

## 2021 KSHSAA TRACK AND FIELD CONSIDERATIONS

Revised 3/23/2021.

With support of the NFHS, the KSHSAA Sports Medicine Committee and the KSHSAA Executive Board, we offer this document as guidance to the member schools of the KSHSAA to consider for the 2021 track and field season. The considerations outlined are intended to decrease potential exposure to respiratory droplets by encouraging physical distancing, limiting participation in administrative tasks to essential personnel, and allowing for appropriate and reasonable protective equipment. The KSHSAA believes these reasonable accommodations will help with COVID-19 risk mitigation for the upcoming track and field season.

For as long as group size restrictions and social distancing are in place, the following best practices are recommended on an activity specific basis.

### Face Coverings:

All participants (including but not limited to athletes, coaches, officials, spectators, support staff and all others attending/participating in school activities) shall wear a face covering in the manner it is intended to be worn (for purpose of COVID-19 risk mitigation) while at the event venue and for duration of the event. The only exception is provided for athletes during the time they are competing and for officials during active play. Participants and/or officials may choose to wear a mask during active play unless it poses a safety risk.

**(New 3/23/21):** *KSHSAA Executive Board interpretation (March 23, 2021): Any participant (including but not limited to athletes, coaches, officials, spectators, support staff and all others attending/participating in school activities) **outdoors, who is able to maintain a minimum of six feet of social distancing** would not be required to wear a face covering. Adherence to a more restrictive local health authority or school district policy is supported and expected.*

1. *Athletes:*
  - a. *You are permitted to wear mask while actively participating in an event.*
  - b. *You are required to wear a mask when social distancing requirements cannot be met.*
2. *Coaches:*
  - a. *You are required to wear mask when you are talking directly with athletes, patrons, and other personnel and when social distancing requirements cannot be met.*
3. *Event Workers:*
  - a. *You are required to wear masks when directly talking to athletes and when social distancing requirements cannot be met.*
4. *Fans:*
  - a. *Masks are required when social distancing requirements cannot be met.*

**Transportation Considerations:**

- Adhere to BOE policies for transportation to/from practices and contests.
- Clean vehicles before and after each usage.
- Suggestions include single individual per bus seat; staggered bus seating as available; parent support for transporting own child (if within BOE policy); wear masks/face coverings.

**Locker Room Considerations:**

- Adhere to local school policy for usage.
- Clean before and after each usage.
- Suggestions include staggered use by teams of locker rooms; maintaining consistent groupings of students in locker room; clothes cleaned after use; equipment cleaned before storing.

**Concessions Considerations:**

- Follow CDC guidelines.
- Follow guidelines consistent with Food Handlers permit.
- Consider only bottled drinks and pre-packaged items.
- Limit cash sales; use credit card.

**Crowd Admission Considerations:**

- Consider only allowing a certain number of spectators from each school; consider no spectators.
- Limit the number of spectators per student.
- Designate restricted area for spectators away from competitors.
- Maintain distancing in spectator areas.
- Designate school specific spectator areas.

**Admission/Ticketing Considerations:**

- Consider cashless admission utilizing digital tickets.
- Provide signage regarding mandatory adherence to risk mitigation protocols.

**Competition/Scheduling Considerations:**

- Schools should consider smaller meets (Quads, Tris, smaller invitationals) vs. large invitational events.
- Schools should consider having varsity meets and sub-varsity meets on different days.
- Consider breaking large invitationals into morning/afternoon sessions.
- Consider same day alternative sites for competitors with performances compared (like “postage stamp meets”).
- Schools should consider reducing travel and only participating in meets closer to home.
- Consider a reduced number of competitions.

**Athlete Considerations:**

- Each student is responsible for their own supplies.
- Each student has their own marked water bottle/jug.
- Students should not share clothing/shoes.
- Students should have hand sanitizer.
- Students should wash hands frequently.

**Officials Considerations:**

- Follow social distancing guidelines: during pre- and post-meet conferences with coaches; while clerking at the start line; during tabulation of results.
- May want to consider clear shield for a face covering.
- Bring personal hand sanitizer.
- Bring personal water bottle.
- Do not share equipment.
- Consider using electronic whistle or buzzer.
- Do not shake hands.
- Use a megaphone or loudspeaker for commands.

**Event Staff Considerations:**

- Bring personal hand sanitizer.
- Use gloves when handling equipment.
- Social distancing of 6 feet should be maintained.
- No shaking hands, hugging, high fives.
- Bring personal water bottle.
- Limit contact with runners at finish line area and in competition areas.

**Equipment/Facility Considerations:**

- Provide appropriate signage for social distancing, universal masking, and handwashing.
- Clean and disinfect frequently touched surfaces.
- If no FAT timing system is available, consider alternative means of finish place and time to address congestion at the finish line.
- Consider having wider clerk areas.
- Team tents are limited to only members of the team.
- Spread team tent areas apart so there is at least 6 feet of separation.
- Regular cleaning and disinfecting of restroom and port-a-potties per health department guidelines.
- Provide hand sanitizer.

**Practice Considerations:**

- Consider conducting workouts in “pods” of the same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Health screening prior to practice (see general guidelines).
- Keep accurate records of who attends practice – days and times.
- Consider temperature checks prior to practice (see general guidelines).
- Athletes are responsible for their own supplies.
- Athletes bring their own water bottle/jug.
- Consider limiting the number of students coming to practice.
- Runners should remain 6 feet apart.

**Contest Warm Up Considerations:**

- Teams should stay together; do not intermingle with other schools.
- Maintain social distancing of 6 feet.
- Consider wearing mask other than times of physical exertion.

**Competition Considerations:**

- Conduct pre-competition virtual coaches meeting.
- Conduct scratch meeting digitally, or in large/open area.
- Face coverings are permitted for runners.
- Consider having runners wear face masks until start of race and then remove.
- Each athlete provides personal water bottle.
- Athletes are responsible for their own supplies.
- Implement weigh-in by competitor under supervision of designated event staff.
- Schools provide their own implements – subject to passing inspection/weight requirements.
- Athletes retrieve their own SP/Disc/Jav after all throws.
- If athletes cannot provide their own implements, then it is recommended that implements be sanitized between each use.
- Additional time between competitions and flights to allow marking approach/runway.
- Conduct trials in LJ/TJ/SP/Disc/Jav cafeteria style in smaller cohorts.
- Establish large waiting/on-deck area for all field events to allow for distancing.
- Maintain consistent event staff through duration of contest.
- Clean common touch equipment between flights/events.
- Starting blocks handled only by athletes or designated block steward.
- Utilize electronic timing and measurement whenever possible.
- When using manual timing, spread timers out using both sides of track and/or timers stands.
- Suspend use of finish line baskets for warm-ups.
- Clerk races in large open area.
- Provide warm-up area away from clerking/staging areas.

**End of Race Considerations:**

- In lieu of handshakes, please develop and utilize an appropriate sign of respect and sportsmanship that does not include handshakes, hugs, or other physical contact; suggestions include head nod, chest thump, salute, etc.
- At completion of race, return to team tent area; do not linger or mingle in finish area.
- Use water from individual cups or from personal water bottle.
- Awards provided in packets in lieu of staged awards ceremonies.