

## **Como Lake Park**

### **Covid 19 - Cross Country Meet/Invitational Rules:**

#### **Rules for Coaches:**

1. Coaches are to wear masks at all times.
2. Make sure runners conduct a daily symptoms assessment before each meet or invitational.
3. Anyone from your team (runners, coaches, or spectators) experiencing any symptoms must stay home.
4. Make sure each runner only has 2 spectators.
5. Make sure each runner has their own water bottle with a name on it.
6. Runners must wear masks to the start line.
7. Runners must immediately put a mask back on after completing the race.
8. Bring hand sanitizer for your team.
9. Bring disposable masks for your runners for when they cross the finish line. Have a coach/volunteer ready to pass them out to the runners.
10. Designated areas will be marked for each team, runners must wear masks if social distancing of 6 feet is not possible.
11. Teams need to create social distance among coaches, runners and spectators and must prevent large group gatherings within their designated areas.
12. Players, coaches, officials are not to physically contact each other before a meet or invitational. (Examples: team huddles, high fives, hugs congregating, etc.)
13. No congregating before or after meet or invitational.

#### **Rules for Runners:**

1. Must wear a mask at all times.
2. You do not have to wear a mask during your race.
3. You must wear your mask to the start line and get a disposable mask from your coach/volunteer at the finish line.
4. Bring your own water bottle with your name on it.
5. You are only allowed 2 spectators.
6. You are responsible for your own supplies.
7. Make sure you conduct a daily symptoms assessment before each meet or invitational (check temperature).
8. If you are experiencing any symptoms, you must stay home.

#### **Rules for Spectators:**

1. Must wear a mask at all times.
2. Provide personal items for your runner and label them (example: water bottle).
3. Spectators should not congregate around the start or finish line.
4. Only 2 spectators per runner are allowed to attend the meet or invitational.
5. You must social distance yourself from other spectators, runners and coaches (6 feet apart).
6. Make sure you conduct a daily symptoms assessment before attending a meet or invitational (check temperature).
7. If you are experiencing any symptoms, you must stay home.

Thanks you in advance for your cooperation and help in this matter.

Kind Regards,

Coach Charlie & Coach Barry