

2020 CSG Track and Field General Guidelines

Remember to:

STAY HOME IF YOU HAVE ANY OF THE [COVID-19 SYMPTOMS](#) SET IN PLACE BY THE CDC AND LINCOLN-LANCASTER CO. HEALTH DEPARTMENT

If you are awaiting test results for COVID-19, DO NOT come to any of the CSG events

Cover mouth when coughing or sneezing

Wash hands or use alcohol-based hand sanitizer

Avoid touching eyes, nose and mouth

Avoid close contact and distance yourself from other people

- **CSG Opening Ceremonies:** The CSG Opening Ceremonies will not be held in person
- **Self-Screen at Home:** We are requesting you to screen at home, this includes taking your own temperature and verifying that it is under 100.4 degrees Fahrenheit
- **Waiver:** All athletes must sign the online waiver which includes Covid-19 language prior to the competition
- **Plan:** NSC Staff and the NSC Medical/Safety Committee will work with all facilities on a restroom/equipment/seating sanitization plan
- **Preparation:** Athletes will be asked to arrive at the location dressed and stretched with a bag for a change of shoes if needed
- **Masks:** We strongly recommend that masks are worn:
 - By spectators at all times with indoor sports
 - By athletes, before and after competition, but not during
- **Clean:** All athletes and spectators will be reminded to wash hands often and use hand sanitizer stations where applicable
 - All high-touch areas will be sanitized with spray or wipes at least every two hours
- **Spectators:** All athletes will be encouraged to only allow immediate family to join them at the competition site.
- **Separation:** Provide spacing (Bleachers & Common Gathering Points)
 - Regular social distancing announcements will be made
 - Volunteers will be enforcing social distancing
 - At high traffic/indoor facilities, X's will mark 6 foot distancing requirements on the ground and bleachers where necessary
 - Where needed, floor arrows will mark flow of traffic
- **Capacity:** Onsite staff will monitor maximum capacity guidelines at each sport venue
- **Awards:** If applicable: Awards will not be draped over athlete necks. All Awards Ceremony volunteers will hand individually wrapped medals to athletes wearing gloves

and face masks. Athletes will be allowed to stand on the medal stand, one by one, for photo opportunities, but only one at a time.

- Awards can also be placed on a table for people to come and pick up themselves

Sport Specific Notes:

- 800/1500 participants to control social distancing during race
- CSG managers will bring bottled water to officials and volunteers at event sites
- Periodic announcements will be made about social distancing and washing hands
- 6' social distancing will take place for hip tent. 6' marks will be placed on the ground. Those volunteers handing out hip numbers will be masked and wear gloves. Table cleaned every 2 hours minimum with 10:1 clorox bleach solution or wipe by LHS custodians or track management
- 6' social distancing will take place at awards area. 6' marks will be placed on the ground. Those handing out awards will be masked and wear gloves. Medals will be handed to award winners. Table cleaned every 2 hours with 10:1 clorox bleach solution or wipe every 2 hours minimum by LHS custodians or track management. There will be 1 way in and 1 way out of awards area
- Restrooms, door handles, doors, will be cleaned every 2 hours minimum with 10:1 clorox bleach solution by LHS custodians
- Those volunteers raking jump pits will wear masks and gloves
- Races run in lanes will be set at every other lane (1-3-5-7 or 2-4-6-8). Those in next heats will be placed 6' from heat in front of them. Clerks will be masked and gloved
- Distance races will be limited to 10 runners per heat per race
- Starting blocks will be removed and disinfected with 10:1 clorox bleach solution after each heat. A new set of 4 blocks that have been disinfected will be used for next heat. These will be rotated after each heat
- Volunteers who work with blocks will be gloved and masked and will disinfect blocks
- Finish line personnel will be gloved and masked in handing out award cards
- Hand Sanitizer will be available at entrance, at exit, at hip tent, at awards area, and at jump area
- At awards area 1 athlete at a time will be on awards stand to take pictures by parents. When the 1st athlete is finished, the 1st athlete and parents will leave the awards area immediately. 2nd athlete can get on awards stand for pictures. Awards announcer will be masked and gloved
- Covid-19 safety signage will be posted throughout the track venue. (entrance, hip tent, awards area, finish line, jump area, throughout stadium seating,etc.) Announcements reminding athletes and spectators about washing hands, wearing masks, and practice social distancing will be repeated every 20 -30 minutes. Spectators will be required to remain in grand stand and/or bleachers. They should be masked. Meet Management will look to enforce this
- Seating for spectators will be in the grandstand and bleachers. Seating will be marked with 6' markings as to where spectators can sit and not sit to maintain social distancing

- After race and/or field event has been completed, all athletes will leave track area ASAP