

# 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.



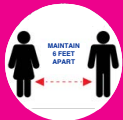
Limit outside food brought in by teams/spectators.



Each student-athlete should bring their own water bottle, and be responsible for their own supplies.



Student/Athletes should have individual bags/locations for sweats. No mass piling of team clothing.



Implement other reasonable measures to ensure social distancing of all in attendance.



Clean and disinfect frequently touched surfaces and exercise equipment.

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## 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](http://idph.iowa.gov)

