

NB Run Alberta XC South Series 2020, brought to you by The Running Room and Athletics Alberta

COVID PROTOCOL:

1. Course must be minimum 2m wide (AC protocol)
2. At the startline, athletes must be minimum 2m apart in a 3D space (AC Protocol). Startlines will be made 40-50m wide if need be.
3. It is recommended that athletes warmup with a mask, can remove it along with warmups at 2min warning prior to race. Put mask back on after finishing for cooldown.
4. NB Series Start times - 1200pm women's start time. 100pm men's start time. 200-230pm HS start time.
5. Athletics Alberta XC Provincial Start Times will be posted minimum one month ahead of time to allow for adequate planning and travel
6. Athletes competing in the NB XC Series or AA Age Class Provincials **MUST BE** registered with Athletics Alberta either through a respective club or unattached.. This is for contact tracing purposes in lieu of an outbreak. **NO PUBLIC SCHOOL BASED MEMBERSHIPS THIS YEAR**, no one day meet entries, no walks ons for competition.
7. Coaches and spectators must wear a mask while on course, socially distance as much as possible. Spectating and extra coaches on site unless they are volunteering however are discouraged.
8. All clubs during the XC season must continue to follow contact tracing protocol and reporting. For any positive tests, all clubs and affiliated organizations with AA must follow quarantine protocol or will be disqualified from competition for the 2020 XC season.
9. It is recommended that age class athletes get tested for COVID-19 10 days out from Age Class Provincials to ensure safe competition.
10. Athletes are permitted to be on course for warmup **NO MORE** than 30 minutes before their scheduled race. Athletes must depart the course within 30 minutes of completion of their scheduled race. This will permit adequate time for pre-race exercise and post-race recovery and cooldown and will avoid excessive loitering on the race course.
11. Athletes are required to stick with their respective club cohorts before and after races, intermingling of athletes between training groups is discouraged/not allowed.
12. At Awards ceremonies (if they happen at all), hand sanitizer will be present for athletes receiving awards and presenters, hand sanitizer **MUST BE USED** before exchange of any physical awards are done. If COVID numbers spike upon return to school in the fall (ie- greater than 2% transmission rates for daily testing for a sustained period of time), awards ceremonies at competitions will be canceled and awards will be mailed to recipients.

13. Indoor spaces required for Athletics Alberta Age Class Provincials will provide adequate spacing and signage for social distancing to occur. Indoor spacing will only be required in the case of inclement weather
14. No concession for 2020 at Alberta XC Provincials or any other race.
15. Maps will be provided indicating detailed areas for spectating, course marshaling, parking, and awards. Signage will be provided to control human traffic if required.
16. Races capped at 50 athletes.
17. NO NO SHOWS this year. If you no show without notifying the race director (Travis Cummings), you will be disallowed from competing for the rest of the series. Spots are scarce and there will be a waiting list for sign-up. If you cannot compete please let the race director know well in advance so the spot can be filled.
18. Current bests at various distances will need to be provided during Trackie Registration to adequately design start grids, race positions from previous races will also be used to determine grids as series advances (think Cyclocross grid callups).
19. Designated warmup areas will be provided to athletes prior to race start once registration closes
20. Spectating will be setup and roped off to control crowd, masks must be worn by coaches and spectators within area. NO COURSE WANDERING THIS YEAR.