

UHSAA Sport-by-Sport Specific Best Practices and Guidelines

Track

Team Considerations:

- All team personnel should be wearing face coverings at all times when they are not actively participating.
- Team personnel shall be wearing face coverings when under tents or inside the team camps.
- Teams shouldn't bring any student-athletes to events who aren't scheduled to compete, or who aren't likely alternates.
- Teams shall encourage mask wearing and physical distancing at practices as much as possible, to limit quarantines.

Considerations for Events:

- SP, DT, JT should enforce physical distancing for all participants. 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 lower the risk of these events, meets can cover pits by a tarp that is removed and disinfected after each athlete (therefore multiple tarps needed to keep the event moving). To limit contact: athletes should not share vaulting poles. If poles are shared, they should be disinfected where possible.
- Sprint, Hurdle, relay events run entirely in lanes, may use every other lane to assist with distancing. Recommend not using baskets at the start line for apparel. All participants not actively participating shall wear a mask properly and physical distance where possible.
- 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 NFHS Rule Change Considerations:

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.

Considerations for Officials:

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Follow social distancing guidelines:
- 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.