American Rivers Cross Country Protocols

Start of the Race

- Face coverings shall be required for student-athletes, coaches, and staff upon arrival for a meet and would only be removed when running.
- The start line shall be modified to include maximum-allowable box width between teams.
- Student-athletes shall be required to wear face coverings into the starting area. The starter shall inform the runners that they may take off their masks just prior to beginning the starting commands.
- Volunteers from the host institution(s) shall be fitted with personal protective equipment (PPE) to safely pick up and remove any masks/face coverings that are discarded by the athletes.

Finish of the Race

- Efforts shall be made by host institutions to increase the normal width of a finishing line area to make it as wide as is possible.
- It is highly recommended that a double corral be outfitted for the finish area: an inner corral that houses the finishers of the race after they cross the finish line; and a secondary corral surrounding the inner corral with a 10-foot buffer space, keeping spectators socially distanced from the participants. Another option, if feasible, is to prohibit spectators from being behind the finish line.
- Each participating institution shall be responsible for providing institutional staff/coaching representatives to assist in the finish line area. These individuals must be masked and will not enter the finish area unless an athlete from their respective institution crosses the finish line.
- Institutional representatives shall have clean face coverings available (provided by each institution) and shall give each athlete from their respective institution said covering as s/he enters the finish area.
- The institutional representative shall direct student-athletes to a designated space that is removed from the immediate finishing line where members of a team can congregate once face-covered before proceeding to the team camp area.
- The host athletic trainer shall be required at the finish area to assist student-athletes that need more attention at the end of the race. The athletic trainer must be outfitted with appropriate PPE. The institutional representative must assist in removing individuals as soon as they are able once athletic trainers have attended to any needs of the athlete.
- No cups or communal water shall be provided at the finish lines. Student-athletes shall have their own designated water bottles.
Team Camps
● Team camps shall be set up well apart from each other.
● Student-athletes are NOT permitted to enter team camps of other teams.
● Teams should make hand sanitizer available in team camp areas for student-athletes.

Warm-up and Cool-Down Procedures
● Face coverings are required for student-athletes, coaches and staff to wear upon arrival for a meet and would only be removed when running.
● All warm-up and cool-down activities shall be within teams. No warm-up or cool-down with other teams.

Other Considerations
● Face Coverings - Local health conditions shall determine if the wearing of face coverings during parts of the competition is required.
● Spectators - The number of spectators shall be limited to local government restrictions. Coaches, event management, officials, and conference staff shall remind spectators of face coverings and physical distancing when the opportunity arises.
● Restrooms - Hosts would be responsible for providing at least two portable restrooms (port-a-potty) for each institution. The restrooms would be designated with appropriate signage.
● Awards Ceremony - A decision will be made prior to the Conference Championship as to whether a ceremony is viable.