

COVID-19 Guidelines for Athletes Engaging in Sport – Athlete Guide

Cross Country

Updated 7/1/2020

Overview

COVID-19 continues to be a concern for all athletes engaging in sport. Athletes should take the following precautions throughout the pandemic.

Individual safety guidelines

- 1) Maintain consistent spacing between you and other runners. Spacing should be at least six feet, even while running.
- 2) Avoid running side by side unless spaced six feet.
- 3) Road, trail, and track running are fine with distance.
- 4) Bring your own water bottle to practices. Do not share your water bottle or use another person's water bottle.
- 5) Use hand sanitizer often, especially after contact with a shared surface.
- 6) Wear a mask when social distancing is not possible.
- 7) Run with the same group of people throughout the season, if possible.
- 8) Limit your training group to 10 people.
- 9) Notify your coach IMMEDIATELY if you–
 - are exposed to a case of COVID-19
 - are exposed to anyone who has symptoms of COVID-19 in your home
 - experience any symptoms of COVID-19
 - test positive for COVID-19
- 10) If you have any symptoms of COVID-19, talk to your parents about getting tested. Stay home from group practices until you test negative. If you do not have COVID-19, you are generally safe to return to practice 24 hours after symptoms resolve. Always consult your doctor if you have questions about illness.

How is COVID-19 spread?

- COVID-19 is mainly spread person to person. The virus moves through the air when an infected person breathes, speaks, laughs, coughs, sneezes, sings, or shouts.
- An infected person does not always know when he or she is infected.
- People with COVID-19 often have NO symptoms three days before feeling sick.

- People with COVID-19 are most contagious starting three days before until several days after feeling sick.
- You can get sick by touching a surface or object after someone with COVID-19 touched the same surface or object, but that is not a common way to get the virus.
- A person with COVID-19 may never feel sick, but can spread the virus. This is not common, but is possible.

What are the symptoms of COVID-19?

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| ✓ Fever or chills | ✓ Headache |
| ✓ Cough | ✓ New loss of taste or smell |
| ✓ Shortness of breath or difficulty breathing | ✓ Sore throat |
| ✓ Fatigue | ✓ Congestion or runny nose |
| ✓ Muscle or body aches | ✓ Nausea or vomiting |
| | ✓ Diarrhea |

Younger people may only have one or a few of these symptoms and are likely to have mild illness.

Be a SMART athlete

Stay home when sick.

Maintain SIX feet of distance.

Act responsibly. Avoid parties, large gatherings, and interaction with people you do not know well.

Rest when needed.

Train only when you feel well.

For more information about COVID-19, go to <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>.