

Diocese of Joliet-Cross Country Return to Play Guidelines (Updated 8/23/21)

Disclaimer: The following guidelines are subject to change based on the policies, procedures, and protocols established by the Centers for Disease Control and Prevention (CDC), Illinois Department of Public Health (IDPH), Illinois High School Association (IHSA), Illinois Elementary School Association (IESA), and the Diocese of Joliet at the time of practices and competitions.

*Prior to the start of the season, all Athletic Directors, Coordinators, Coaches, Gym Monitors, and Sanitation Team Members are ***highly recommended*** to complete the following free training provided by the National Federation of State High School Associations (NFHS) regarding COVID-19 in the youth sports environment.

The NFHS Sports Medicine Advisory Committee developed "Guidance for Opening Up High School Athletics and Activities" to aide state associations during this unprecedented event. This course will present material from that document along with some other helpful information and materials to assist school administrators and coaches conduct workouts, practices and contests as safely as possible.

<https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>

***Schools are expected to follow their contact tracing and reporting protocols.**

Practices

General Notice for Student Athletes and Coaches:

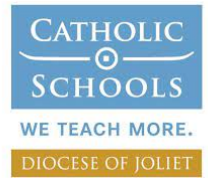
- First, and foremost, listen to your body. Do not come to participate if you have the COVID-19 signs and symptoms as listed by the IDPH.
- Sanitize your hands before and after each workout for at least 20 seconds.
- Bring a water bottle with your name on it to compete. Drinking fountains will be closed off.
- We will end drills/etc with virtual high fives or give a word of affirmation or a fist pump.
- We will adhere to social distancing during practice.
- Players should avoid touching their face as much as possible.

General Protocol:

- Schools must electronically communicate with their families explaining the [transmission](#) as well as [symptoms](#) of COVID-19, encouraging all visitors to maintain social distance, and reminding people to stay home if they feel sick or have any of the symptoms of COVID-19: temperature >100.4F/37C, fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell.

Pre-Practice Screening:

- Taking temperatures and proctoring the COVID-19 questionnaire are ***no longer required***.



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Mask Policy

- According to the IDPH, “Regardless of vaccination status, individuals may engage in training, competition, and other active exercise without wearing a mask for all sports played outdoors”.
- Since practices are considered small gatherings, masks will not be required.

Information obtained from:

<https://www.dph.illinois.gov/sites/default/files/All%20Sports%20Policy%2020210810.pdf>

Meets

General Notice for Student Athletes, Coaches, Spectators, and Meet Officials:

- First, and foremost, listen to your body. Do not come to participate if you have the COVID-19 signs and symptoms as listed by the IDPH.
- Sanitize your hands before and after each workout for at least 20 seconds.
- Bring a water bottle with your name on it to compete. Drinking fountains will be closed off.
- We will end drills/etc with virtual high fives or give a word of affirmation or a fist pump.
- We will adhere to social distancing during practice.
- Players should avoid touching their face as much as possible.

General Protocol:

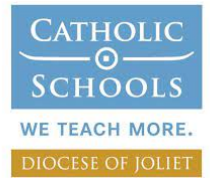
- Hosting schools must electronically communicate with their families explaining the [transmission](#) as well as [symptoms](#) of COVID-19, encouraging all visitors to maintain social distance, and reminding people to stay home if they feel sick or have any of the symptoms of COVID-19: temperature >100.4F/37C, fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell.

Pre-Practice Screening:

- Taking temperatures and proctoring the COVID-19 questionnaire are ***no longer required***.

Mask Policy

- According to the IDPH, “Individuals who are not fully vaccinated are encouraged to wear a mask in crowded outdoor settings or during activities that involve sustained close contact with other people who are not fully vaccinated, particularly in areas of substantial to high transmission.
 - This recommendation applies to contacts with other unvaccinated individuals that do not occur during gameplay, such as on the sideline or bench, in the locker room, or during team meetings.
- Our Cross Country meets consist of a large gathering of teams, participants, and spectators. ***Since the majority of our student athletes are unvaccinated, we are going to require all student athletes (regardless of vaccination status) to wear masks when not actively warming up and competing.***
- Coaches are ***strongly encouraged*** to wear masks if not fully vaccinated.



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Spectators:

- According to the IESA/IHSA, since all regions of the state are in Phase 5, **there will no longer be a spectator limit for indoor sporting events.** (updated 8/22/21)
 - Supported by: <https://www.ihsa.org/Resources/COVID-19>
- Due to this being a large gathering, all unvaccinated spectators are **strongly encouraged** to wear masks.
- We ask that all spectators please maintain social distance throughout the duration of the meet.

Team Tents:

- Team tents must be separated at least 30 feet apart for each other.
- Individuals inside team tents must wear masks and maintain three feet of social distancing.

Competition Guidelines:

- Races are allowed to return to the traditional starting line structure. Thus, races do not need to be run in flights.
- Meet hosts are encouraged to expand the starting box for schools as much as the facility space allows.

Concessions:

- Due to all regions being in Phase 5, the IESA/IHSA are allowing schools to proceed with facilitating normal concession stand offerings.
 - This includes the selling of hot food items (popcorn, pretzels, nachos, etc)
 - Schools should make sure people waiting in line maintain social distancing. Visual markers are recommended
 - **All concession stand workers should wear masks at all times due to handling food.**
 - Change supported by: <https://www.dph.illinois.gov/covid19/phase-5>

****It is the responsibility of each Diocese of Joliet member school to comply with the above requirements.****