



## CROSS COUNTRY

### **Risk Category: Intermediate**

#### **Testing Plan Pre-Competition**

PCR surveillance should be conducted weekly during training for intermediate sports.

#### **Testing Plan for Competition**

All cross-country student-athletes, coaches and essential staff shall undergo surveillance PCR testing each week.

#### **Masking**

- All coaches, staff and non-competing student-athletes are required to wear a mask/neck gaiter during pre- and post-competition. Physical distancing should be employed to the extent possible.
- All competing student-athletes are required to wear a face mask/neck gaiter at the starting line. A face mask/neck gaiter may be removed/pulled down once adequate physical distancing (at least 800 meters from the starting line) is achieved.
- All cross-country officials shall wear a face mask/neck gaiter in the competition area at all times.
- All other individuals provided with access to the competition area must wear a face mask/neck gaiter at all times.

#### **Competition**

- Starting line areas must be adapted to provide a minimum of 3 meters between each team's starting box.
- Apparatuses to contain or funnel contestants after the finish line are prohibited. Athletes should be encouraged to disperse forward in multiple directions immediately after crossing the finish line.
- Limit regular season competitions to a maximum of 10 teams per race/heat.