

**Cross Country, Road Races, Race Walks (on road), Mountain
/ Ultra / Trail (MUT):**

(with accommodations)



Step 1: Determine risk stratification level

Level 1 / Low Risk

The following events (and situations / accommodations) would fall into the **Low Risk** category:

- cross country
- road races
- race walks on road
- mountain / ultra / trail

Arrival at event: space and logistics to allow all participants the ability to stay socially distanced (6ft / 2m) upon arrival to the event site. No bag check (to transport bags from start to finish area) is allowed.

Starting line: Must be able to maintain social distancing (6ft / 2m) for all participants. Examples of ways this can be accomplished:

- Marks on the pavement indicating where to stand
- Small groups starting in timed waves
- Starting boxes (e.g., for XC) wide enough to allow appropriate spacing. XC meet directors and road / trail race directors should consider the width of the start line, how quickly the course narrows after the start, and other relevant factors to determine how many athletes can start safely at one time.

On the course: the course must have a minimum 12 ft width throughout, to allow for competitors to maintain an appropriate distance while passing. Meet / event directors should consider the width of the course and the ability level of the participants to determine the competitor density that the course can safely accommodate. This should be used to determine the maximum field size and timing of start waves.

For MUT events where a minimum 12 ft width is not possible, a Low Risk stratification can be achieved by competitors carrying face coverings, verbally announcing when they are within 10m and preparing to pass, and the runner being overtaken stops and steps to the side of the trail and waits for the passing runner to move at least 10m ahead. Both runners should put their face coverings on for this passing procedure, then can remove when completed.

At the finish line: competitors cannot be grouped into chutes; the finish line must be an open area where competitors can maintain an appropriate distance from others. It is suggested that meet / event directors widen the finish line area as much as possible to allow spacing and time for tiring athletes to finish, recover, and vacate the area.

It is strongly advised that meets use chip timing or video to determine placing. Grouping athletes in chutes, giving finish sticks or cards, etc. at the finish line is not allowed.

Individual time trials: Individual time trials, where there is only one competitor on the course at a time, or there is enough distance separating individual athlete starting times where it would not be possible for competitors to come into contact with each other would qualify for the Low Risk category.

USOPC Infection transmission risk: Level 2 / MODERATE RISK

The following events (and situations / accommodations) would fall into the **Moderate Risk** category:

If any of the above Low Risk events / situations / accommodations cannot be met, the event would fall into the Moderate Risk category.

All non-competitors

(including coaches, officials, event staff, spectators, media, vendors, etc.)

All officials, coaches, and event staff would be considered in the Level 1 / Low Risk category for participation, as long as their duties allow for proper social distancing and no contact with athlete-touched equipment (or minimal contact with proper PPE) – otherwise, those individuals would fall in the Level 2 / Moderate Risk category.

Spectators, media, and vendors would be considered in the Level 1 / Low Risk category, as long as a social distancing plan is available for their specific areas of the venue. However, additional criteria (including age and health status recommendations) will apply to officials, coaches, meet staff, and spectators for access / admission to the event (*described in STEP 5*).

Medical providers should only provide emergency or minimal triage care. Pre- or post-event manual therapies should not be offered as a service or performed in the stadium / facility. Medical providers would be considered in the Level 1 / Low Risk category for participation, as long as their duties allow for proper social distancing and no contact with athletes (or minimal contact with proper PPE) – otherwise, those individuals would fall in the Level 2 / Moderate Risk category.

Step 2: Participant Screen Criteria

Criteria for entry to facility and participation applies to every individual who enters the stadium, facility or gated areas of a course or facility.

For all Level 1 / Low Risk participants

- Survey completed daily on entrance to the facility
 - Must confirm no signs or symptoms of COVID-19 in the past 7d, no close, sustained contact (within 6' for 15 minutes or longer) with a COVID-19 infected individual in the last 14d, no international travel in the last 14d (or 7d with negative Covid test)
- Temperature check on entrance to the facility < 100.4 F / 38 C
- Must wear a mask at all times in the facility (except athlete w/u, comp.)

For all Level 2 / Moderate Risk participants

- Same requirements as Level 1 **AND**
- One negative **PCR** COVID-19 test performed within 7d of competition - **OR**
- One negative **ANTIGEN** test performed within 7 days of competition and both the county of residence of the athlete / participant **AND** the county of the event have a state government reported COVID-19 positivity rate in each of the last two weeks of < 5% - **OR**
- Positive COVID-19 test in the last 90d, at least 14d since positive test, resolution of symptoms, (for athlete) permission to compete from a medical doctor.

Additional criteria:

- USATF recommends that individuals considered by the CDC to be “at-risk” not participate in the sanctioned event in any capacity
- COVID-19 vaccination does NOT exempt an individual from COVID-19 testing / screening requirements.

Pending: Sanctioned events must name a COVID-19 Officer. Duties to be performed:

1. Understanding the components of USATF’s Event Hosting Guidance and state / local regulations
2. Collections / verification of any required COVID-19 test results
3. Collection of symptom surveys, temp. Checks, and USATF waivers
4. Oversight of communication of COVID-19 safety protocols to all participants, staff, officials and spectators
5. Oversight of enforcement of all USATF COVID-19 safety protocols
6. Coordination with the event director on the implementation of the events medical response plan.

Event directors are also responsible to follow all local governance and COVID-19 safety protocols. Where USATF and local guidelines are in conflict, event directors are to follow the more restrictive protocol. Example, the state or county may not mandate mask wearing, but the USATF guidance does require masks to be worn. In this instance USATF has the more restrictive guidance and is to be the guidance followed.

Failure to follow USATF COVID-19 safety protocols will void an approved USATF sanction.