



Norwin Home Cross Country Meet Guidelines @ Oak Hollow

Welcome to the 2020 Cross Country Season! We are so excited our athletes will have the opportunity to compete. During these unprecedented times the coaching staff and the administration at Norwin School District have worked diligently to create a safe environment for the athletes, coaches, officials, and staff. We are excited to host your team and plan on providing a safe environment for all coaches and athletes. Please follow these guidelines to ensure we meet the requirements established by the WPIAL and the PIAA and CDC recommendations for cross country meets.

We ask that coaches and parents review this information before cross country meets so you are aware of our procedures for competitions. Best of Luck!

LOCATION: Oak Hollow Park lower pavilion and lot (North Huntingdon)

TIME: Meets begin promptly at 4:00 pm

RACE ORDER: Top 12 Girls from each team (4:00 pm) (MS =4:00)

Top 12 Boys from each team (4:30 pm) (MS = 4:20)

Coed JV Race (Maximum 48 Runners or Girls/ Boys JV) (5:00 pm) (MS = 4:40)

***Possible for MS Meet = staggered 2 JV races (start boys....5 min delay start girls)*

Covid-19 Health Protocols (effective Summer 2020):

- Coaches will verify that all athletes and coaches are not symptomatic (no fever, sore throat, shortness of breath, cough, or close contact with someone who has Covid 19)
- All athletes will be dropped off in lower lot of park by Pine Pavilion. Your bus should be able to parking that area.
- **All athletes and coaches must wear a mask. Athletes can remove the mask when checking in for the start of the race.**
- No team huddles, high fives, team cheers, etc.
- We are following NFHS recommendations that teams will be permitted to enter 12 athletes per race for 4 teams or less
 - JV Race may be combined assuming we are under the maximum of 48 runners total
 - We are hoping to run 3 races, but may have 4 if numbers exceed 48 in JV race
- No team huddles, high fives, team cheers, etc.
- There will be a limited walk through of the course. Maps of the course will be posted and video footage should be available for preview
 - A coach will lead athletes through first loop of course
- The starting line will accommodate **5 athletes from each team spread six feet apart.**
 - Team's 6 and 7 runners will start just behind front line.
- The finish chute will be open and upon crossing line athletes will be give "disposable" place finish card. Coaches are to tally each runner's names on team finish sheet.
 - Athletes should maintain social distancing in the finish chute. Immediately after the race athletes should report to their designated team area.
 - Upon name completion, the team finish sheet will be given to meet scorer who will enter times into computer
 - All scoring for meet will be based upon first race for each gender. JV runners will get a time, but cannot factor in scoring.
- We may not give hard copies of results to the coaches. Everything will be done electronically
- Bathrooms are available and sinks. **ALL TEAMS MUST BRING OWN WATER.**
- We will designate a sick area for any athletes demonstrating COVID symptoms. A coach from the team will stay with the athlete until he/she can leave the premises either with a parent or EMS.

Spectator Policy

UPDATE: Per the PIAA, spectators are permitted at PIAA sanctioned events with a maximum of 25 indoors and 250 outdoors. We (the coaching staff, administrators, and the athletes) do not make the rules, but will follow them. Our main focus is to ensure the athletes get the opportunity to compete while following the safety rules established by the state of Pennsylvania and the PIAA.

- ✓ **All spectators MUST WEAR A MASK.** Respect this policy. We are fortunate to have spectators, and any abuse of this policy will result in removal of spectators. Students have to wear them in school and work, etc, please follow same rules.
- ✓ Please attempt to limit the number of family members attending to not overflow the park or meet. We must remain within the 250 limit (if we have 100 runners that is 1.5 spectators per athlete).
- ✓ Spectators are NOT permitted in designated areas (start/ finish) pavilion and lower grass area by the bathrooms; additionally, parents are not to fraternize with athletes other than own child
- ✓ NO FOOD OR DRINK to be provided to team from parents
- ✓ **Spectators must remain 15' or greater from athletes before, during, and after the race.** If watching race on the course, must remain at least 15' from runners. Limit screaming and no whistles or voice projecting devices.
- ✓ Duet to Covid concerns and to allow for social distancing on buses, transportation with parents or for high school student to drive to or from a meet must be done through Athletic Office protocol below:
 - Norwin Athletic Transportation Permission form (must be 24 hrs. in advance)
 - <https://forms.gle/Q8yxg2BuMEUhZmHA8>
 - **PARENTS must fill out form NOT ATHLETES!!!!**
 - Coaches will NOT accept handwritten notes at meet or before. Must use link above and be cleared 24 hours in advance