



DIOCESAN RECREATION ASSOCIATION

197 E. GAY ST.

COLUMBUS, OHIO 43215

DRA GUIDANCE FOR NONCONTACT SPORTS—CROSS COUNTRY

- Please contact your pastor to verify that you have permission to use the facilities.
- State of Ohio mandatory and recommended restrictions are found at <https://coronavirus.ohio.gov/static/responsible/Youth-Collegiate-Amateur-Club-Pro-Sports.pdf>
Please read these carefully and be sure every coach and commissioner reads them and has a copy.
- Prior to any child's participation, a paper copy of the Diocesan waiver must be signed and turned in. These are to be kept at each parish. One is attached.
- Parent consent forms should also be completed and on file with each parish. These can be done electronically by accessing the form at <https://www.dioceseregister.com/register/>
- All coaches must complete the NFHS course on COVID 19 found at <https://nfhslearn.com/courses>
Please submit the completed certificate to your parish AD

Highlights of requirements.

- **Please read the Youth, Collegiate, Amateur, Club and Profession Sports document found at <https://coronavirus.ohio.gov/static/responsible/Youth-Collegiate-Amateur-Club-Pro-Sports.pdf>**
Please read these carefully and be sure every coach and commissioner reads them and has a copy.
- Daily assessments of participant must be completed and kept on file. See attachment.
- Predetermine areas for all participants, coaches and game day personnel to shelter in the event there is lightning and/or thunder
- Coaches will wear face coverings at all times. Players wear face coverings when not on the field of play. See exceptions in the Ohio recommendations.
- Players who are not actively competing should wear face coverings
- No touch rule is in effect
- Bring your own water bottle and do not share
- Team tents will not be permitted at meets
- Promote good hand hygiene and respiratory.

- Ask a parent/volunteer to help monitor social distancing.
- Identify players that are at a higher risk of developing serious complications from COVID 19 (asthma, diabetes or other health problems)
- Spectators (parents) are permitted but must follow restrictions that include 6 feet social distancing and wearing masks at all times
- During practice consider putting players into small groups that will remain together through the practice stations.
- If athletes are not actively participating in practice they must remain socially distant and wear masks.
- Equipment and personal items should have proper separation and should not be shared.
- Athletes should wear their own appropriate workout clothing, and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home
- Time should be allowed to have one team exit a field prior to another team taking the field for practice. Time also needs to be allotted for proper sanitizing of shared spaces (benches and equipment)
- Make hand sanitizer available at convenient locations.
- If a player becomes symptomatic during practice, the child should be isolated and/or taken home.

For Meets

- Social distancing of at least 6 feet must be maintained by those not actively participating
- Mask requirements are in place for everyone that is not competing in the current race
- Staggered starts will be used for each age group
- Corrals and flashtiming (if possible) will be used at the finish; results may not be immediately available at the meets
- Have athletes bring their own water bottle
- Each group or athlete must have access to hand sanitizer at all practices and meets

MAKE SURE YOUR CHILD AND IMMEDIATE HOUSEHOLD MEMBERS ARE FREE FROM ILLNESS BEFORE PARTICIPATING IN PRACTICE AND COMPETITION (IF THERE IS DOUBLT, STAY HOME)

***These guidelines may change as state guidelines continue to develop.**