

EUHS Cross Country  
Guidelines for  
Phase 1 of Return to  
Play

All workouts must follow the Return to Play guidelines set forth by the CDC, NFHS, and CIF, see items below

#1) We will be in Pods of 10 based on Gender. You may not Change your training pods for any reason

## PHASE ONE\*

No gathering of more than allowed by the prescribed local county guidelines (inside or outside).\*

Workouts should be conducted in "pods" of students with the same 5-10 students working out together weekly to limit overall exposures. Smaller pods can be utilized for weight training.

There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased to obtain a minimum distance of 6 feet between each individual. **\*Note: Local county guidelines must be followed**

#2) Athletes must bring their own water, and no sharing of ANY KIND.

## Hydration/Food

All students must bring their own water bottle. Water bottles must not be shared. Food should not be shared. Hydration stations (water coolers, water cows, water trough, water fountains, etc.) should be utilized only for the purpose of re-filling personal water bottles.

#2) Per State Recommendations, face coverings will be worn by the staff. Cross country training is exempt from masks but we will maintain proper social distance for workouts.

## Face Coverings

State, local or school district guidelines for cloth face coverings should be strictly followed.

Cloth face coverings should be considered acceptable. There is no need to require or recommend "medical grade" masks for physical activity. Any student who prefers to wear a cloth face covering should be allowed to do so.

In the absence of guidelines to the contrary, we recommend that cloth face coverings be worn by students. Exceptions are swimming, distance running or other high intensity aerobic activity.

Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others. This does not apply to any equipment allowed by NFHS rules.

It is recommended that coaches, officials and other contest personnel wear cloth face coverings at all times and especially when physical distancing is not possible. (Artificial noisemakers such as an air horn, electronic whistle, or a timer system with an alarm can be used to signal in place of a traditional whistle.)

#3). Students must complete a COVID check-in before workouts. They will answer a few questions on a Google Form. We will supply QR codes so students can scan, enter their student ID, answer a few “yes”, “no” questions, and determine if they can stay at practice. See CIF Guidelines below:

## Pre-Workout Screening

All coaches and students should be screened daily for signs / symptoms of COVID-19 prior to participating.

Responses to screening questions for each person should be recorded and stored [REDACTED]

Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional. Written medical clearance will be required to return to activity.

Vulnerable individuals should not supervise or participate in any workouts during Phase One.

#4) Practices will be conducted at Dobson Field to maximize distance between athletes and allow for supervised individual training

General Activity Description	Phase One*	Phase Two*
<b>Cross Country</b>	Individual Skill Development and Workouts  Maintain Physical Distancing; No Contact with Others No Sharing of Equipment; No Grouping. *Note: Local county guidelines must be followed.	Modified Team Practices May Begin  No Contact with Other Teams. *Note: Local county guidelines must be followed.
	Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).	Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).

**POINTS OF EMPHASIS:**

**We still do not know what the fall season will look like, and conditioning does not necessarily mean we will begin athletics in August.**

**Practices are not mandatory** and will not necessarily affect an athlete making the team or playing time in the regular season.

**Practicing is optional** and decisions are to be made by student athletes and their parents if there are some safety concerns.

We will still supply individual workouts that can be completed on their own.