



2020-21 TRACK & FIELD GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders. *The suggested NFHS modifications are recommendations only and not to be considered mandatory rule changes.*

WIDESPREAD

General Guidelines

- Masks are recommended to be worn at all times by all individuals in attendance other than when engaged in competition.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Modifications

- 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.
- To lower the risk of these events meets can cover high jump or pole vault pits with a tarp that is removed and disinfected after each athlete (therefore multiple tarps needed to keep event moving).
- Sprint, Hurdle, relay events run entirely in lanes, may use every other lane to assist with distancing.

Pre-Post Meet Ceremony

Do not shake hands before or after the races/events.

Pre-Post Meet Conference

- Follow social distancing guidelines:
Clerking at the start line,
Tabulations and posting of results.
- Officials continue to use their own personal equipment

Equipment Sanitation

- Blocks should be disinfected after each heat/race.
- Schools/competitors can bring their own batons, or they should be disinfected after each heat/race.



Equipment & Accessories

- Permissible face coverings are required to be worn at all times by all attendees present.
- Players shall utilize their own equipment (implements, vaulting poles).
- Sanitize all equipment and accessories.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

State Championship

- Awards ceremonies will be limited to ensure safe social distancing and to minimize mass gatherings.
- Social distancing measures shall be in place at all times other than when engaged in competition.