



Updated September 17, 2021

CYO CROSS COUNTRY Guidelines & Protocols

Before we kick off the 2021 fall season please review the CYO CROSS COUNTRY COVID SAFETY guidelines. These guidelines were produced after reviewing CDC and New York State recommendations providing information specific to the sport of cross country to help our community successfully operate in a safe way for everyone involved.

The NYSDOH has determined that cross country is a low risk sport (greatest ability to maintain physical distance and/or be performed individually; greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all).

The following guidelines are to ensure parish and/or school programs participating in CYO cross country (practices and/or competitions) are meeting the standards of safety for everyone involved as well as meet our new public health obligation.

Guidelines & Protocols

- 1) Follow all CDC, NYSDOH, and local health COVID related guidelines.
- 2) Coaches, runners, parents, officials and spectators must self-monitor for [symptoms](#) and take their own temperatures on the day of practice and competition. Anyone experiencing or exhibiting symptoms should stay home.
- 3) Anyone that has knowingly been in close or proximate contact with anyone who has tested positive for COVID-19, has tested positive themselves or has experienced symptoms in the past 14 days should not attend meets or practice until medically cleared.
- 4) At the present moment, the CDC recommends masks to be worn outdoors in large outdoor gatherings.
- 5) It is the recommendation that participants run with masks*, but runners are permitted to pull down their mask below chin when they are participating in the meet or practice in accordance with CDC and NYSDOH guidelines. At the conclusion of the practice or meet, face coverings should be worn exiting the course area. It is also recommended that a backup mask be carried by the athlete.
- 6) Acceptable face coverings for COVID-19 include but are not limited to cloth-based face coverings and disposable masks that cover both the mouth and nose.



- 7) Spectators must maintain social distancing while viewing the race. Spectators should not congregate around the start / finish area.
- 8) Children will be asked to bring their own hand sanitizer and water bottles (filled) with their names on them to practices or events. Water fountains are to be turned off.
- 9) No sharing of clothing, practice uniforms or equipment.
- 10) No hugging, high fives, shaking hands, or fist bumps.
- 11) Rosters / Pre-registration is required. All coaches must register each participant on their team roster and individuals must be pre-registered.
- 12) Timing results will be posted online and not released at the meet. Do not approach the timing personnel at any time. Any questions or concerns, alert your coach to bring to the attention of the meet officials.
- 13) Meet organizers will take into account using non-contact timing methods (bibs and manual timing or other electronic means).
- 14) Divisions will be run as in prior seasons and by gender.
- 15) Designated start times will be established based on number of entries per division. This information will be posted on the website and/or circulated with the coaches leading up to each event. You are to arrive at your reported time. Extra time will be scheduled between races to allow for safe exit from the course and avoid gatherings.
- 16) Children and their families will be asked to leave immediately following the conclusion of the race.
- 17) Facilities and bathrooms will be closed. There will be no portable bathrooms.
- 18) Please adhere to “Trash in / Trash Out” for facilities where trash bins are not available.

Guiding Resources

- NYSDOH guidance ([Interim COVID-19 Guidance for Sports and Recreation](#))
- CDC, Considerations for youth sports: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- NYSPHSAA Return to Interscholastic Athletics: <http://nysphsaa.org/COVID-19-Info>



Catholic Youth Organization
A Division of
Catholic Charities Community Services
1011 First Avenue, 6th FL
New York, NY 10022
Phone: 212-371-1000
www.cyony.org

- New York Forward: <https://forward.ny.gov/>
- NYSDOH facility ([Guidance for Cleaning and Disinfection of Public and Private Facilities for COVID-19](#))
- USATF Coronavirus 2019 (COVID-19) Information Page (<https://www.usatf.org/covid19>)

All information in the above letter is based on current and anticipated conditions and is subject to change depending on real time conditions and new governmental guidance/mandates.

This document is for informational purposes only and is not intended to replace, change or supplement any of the state issued guidance. Participants should always follow and refer to the state issued Interim COVID-19 Guidance for Sports and Recreation and the Interim COVID-19 Guidance for Schools as well as federal, state and local health guidance for any specific questions. This information may change depending on current situations.