

OSAA XC Contingency Planning Framework

Required Acclimation Period

(Regardless of Start Date)

XC Coaches are perhaps our most adapt coaching group when it comes to acclimating athletes. Each year at the beginning of a normal season they are forced to deal with athletes with differing levels of fitness – this level will determine the period needed to appropriately acclimate the athlete. No standardized period is recommended.

Significant Dates, Benchmarks, and Considerations

Date: August 17

Benchmark: OSAA First Practice Date

Considerations:

- XC practice should be able to begin given that physical distancing (if required) can be maintained in practice situations.
- Coaches should consider practice structure and athlete groupings that allow the opportunity to minimize the potential for athlete interactions such as defined practice slots for specific pods of kids, larger teams might have to utilize alternate practice days for specific pods of kids.
- Coaches and athletes should be prepared and have a plan to deal with limited facility use (locker rooms, restrooms, etc...)

Date: August 27

Benchmark: OSAA First Contest Date

Considerations:

- If we can practice, we can compete so advancing to this benchmark is dependent upon meeting the Aug 17 benchmark. Obviously if we must move the Aug 17 date later into the calendar for any reason, then this benchmark would move accordingly.
- If we fail to meet this benchmark there is consensus that the regular season could be delayed up to but not beyond Oct 31. All qualifying events would need to be conducted by this date in order to conduct the Championships on the scheduled date. Essentially, in the worst case scenario a qualifying event and Championship could be conducted.
- Coaches and athletes need to be prepared for varying school schedules – could be a combination of in-person, online, and hybrid instruction going on in the Fall and this will lead to inevitable disruptions to practice and competition schedules.
- Travel guidelines will most likely contain restrictions related to physical distancing but there is a general feeling that this can be overcome with additional modifications. Having a plan to conduct regional competition, specifically at the sub-varsity level would be prudent.
- If physical distancing restrictions are in place during the regular season the following modifications could be made in order to conduct events:
 - Staggered starts/Interval spacing (2-5 min intervals)
 - No passing zones on tight spots or course loops
 - Reducing the race distance? 5,000M to 3,000M
 - Sharing of courses that minimize issues as much as possible
- Conducting invitationals and other multi-team events is at best going to be problematic. Schools should consider moving events that are currently early in the calendar to as late as possible to increase the likelihood that it will actually take place.

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Date: Oct 31
Benchmark: XC Cut-off Date
Considerations:

- Last opportunity for leagues to name qualifiers to the State Championships. If a league is not able to conduct a qualifying event the group supports allowing any of the following methods to produce qualifiers:
 - League chooses teams
 - Time trials at home sites and mesh results to produce qualifiers

Date: Nov 7
Benchmark: XC Championships
Considerations:

- If physical distancing restrictions are in place the following modifications will be considered.
 - Reducing the number of qualifying teams/individuals
 - Increasing the number of days? Staggered starts will take additional time
 - Increasing the number of sites? Split out groups to have multiple sites on same day
- Championship date at all classification levels are tied to previous benchmarks. While it may be possible to move the date later into the calendar there are implications that need to be vetted prior to exercising that option.
 - Sliding the date will create more overlap between Fall and Winter sports.
 - Implications for schools at all classification levels that may share significant numbers of athletes across programs.
 - Championship locations and facilities may have to change depending upon the date
 - Consideration should be given to weather – it does not get any better by moving later into the calendar.

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Benchmarks with No Current Deadline:

Date: ???

Benchmark: OSAA Executive Board decision on whether to change Championship dates

Considerations:

- This benchmark most likely becomes more viable if we fail to start competition by August 27.

Date: ???

Benchmark: OSAA Executive Board decision on whether to “flip” sport seasons

Considerations:

Table below summarizes a variety of input on this topic

Pros	Cons
1) Spring sports are not considered "contact sports" in comparison to the Fall sports of Football and Soccer.	1) Does not guarantee that Baseball and Softball will play a “normal” season. Potential that they would lose 2 seasons.
2) All spring sports are competed at outdoor venues unlike in the Fall with Volleyball being an indoor sport.	2) Impact on multiple sport coaches and athletes at all Classification levels.
3) Typically, crowds for contests are smaller for our Spring Sports compared to crowds for Fall Sports.	3) Weather complications more prevalent during the Championships (Nov rain compared to June rain)
4) With the prospect of travel restrictions or unreasonable busing options due to spacing between passengers on a bus, we would be able to schedule out of classification contests versus schools in our county for the non-contact sports offered in the Spring. This is not necessarily an option for the contact sports offered in the Fall. For example, I can schedule baseball and softball versus a smaller school in my county but could not necessarily do this in football or soccer.	4) Contributes to the fragmentation already occurring throughout the sports continuum.
5) Locker Room / Shower Facilities are not commonly offered to opposing teams and/or are not necessary for home teams during the Spring sport season. The Fall sport season commonly offers Locker Room / Shower Facilities to both home and visiting teams and would largely be considered necessary for the Fall sport of Football.	5) Potential negative impact on coaches and athletes because of pre-existing conflicts?
	6) Potential scheduling issues given AD’s are on vacation and would have to reconstitute in some way to create the new statewide schedule.