

ATFUSA
COVID-19 Guidelines and Best Practices
for Level 1, 2 and 3
Track & Field Events for 2021

V1.1
2/10/2021

These are guidelines only.
Meet Directors must supplement these with all Local, County and State mandates.

Contents

Purpose:..... 4
Overview:..... 4
Medical:..... 4
General Hygiene:..... 5
Mask wear 5
Disinfectant 5
Gloves 5
Restrooms..... 6
Other Items to Consider 6
Facilities:..... 6
Personnel:..... 6
Spectators:..... 6
Participants..... 7
Competition officials, 7
Media/ Photographers 7
General 8
Field 8
Event Check in: 8
Seated throws..... 8
Ambulatory Throws 9
Jump Events:..... 9
Vertical jump events,..... 9
For horizontal jumps,..... 10
Track 10
General: 10
Timing: 10
Track Warm Up:..... 10
Call Room - Event Check-in..... 11
Anti-Doping procedures (If applicable): 11
Officials:..... 12
Results: 12
Awards:..... 12

Post-event guidelines: 12

APPENDIX A: 13

APPENDIX B: Pre-Meet Screening questionnaire for athletes, coaches, game personnel,
volunteers, & guests:..... 14

APPENDIX C: Resources: (as more best practices are identified they will be added) 16

Purpose:

Recommended guidelines for conducting safe, outdoor Track & Field community-based competitions with given expected COVID-19 related restrictions.

Note: These guidelines do not include the extra requirements for National Championships/International level meets where athletes will be traveling from other states or countries to compete. For these larger meets the USOPC, World Para Athletics, NCAA provide additional conditions and testing requirements which Meet Directors should consider if your event has some of these aspects.

Overview:

As we begin opening of practices and competition for 2021, enclosed are the suggested guidelines pertaining to COVID-19.

ATFUSA acknowledges that no plan can guarantee that an individual will not contract COVID-19. The recommendations in these guidelines are designed to mitigate the spread of the virus but not guarantee individuals will not be exposed to or contract it.

Regulations, guidelines, and circumstances can vary from one area of the country to another, the goal is to provide a safe environment for athletes, coaches, Meet Directors, game officials, volunteers, and spectators.

ATFUSA recommends that Meet Directors work with local, county, and state health officials to ensure their Meet meets all directives for each area. Please understand that these are minimal guidelines, and **each Meet must have a written COVID-19 plan** with these and the additional guidelines for the health and safety of athletes, coaches, officials, volunteers, guests and others which your local health authorities demand.

Medical:

- Follow additional USOPC Information as it becomes available.
- **Educational Session**
 - Prior to arrival, teams/athletes should complete an education and information session to reinforce protocols and directives set forth by the meet, Venue, local town, County, and/or State.
- On-Site Screening
 - Each Meet is responsible for developing and communicating pre-meet and on-site screening procedures in accordance with its state, county, and local guidelines (e.g., pre-meet questionnaire (Appendix B) and temperature checks).
 - **If possible, have all attendees (Athletes, Coaches, Guests, Officials, Volunteers) be Temperature checked before entering the Facility and if Temperatures exceed local guidelines prevent them from entering the facility.**
 - Athlete, Officials/volunteers, and Spectators should have separate entrances if possible.
 - In competition/Post Competition
 - In competition suspected positive:
 - Defined as cases that arise during competition, to include time in-between competitions if on multiple days.

- Should this situation occur, the individual needs to be immediately isolated and transported from the competition site as soon as feasible.
- The information should be shared with opponents to decide how to proceed with the competition.
- Post-competition confirmed cases:
 - Make sure all attendees know in pre-meet communications that If an individual tests positive within 48 hours from the last known competition the person must notify the Meet Director and/or team.
 - The Meet Director shall be notified by the affected team.
 - Meet Management must then notify all teams and officials/groups affected.

General Hygiene:

Mask wear

- Coaches, officials, athletic trainers and team officials will wear masks at ALL times
- Competition officials and Volunteer helpers will wear masks at ALL times
- Competitors must have masks on at all times except when participating in a race or executing a throw or jump in warm-up or competition.
- Accredited groups that might be in close contact with athletes such as jury, technical officials and technical staff should spend the shortest time as possible on the Field of Play (FoP), corridors, Call Room. Once their duty is completed, they should leave the FoP and all other sensitive zones.
- Entrance of spectators and entrance of accredited personnel in the stadium should be separate and the flows should not cross with each other.
- The access to and the exit from the Call Room, and the FoP, should follow a one-way path for accredited personnel, (clockwise or counter-clockwise).

Disinfectant

- There are many cleaners that could be used and all with different directions. Make sure you follow them.
- Each may have different dry times, from 1 minute to 10 minutes, to become effective.
- Some can be manually dried after the required wet period.
- If possible use a cleaner that is on the EPA List N
<https://cfpub.epa.gov/giwiz/disinfectants/index.cfm>

Gloves

- Meet Directors, if using gloves, should purchase gloves **not made with Latex**. Many Para Athletes have Latex allergies.

Restrooms

- Provide rest facilities separated for Athletes /Teams verses Spectators.
- For indoor facilities, maintain the same social distance requirements as everywhere else. (IE: block off urinals to maintain ~6 foot separation.
- Clean areas frequently and document the cleaning times and frequency on a card.

Other Items to Consider

- Hand sanitizer stations or stands at venue entrances and access points
- Surface disinfectant spray and/or disposable wipes
- Closed bins for garbage and waste with regular removal service
- Disposable paper towels
- Additional single use towels for teams and officials
- Additional garbage and towel collection bins in all areas for waste.

Facilities:

- Each team should be assigned one space to setup with adequate space between teams.
- These spaces should be clearly marked and or assigned.
- Each team must be responsible for enforcing their own group's social distancing within that space.
- In general, no food or drink should be available except for those working for meet management (this food should be "box Lunch" type with sealed bottle beverages). All teams and athletes should be told to bring their own.

Personnel:

▪ **Spectators:**

- Meet Directors must limit spectators to the number which can handled at the facility.
 - Best practice would be to allow one chaperone per athlete. Unless the facility can be setup to handle more.
 - All spectators must remain in spectator spaces, (IE: bleachers or other) with social distancing between families.
 - Siblings must stay with family and not be allowed wander (it may be best to suggest they not attend).
- If room allows, only those spectators with athletes in an event shall be allowed on the track level.
 - On the track level an area should be setup for these spectators away from coaches.
 - Separate entrance and exits, one-way pathways, should be setup to avoid crossing paths.
 - Spectators should exit the area immediately following their athlete's event
 - Best Practice maybe to have spectators stay in spectator area to avoid interactions with others.

- **Participants** (competitors/Coaches/trainers/etc.):
 - Schedule of events should be planned so that no more than 50 participants are in the field of play, i.e., on the track-level at any one time.
 - When not competing or in final stages of warm-up, participants must return to team areas.
 - Only head coaches and assistant coaches who have an athlete in an event in progress or in final stages of warm-up can be on track-level at any one time.
 - An area should be setup to adequately hold these coaches during an event.
 - When not actively coaching, head or assistant coaches shall return to their team areas.

- **Competition officials**, including meet management officials (announcer, scorer, assistant scorer, timer, assistant timer, scoreboard Operator, i.e., “table crew”),
 - Competition officials, including meet management officials will have their temperature taken and asked COVID-19 Screening questions before being allowed to take their positions.
 - Meet Management officials (“table crew”) should be protected from others.
 - When not actively working an in-progress track or field event, officials will be required to leave the “field of play”.
 - Only one official (or volunteer) will touch any device during an event, including but not limited to:
 - each end of a measuring tape,
 - scope on measuring rail,
 - countdown timer,
 - indicator board (if used),
 - field event scoreboard (if available) console,
 - clipboard,
 - lap counter,
 - rake,
 - shovel,
 - etc.
 - officials (or volunteers) will position themselves 6’ away from competitors or any other official working the same event, and attempt to keep that distance at all times.
 - officials if being fed should be given pre-packaged “box lunch” with sealed drink containers from a designated location and be given a designated area to eat it.

- **Media/ Photographers**
 - Members of the media must maintain at least 20’ physical distance from all Athlete/Coach/official personnel at all times including during interviews.
 - Photographers should remain outside the competition area.

General

- The intent will be to limit the number of participants on track or field.
- Events should be scheduled so that there are never more than four (4) track events in process at a time (2 on the track and 2 in the call room).
- Track events 800 meters and longer will not have qualifying rounds, i.e., run multiple heats as a timed final (assigned in heats by submitted qualifying time, slowest to fastest).
- All implements must be disinfected before being sent to the pits and upon returning from the pit. This will present a problem at Level 3 meets with implement numbering so care must be taken when cleaning. Note: implements may need to be renumbered.
- In both ambulatory and seated field areas, social distancing must be adhered to. If the field staging areas are small, meet management must reduce the session numbers to accommodate the staging space. (Note: this may present the need for more tents for shade).
- Coaches Meetings, Pre-Meet administrative meetings/ documentation:
 - Where possible all coaches and pre-meet admin meetings should be held virtually using teleconference, and/or Video conferencing.
 - All coach/athlete input where possible should be via electronic documents (Example: Relay forms, requests for aids/competition support)
 - Wherever possible prefill forms (Example Record forms; fill in meet, venue, dates, etc. prior to printing)

Field

- **Event Check in:**
 - Best Practice: Competitors in field events will check-in to the event judge at their respective field event venue 10' prior to the start of their event avoiding the need for a call room.
- **Seated throws**
 - In all cases athletes/coaches shall be responsible for the movement of their throwing frames to and from the session to limit handling.
 - Throwing frames should be checked at the pit.
 - In conjunction with recommendations by USA Track & Field Logistical Information and Guidance for Event Directors and Local Organizing Committees
 - All Pit officials and Volunteers must wear non-latex Gloves and a Mask and have hand sanitizer.
 - Each Official/volunteer in the pit should be dedicated to a specific role, (IE: pick up and retrieve the implement, always be measurer, always hold head side of the measuring tape....)
 - If possible 2 implements of the same weight should be in each pit.
 - After an athlete completes their throws the implement must be taken out of the rotation cleaned with anti-bacterial solution and left to dry (inform all pit crews how long the implements need to dry before reusing) before being returned to the implement pool.
 - Ensure the number is visible for reuse at Level 3 meets.
 - This may mean putting a paint marker in the pit bucket.
 - Athletes / Coaches must wear a mask all the time.
 - The athlete may throw with the mask on or remove it while they throw.

- The athlete must have the mask on when given the implement.
- After the athlete completes their 6 throws:
 - The chair should be wiped down with anti-bacterial spray and left to dry.
 - Any official or volunteer who touched the chair or implement should remove and change gloves or sanitize their hands for the next competitor.
- **Ambulatory Throws**
 - In conjunction with recommendations by USA Track & Field Logistical Information and Guidance for Event Directors and Local Organizing Committees
 - All Pit officials and Volunteers must wear non-latex Gloves and a Mask and have hand sanitizer.
 - Each Official/volunteer in the pit should be dedicated to a specific role, (IE: pick up and retrieve the implement, always be measurer, always hold head side of the measuring tape....)
 - If possible 2 implements of the same weight should be in each pit.
 - After an athlete completes their throw the implement should be cleaned with anti-bacterial solution and left to dry (per manufacturer's directions) before being put back in the implement pool.
 - Athletes / Coaches must wear a mask all the time. If searing is provided for the athletes, they must be assigned to a single athlete and be disinfected prior to and post competition.
 - The masked athlete shall wear his/her mask until they are in the ring and then they may wear it or remove it while they throw.
 - The Athlete must re-mask as they exist the ring.
- **Jump Events:**
 - Vertical jump events,
 - the athletes, before and in between attempts, should sit on dedicated and clearly marked chairs while maintaining a minimum distance of 6 feet between each other. Judges and officials should also restrict their moves in the area and should have their preferable place to stand clearly marked on the ground.
 - The jumping mat is a potential source of indirect contamination and it is recommended that the LOC implement some protection/cleaning procedures to prevent potential cross contamination between athletes. Here after are some examples of procedures which can be implemented:
 - Systematic use of hand sanitizer by athlete before each jump could be recommended.
 - Between each jump, one or two officials can quickly clean the mat with a floor mopper and sanitizing solution,
 - A thin layer can be unrolled from a roll of recyclable plastic or tissue, cut to a standardized size and placed on the jumping mat by two volunteers (during the warm-up session) or by the official during the official competition. Layers will be left on top of each other, removed from time to time and stored in a dedicated container.

- For horizontal jumps,
 - The same rules on distancing and positioning as the vertical jumps should be enforced.
 - The sandpit is a potential reservoir for virus. The scientific data on this topic are scarce and it is important to take a proactive, conservative approach. Therefore, it is recommended, before the start of the event to wet and mix the sand with a solution that contains biodegradable and non-skin aggressive sanitizing agent (many of them contains oxygen peroxide).

Track

- **General:**
 - All athletes, volunteers and officials must wear masks.
 - Social distancing must be mandatory in the call room. This may mean a larger call room or no call room.
 - Limit the athletes in the call room to ~2 heats or run the call room on the starting line.
 - Run a timed schedule or call heats 1 at a time to the call room to ensure social distancing.
 - Athletes must wear their mask to the start line and then they may wear their mask or put in a pocket or pant to race (note: they may not give it to someone to hold)
 - Immediately after the finish of the race the athlete must re-mask before exiting the track.
 - No warmup clothing may be worn to the starting line.
 - All events 800M and longer should be timed finals heated by time (Slowest to Fastest)
 - The technical officials in charge of positioning/ removing blocks should disinfect prior to every use and wear disposable non-latex gloves and discard them in a dedicated bin after use.
- **Timing:**
 - At all level 2 or 3 meets Electronic timing should/must be used. Hand timing and hand timers should be eliminated.
 - If it necessary to hand time at Level 1 events, limit the number of timers and space appropriately.
 - Finish line Officials should use a multi-lap stopwatch to provide times if there are electronic timing issues.
- **Track Warm Up:**
 - Meet Management should provide a timed schedule for pre-day warm-up.
 - Best Practice is to not exceed 50 on the track at one time. (Coaches and athletes).
 - No guests should attend warm ups.
 - Only one accredited accompanying person (e.g. coach, manager, physio) per athlete will be allowed to enter in the warm-up area.
 - Social distance rules as well as the use of mask is mandatory in the warm-up zone.
 - Only athletes can temporarily remove their mask when exercising and warming up.
 - Interim warm-ups and post lunch warm-ups should only be for those in the next series of races.
 - Separate entrance and exit pathways should be marked to avoid congestion/interaction.

Call Room - Event Check-in

The Call Room usually represents a location with a high risk of viral transmission. To minimize the risks, the following recommendations should be implemented:

- If possible, eliminate a physical call room and stage events at the starting line or Field Ring.
- If this is not possible or you wish to have a call room:
 - All accredited personnel should always wear a mask in the Call Room.
 - Large Plastic Bags should be available to hold athlete personal items (No Baskets).
 - Markers should be available to have athletes put their names on the personal property bags.
 - Do not use volunteers to recover and manage athletes' personal property.
 - Athletes are responsible for collecting their bags and belongings after the end of their event. This process should be performed in a short time.
(Note: No Baskets or excess clothing leave the call area on to the competition areas.)
 - Should volunteers be recruited as a part of the workforce, the LOC should clearly define and communicate their role, and keep their number at a minimum.
 - The Call Room should be arranged in an outdoor location, sheltered if necessary.
 - A minimum distance of 6 feet between each athlete chair should be observed.
 - All chairs used must be disinfected between each use.
 - The Call Room should be in a place which is consistent with the one-way flow operated in the stadium.
 - Hand sanitizers should be available at the entrance of the Call Room.
 - Best Practice: competitors in track events will check-in at to the Clerk 10' prior to their event to pick-up their hip number
 - Hip # clerks should be protected by a plastic or some other acceptable method to pass hip #'s to ambulatory athletes. For Seated athletes the hip number clerks shall wear gloves and a mask to adhere the hip number to the racing helmet.

Anti-Doping procedures (If applicable):

- Anti-Doping procedures under COVID-19 outbreak should strictly adhere to the World Anti-Doping Agency (WADA) recommendations and the AIU COVID-19 special instructions to Doping Control Personnel: https://www.wada-ama.org/sites/default/files/resources/files/20200506_ado_guidance_resuming_testing_en.pdf
- In addition to these specific guidelines, the number of tested athletes should be limited to the minimum required and make sure that the waiting and processing rooms are large enough to accommodate athletes, accompanying persons and anti-doping staff, whilst maintaining social distancing. It is up to the anti-doping delegate to decide whether a softening of the WADA guidelines can be decided based on the negative PCR test results.

Officials:

- Officials maybe coming from other states to help at your meet. If these officials are needed, Meet Directors should consider the additional costs these officials will or must incur.
 - Get COVID-19 tested before coming to your meet.
 - Have to travel earlier than normal to comply with your local, county, and state rules in place at the time of the meet.
 - Get Covid tested to return to their state without being quarantined.

It is not fair that these volunteers pay for these extra costs. When building your budget include these extra test costs and the possible extra housing and living costs.

Results:

- Hard paper copies of results should not be printed or physically posted anywhere.
- All results should be made available electronically.

Awards:

- There should be no event award ceremonies.
- Any awards for event winners or performance-related awards should be available in Team/Athlete Mailboxes or at an awards desk with social distancing.

Post-event guidelines:

- **Accredited groups exit and transfer.**
 - The LOC should organize, with the hotel management, dedicated lanes and procedure to facilitate a fast-track check-out.
 - Transport of accredited individuals from hotels directly to the airport or railway station should be done by vehicles operating at 50% of their transportation capacity.
- **Cleaning procedures**
 - Once the competition is finished a thorough disinfection procedure should be undertaken. Special attention should be paid to indoor spaces used by athletes, staff and officials like call room, toilets, mixed zone, medical/paramedical rooms, anti-doping rooms.
 - These cleaning procedures should be discussed between the venue operator/owner and the COVID-19 coordinator and agreed before the date of the competition.

APPENDIX A:

<u>PRE-MEET COVID CHECK LIST</u>			
Stage	Item	Note	Detail
Pre-Meet	Covid Plan	All meets must have a written Covid Plan	-
	Masks	Purchase masks.	- Although all should bring their own it is a good idea to have spares.
	Gloves	Purchase NON-Latex gloves	- For officials/ Volunteers & others
	Disinfectant	Purchase EPA List N disinfectant	https://cfpub.epa.gov/giwiz/disinfectants/index.cfm
	Sprayer	Purchase sprayer to spray Disinfectant	- Needed to spray the Long jump & High Jump Pits, start Blocks, Etc.
	Additional items	<ul style="list-style-type: none"> - Purchase Closed bins for garbage and waste with regular removal service. - Disposable paper towels - Additional single use towels for teams and officials - Additional garbage and towel collection bins in all areas for 	
	Bags	Purchase large plastic bags	- Call Room Plastic bags for Athlete personal items. Vs. baskets.
	Marker	Purchase Permanent Markers	- For use in Call Room to mark Athlete personal Item bag.
	Paint Marker	Purchase Paint Markers to remark implements	<ul style="list-style-type: none"> - Weights and Measure will initially mark the implements but by applying alcohol-based solvents remarking will be necessary. - For Seated and Ambulatory Field Rings. 1 per ring. - Note buy assorted colors Black, White, silver, Implements are different colors and one color may show up better than another.
	Call Room, if not eliminated	Determine size & location	<ul style="list-style-type: none"> - Need space for 2 ambulatory and 2 seated races. - Space on outer “wall” to place athlete bags to be picked up by athlete post event from outside the room.
	Track	Document track flows.	<ul style="list-style-type: none"> - Identify unique entrance and exits. - For Event competition, warm up, Coaches and spectators
	Seated Field	Configure the location of seated pits for social distancing.	- May need additional tents/shade for each ring to maintain social distancing.

			<ul style="list-style-type: none"> - May need to plan for additional sessions to be able to reduce the number of athletes in the staging areas.
	Communication	Ensure registration communication includes	<ul style="list-style-type: none"> - No food will be provided to athlete, coaches, or guests - No hydration will be provided – must bring your own. - Food and hydration will only be provided to Meet Management and officials. - Include directions to entrances for Guests, teams/athletes/officials-volunteers. - Inform all results will be via electronic mediums - Inform all that temperatures will be taken at all entrances/ - Provide pre-meet questionnaire. To be handed in at registration or entrance into the venue. - No one will be allowed into the venue if they have COVID-19, a temperature or have been with anyone infected in the past 14 days. - Notify all and Follow any other Local, County, State, Federal rules in affect at the time of the meet.

APPENDIX B: Pre-Meet Screening questionnaire for athletes, coaches, game personnel, volunteers, & guests:

Questionnaire, written or electronic form, completed prior to competition or prior to travel/arrival.

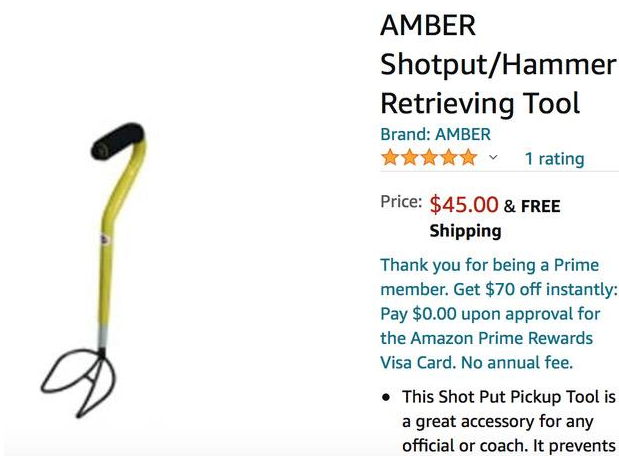
In the past 7 days have you had:

<u>Item</u>	<u>YES/NO</u>
• Fever	
• Cough	
• Shortness of breath	
• Difficulty breathing	
• Fatigue	
• Loss of taste or smell	
• Sore throat	
• Nausea, vomiting, diarrhea	
• Rash	

If any of these are True the person should not attend the meet.

APPENDIX C: Resources: (as more best practices are identified they will be added)

- CDC Cleaning & Disinfecting Guidance for Facilities
<https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>
- CDC Printable Signage
<https://www.cdc.gov/coronavirus/2019-ncov/communication/printresources.html?Sort=Date%3A%3Adesc>
- ASHRAE Guidance for Building Operations
https://www.ashrae.org/file%20library/technical%20resources/ashrae%20journal/2020journaldocuments/72-74_ieq_schoen.pdf
- Shotput (Reduces touching of implements by Officials/Volunteers)



- Sprayer

- **Acknowledgements:**

- STAGING SAFE INDOOR TRACK & FIELD MEETS in 2021
- at US Air Force Academy/Cadet Field House
- World Athletics Covid-19 Protection Procedures, January 2021
- USOPC Guidelines
- United States Environmental Protection Agency
- Louisiana State High School COVID-19 Guidelines.
- NCAA Return to Championships Guidelines

Change Control

R1 -2/6/2021

R1.1 2/10/2021 Add Written Covid plan to Table, update overview.