

2020-21 Track and Field Meet Guidelines

Rules Considerations

NHIAA Outdoor Track Committee and NHIAA Sports Medicine Committee Adopted for 2020-21 season

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 These considerations may quickly become outdated.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.

The NHIAA Council **recommends** that face coverings be worn while actively participating in spring tournaments and **requires** that face coverings be worn when not actively participating and appropriate distancing cannot be maintained.

If a school participating in the playoffs has more restrictive playing requirements than those prescribed by the NHIAA, in the spirit of sportsmanship and by mutual agreement, the Council supports the two schools playing by the more restrictive policies.

General Guidelines:

- It is recommended that athletes wear a face covering during competition in all events. Due to safety concerns for potential injury, athletes may remove their face covering while actively competing in the events of javelin, discus, shotput, hurdles or pole vault immediately prior to competing. Immediately upon conclusion of actively competing, it is recommended that athlete puts their face covering back on.
 - The NHIAA Council **recommends** that face coverings be worn while actively participating in spring tournaments and **requires** that face coverings be worn when not actively participating and appropriate distancing cannot be maintained.
- Social distancing of at least six feet must be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
- Clean and disinfect frequently touched surfaces and equipment.
- Teams will have specific areas to place belongings. Teams cannot visit other areas. No tents
- **Once competition is concluded, teams should leave the facility as soon as possible.**

Specific Running/Hurdle Event Guidelines

- Athletes will only enter near the Clerking Area.
- Athletes will exit the gate nearest Finish Line Area.
 - These are one-way entrances/exits to maintain social distancing.
- Schools provide their own sanitized baton.
- Assign 1 hurdle crew member to a(n) flight(s) of hurdles. The crew member is responsible for the entire meet to set, remove and adjust their flight(s) of hurdles.

Guidelines for Conducting the Meet

- Running events that run entirely in lanes **will** use every other lane. The 4X100m and 4X400m will be run using this model.
- The 800m event will use a staggered start with no more than eight athletes on an eight-lane track; no more than six athletes on a six-lane track.
- 1600m and 3200m event will use a staggered start called the barrel start with no more than 10 athletes on a 6-lane track and 12 athletes on an 8-lane track. The 4X800m will be started in the same fashion.
- For Field Events, one-way entrances and exits will keep athletes socially distanced when entering field event area as well as when competing.
- Size of flights will be no more than eight athletes to maintain social distancing.

Specific Clerking/Starting Line Guidelines

- Consider NOT having a clerking area. Distribute sheets with assigned heats, lanes and starting instructions when teams arrive. Athletes will be called to the starting line by event and heat #. Athletes report to the starting line only when their event and heat is called. Coaches are responsible for sharing starting line instructions with their teams to decrease the amount of time on the starting line.
- One-way entry and exit (to the starting line) with visible six-foot distance markings and signage
- Only clerks, competitors and pertinent personnel in the area
- No tables or chairs for competitors
- Mark sections for event and heat to stand to facilitate social distancing.
- Consider multiple volunteers to assist with social distancing.
- Athletes must come to clerking area ready to compete with no personal belongings.
- Take one heat/section at a time to Start Line. Use available area to ensure distancing.
- Provide all starting line instructions BEFORE athletes arrive at the starting line.

Field Event Guidelines

- Events will be run "Flight Specific". Warmups and competition one flight at a time. Only those competitors competing in a specific flight will be at the event area.
- Each competing team could compete as a unit in the same flight. Flight Sheets to be constructed by teams (Regular season meets).
- In throwing events, each competitor will retrieve his or her implement after each attempt. If implements are shared, they must be sanitized.
- Next competitor will not be called up until the sector/pit is cleared.
- Jumping events, athletes bring their own chalk. No tape or chalk will be supplied by meet management.

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 athletes and staff in case contact tracing is needed.

Considerations for Students:

- Consider making each student responsible for their own supplies including water bottles.
- Hand sanitizer should be plentiful at all contests and practices.
- Personal belongings should be kept 6 feet apart at all times.

Considerations for Officials:

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Follow social distancing guidelines.
- Officials need to wear masks at all times.

Outdoor Track Committee Adopted – 3.10.2021

NHIAA Sports Medicine Committee Approved – 3.24.2021

NHIAA Council Amended re: face coverings during the spring tournaments – 5.13.21