**Cross Country Guidelines 2020**

**STOP! DO NOT ATTEND OR PARTICIPATE IF:**
- You are feeling sick
- You have a sick family member at home
- Your temperature is 100.4 or above

- No hugging, shaking hands or fist bumps.
- Each student-athlete should bring their own water bottle, and be responsible for their own supplies.
- Implement other reasonable measures to ensure social distancing of all in attendance.
- Limit outside food brought in by teams/spectators.
- Student/Athletes should have individual bags/locations for sweats. No mass piling of team clothing.
- Clean and disinfect frequently touched surfaces and exercise equipment.

**ADDITIONAL GUIDELINES**
- Masks are not required, however the IGHSAU and IHSAA strongly encourages all participants and spectators to practice social distancing and to wear face coverings whenever possible.
- Interaction with officials should be limited; spectators should refrain from interaction with officials.

**SOURCES:** idph.iowa.gov