

Dear High School and Grade School Cross Country families,

We have important information to share with you at the parent meeting at 1:00pm on Monday. One parent from each family must attend. Please bring your signed copies of the Concussion Protocol and the WCHSA COVID-19 consent form on Monday before the first practice. There will be a signup form for parents to take responsibility for needed tasks. We are counting on the parental involvement that makes this organization run smoothly.

Please review the message below from the WCHSA Board in preparation for the parent meeting. There will be a Board member present after practice at 3:00pm if you have any issues to discuss with the group. Also, if you have any concerns you would like to have addressed prior to the meeting, we highly encourage you to reach out to Coach Miller or to Sam Garland, the WCHSA CC board rep, at 262-224-7855.

Thank you!

From the WCHSA Board of Directors, 8/16/2020:

We know you want to ensure that there is a cross country season for your athletes to participate and demonstrate our mission by displaying the glory of God through organized sports.

In light of the regulations and mandates/recommendations associated with COVID-19, the WCHSA board and Coach Miller have worked hard at finding a way to offer a successful cross country season and are committed to providing our athletes with safe cross country practices and meets. The WIAA just released the "2020 WIAA Return to Fall Sports Considerations" on Friday, August 15th. See link below for the entire document.

<https://www.wiaawi.org/Portals/0/PDF/Health/Covid/WIAA-Return-to-Fall-Sports.pdf>

WCHSA Cross Country COVID-19 Response:

Wisconsin State Mandate #82 requires mask coverings indoors but not outdoors. It is a recommendation but not a requirement. The WIAA has deemed Cross Country as a "low-risk" sport for COVID-19 transmission. WCHSA has purchased neck gaiters for all athletes as an "easy breathing" mask style face covering. The gaiters can be easily pulled up or down during the start or finish of a race or when social distancing is not an option.

Note: We might have athletes with conditions that would preclude them from necessarily wearing a mask covering at all, i.e. Medical, etc...

Quick summary of "2020 WIAA Return to Sports Considerations for Cross Country" that WCHSA endorses:

- Athletes may wear a mask while participating in exertion, but it is not required. Athletes not participating should wear a mask
- Coaches and sideline personnel are strongly encouraged to wear masks, especially when not able to maintain social distancing
- Social distancing of at least 6 feet when not participating is recommended
- Hand sanitizing/cleaning frequently (every time on and off field) - all athletes should be encouraged to have their own personal bottle of sanitizer
- All athletes should bring their own water bottle. Do not share water or food/snacks
- Minimize shared equipment as much as possible and sanitize equipment frequently
- Do not participate if feeling ill or having symptoms of COVID-19
- Designate a coach, manager, or parent to be responsible for responding to COVID-19 concerns

- Only coaching personnel and athletes should use the team tent. No parents or spectators please
- The team tent should not be used as a place for athletes to "hang out" or congregate but can be used as a location to keep personal gym bags and other equipment
- Any equipment used for competition should be disinfected prior to and immediately following use
- Athletes should bring their own watches and be disinfected daily
- Warm-up equipment must not be shared among athletes (foam rollers, resistance bands, etc)
- Please inform your coaches immediately when you are not feeling well
- CDC guidelines will be followed for cleaning and disinfecting any equipment used during practices and/or meets
- It should be noted that WCHSA coaching personnel and athletes will need to follow whatever guidelines are in place for other organizational away meets

WCHSA will continue to supply a first aid kit which now includes more hand sanitizer, masks, gloves, and disposable thermometers. We will also provide a large, hand-pump hand sanitizer container as well as Hospital-grade sanitizing wipes for equipment surfaces. The WCHSA Board will keep monitoring the most current rules and regulations related to Fall sports and will let you know of any changes as they occur. We pray that we will have a successful and God-honoring Cross Country season. We would like to thank Coach Miller for all her hard work to ensure that WCHSA has a Cross Country team each Fall season. We are truly blessed!

WCHSA Board

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