

## Centre Region Youth Cross Country Races - Safety Plan/COVID-19

The objective of these events is to provide local area youth with a racing opportunity in as safe a setting as possible. Generally, cross country is considered low risk due to being an outdoor non-contact sport, and the safety measures described below are designed to further minimize those risks.

Dates: 9/12, 10/5, 10/12, 2020

Location: Oak Hall Park, Boalsburg PA

Races, age groups and start times:

- 2k - 8 and under - 8:30 am
- 3k - 9-12 - 9:00 am
- 4k - 13-14 - 9:30 am

COVID-19 Safety Measures:

- Total number of attendees (including participants, parents, organizers, and volunteers) will not exceed 200 people.
- All participants, parents, volunteers, and spectators will be required to wear masks. Runners may remove their masks when racing and actively warming up for their race.
- Registration will be online. Bib pickup area will be designed to maintain social distancing.
- Same-day registration is strongly discouraged. As an exception, runners will be allowed to sign up at the meet, and the check-in processes will be conducted in accordance with safety guidelines.
- There will be no organized group warmups.
- Races will use wave or staggered starts, as needed, to ensure 6-foot distancing at the starting line. Staging for staggered starts will ensure social distancing.
- Measures will be taken to avoid athlete crowding near the finish area. Athletes will be directed away from the finish area as soon as they finish.
- Timing will use a camera to avoid the use of tags or chips and limit athlete/volunteer interaction at the finish line.
- Upon registration all participants will be required to acknowledge that they are not allowed to compete if they have any COVID-19 symptoms, have travelled to high-risk states (as defined by PA DOH) in the previous 2 weeks, or have been in recent close contact with someone who has tested positive for COVID-19. A reminder of these

requirements will be sent to all participants and volunteers approximately 24-48 hours before the start of the event and signage at the event will reinforce these requirements.

- Signs will be posted around the start and finish areas that reiterate mask requirements and encourage social distancing.
- Athletes will be advised to bring their own water.
- Participants will be asked to leave soon after their race so as to avoid crowding.
- Results will be posted online only.