athletic Director and/or Principal should notify their local health department within three days of being informed of the prevalence of COVID-19 symptoms; if multiple individuals test positive for COVID-19, the Athletic Director and/or Principal should notify their local health department within one day of positive test results**
- **Where appropriate, notify individuals who have been exposed. Individuals who tested positive should not be identified by name.**
- **Any individual who has had close contact (15 min or more) with any other person who is diagnosed with COVID-19 should quarantine for 14 days after the last/ most recent contact with the infectious individual and should seek a COVID-19 test at a state or local government testing**



Suburban Parochial League Cross Country Return to Play Guidelines (8/13/2020)



center, healthcare center or other testing locations. All other individuals should be on alert for symptoms of fever, cough, or shortness of breath and taking temperature if symptoms develop.

**** Compliance is required of all SPL Cross Country teams. Failure to do so will result in the immediate suspension of a team's participation in the 2020 season****

Resources Used to Create This Document:

Restore Illinois Youth Sports Policy

https://www.iesa.org/documents/activities/AllSportsPolicy_RestoreIllinois.pdf

IHSA Cross Country Meet Considerations for 2020-21 School Year

<https://www.ihsa.org/documents/CovidGuidelines/IHSA%20COVID%20CC%20Guidelines.pdf>

IESA Return to Play Guidelines for Cross Country

https://www.iesa.org/documents/activities/IESA-CC_Covid.pdf

