



## 2020-21 Indoor and Outdoor Track and Field Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Track and Field Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Note: This is not an exhaustive list and there might be additional steps in each school, city, and state to help prevent the spread of virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with Covid-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your state.

### **\*\*Latest CDC guidelines:**

***When no people with confirmed or suspected COVID-19 are known to have been in a space, cleaning once a day is usually enough to sufficiently remove virus that may be on surfaces and help maintain a healthy facility.***

*You may want to either clean more frequently or choose to disinfect (in addition to cleaning) in shared spaces if certain conditions apply that can increase the risk of infection from touching surfaces:*

- *High transmission of COVID-19 in your community,*
- *Low number of people wearing masks,*
- *Infrequent hand hygiene, or*
- *The space is occupied by certain populations, such as people at increased risk for severe illness from COVID-19*

*If there has been a sick person or someone who tested positive for COVID-19 in your facility within the last 24 hours, you should clean AND disinfect the space.*

## **Return to Competition**

### **General Considerations:**

- SP, DT, JT should enforce social distancing for all athletes and officials.
  - To limit contact: athletes can provide their own implements (that pass inspection) and retrieve their own implements after all throws.
  - If athletes can't provide their own implements, then it is recommended that implements be sanitized between each use.

- LJ, TJ should enforce social distancing for all athletes and officials.
- HJ, PV should enforce social distancing for all athletes and officials.
  - To limit contact: athletes should not share vaulting poles.
- Sprint, Hurdle, relay events run entirely in lanes, may use every other lane to assist with distancing.
  - Blocks should be disinfected after each heat / race.
  - Recommend not using baskets at start line for apparel.
- Recommendations for students to wear a cloth facial covering when not actively competing.
- Middle Distance and distance races on the track of 800m and longer (any event not run entirely in lanes) are considered moderate risk activities if conducted under normal circumstances.

**Possible Rule Change Considerations:** *(States should abide by all NFHS rules as a default, adjusting relevant rules as needed to allow for COVID-19 risk mitigation factors where necessary for this year.)*

- Rule 5-10-5 Current rule: The baton is the implement which is used in a relay race and is handed by each competitor to a succeeding teammate. Gloves are not permitted in relay events.
  - States may permit the use of gloves for this year.
  - Schools can bring their own batons, or they should be disinfected after each heat/race.
- Rules 6-4-11 and 6-5-24: States may consider alternate ways to conduct the vertical jumps. Lowering the cross bar after competition has begun may be one-way states may modify rules. With small numbers of competitors, states may wish to jump each athlete to completion.

#### **Considerations for Officials:**

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Follow social distancing guidelines:
  - Pre and Post Meet conferences,
  - Clerking at the start line,
  - Tabulations and posting of results.
- Consider using electronic whistle.
- Do not shake hands and follow pre- and post-game ceremony guidelines established by state associations.
- Officials personnel may always wear cloth face coverings.

#### **Considerations for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in "pods" of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

#### **Considerations for Students:**

- Consider making each student responsible for their own supplies

- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- Cloth face coverings are permitted.
- Bring your own labeled water bottle.

**Considerations for Parents:**

(A family's role in maintaining safety guidelines for themselves and others):

- Make sure your child and immediate household members are without symptoms of illness before participating in practice and competition (if there is doubt stay home),
- Provide personal items for your child and clearly label them.

**\*\*April 11, 2021**