



2020 Arkansas Activities Association Track and Field COVID-19 Recommendations

Arkansas Department of Health General Requirements

- **MUST FOLLOW:** Please visit the link below frequently to access changes or updates to the requirements set forth by the Governor and ADH. <https://www.healthy.arkansas.gov/images/uploads/pdf/SportsTeamCommunityDirectiveFinalAmend8.21.20.pdf>
- In accordance with the Directives Regarding Large Outdoor Venues/Large Indoor Venue Plans for School Sponsored Team Sports, all athletic events must follow the requirements linked below. **EACH SUPERINTENDENT MUST RETURN A SIGNED COPY TO ADH (ONLY ONE FORM PER DISTRICT IS REQUIRED).** [DIRECTIVES FOR LARGE OUTDOOR/INDOOR VENUE PLANS](#)
- Concession Stands may operate but must follow all applicable sections of the [Directive for Resuming Restaurant Dine-In Operations](#).
- Admission and gate ticket sales should be taken online when possible.

Return to Competition

General Recommendations: THESE ARE THE CURRENT RECOMMENDATIONS ALLOWED, HOWEVER; DEPENDING ON THE SEVERITY OF THE SPREAD OF COVID-19 IN ARKANSAS THESE GUIDELINES AND DIRECTIVES COULD CHANGE.

- Multi-team meets or competitions are allowed as long as strict adherence to the requirements regarding physical distancing and face covers are observed.
- All spectators must wear a face covering

- To follow social distancing protocols, all student athletes should remain in their own team's designated area when not actively warming up or participating in an event. Student athletes are not allowed in the spectator's seating area.
- Teammates should maintain social distancing from each other while awaiting their events (exceptions of relay teams warming up)
- Shot Put and Discus Throw should enforce social distancing for all athletes and officials.
 - To limit contact: athletes can provide their own implements (that pass inspection) and retrieve their own implements after all throws.
 - If athletes can't provide their own implements, then it is recommended that implements be sanitized between each use.
 - Designated warm-up areas (by marking cues on the ground, cones, etc) may be provided for student athletes to ensure social distancing protocols are maintained.
- Long Jump and Triple Jump should enforce social distancing for all athletes and officials.
 - Designated warm-up areas (by marking cues on the ground, cones, etc) may be provided for student athletes to ensure social distancing protocols are maintained.
- High Jump and Pole Vault should enforce social distancing for all athletes and officials.
 - To lower the risk of these events, meets can cover pits by a tarp that is removed and disinfected after each athlete (therefore multiple tarps may be needed to keep the event moving).
 - To limit contact: athletes should not share vaulting poles.
 - Designated warm-up areas (by marking cues on the ground, cones, etc) may be provided for student athletes to ensure social distancing protocols are maintained
- Sprint, Hurdle, relay events run entirely in lanes, may use every other lane to assist with distancing.
 - Blocks should be disinfected after each heat / race.
 - Recommend not using baskets at the starting line for apparel.
- Student athletes are required to wear a face covering when not actively competing.

- Middle Distance and distance races on the track of 800m and longer (any event not run entirely in lanes) are considered moderate risk activities if conducted under normal circumstances.
- Clean and disinfect frequently touched surfaces and exercise equipment.
- Strictly limit the number of individuals allowed in the infield for warm-ups.
- ***Pre and Post Event Ceremony:*** Establish specific social distancing meet protocols including the elimination of handshakes before and after the event.

Considerations for Officials:

- Bring personal hand sanitizer. Wash hands frequently.
- Don't share equipment.
- Follow social distancing guidelines:
 - Pre and Post Meet conferences,
 - Clerking at the start line,
 - Tabulations and posting of results.
- Consider using an electronic whistle.
- Officials personnel must wear a face covering.