

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
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**2020-21 CIAC BOYS / GIRLS INDOOR TRACK INFORMATION SHEET**

**CIAC WINTER SPORTS PLAN**

Indoor track will begin with practices only. Indoor/outdoor dual meets will be considered for March.

All event attendees including coaches, athletes, meet personnel, athletic trainers and spectators are required to wear face masks. In alignment with DPH requirements for moderate risk indoor sports, all indoor track participants will wear a close-fitting face mask that covers the nose and mouth. Each facility will provide schools with specific procedures while using the facility, which must be followed.

1. Guidelines for Student-Athletes

- a. Each student is responsible for his/her own equipment.
- b. Student-athletes must wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- c. Students must come dressed appropriately to compete in running events. Sweats or other non-essential equipment will not be allowed at the start line.
- d. Hand sanitizer will be utilized at all contests and practices.
- e. Athletes must tell their coaches immediately when they are not feeling well.
- f. Face coverings must be worn at all times, including during competition.
- g. Each student-athlete must bring his/her own labeled water bottle.
- h. Absolutely no spitting, nose blowing, or other similar action will be permitted in any capacity including or around garbage cans within the facility.

2. Guidelines for Coaches

- a. Communicate to your district/school Covid-19 guidelines in a clear manner to students and parents, which should include wellness checks for each practice and competition.
- b. Conduct workouts in “pods” of the same students always training and rotating together in practice to ensure limited exposure if someone develops an infection.
- c. Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- d. In order to maintain proper social distancing, there will be no coaching boxes for the 2020-21 indoor track season.
- e. Coaches will be allowed to assist their athletes in setting marks in the following events: pole vault, long jump and high jump. Coaches must leave the area once competition begins.
- f. Coaches must always wear face coverings.

3. Guidelines for Officials

- a. Bring personal hand sanitizer. Wash hands frequently.
- b. Don't share equipment. Field positions will not be rotated.

- c. Follow social distancing guidelines:
  - Pre- and post-meet conferences
  - Clerking at the start line
  - Tabulations and posting of results
- d. Only electronic whistles will be allowed if needed in an event.
- e. Do not shake hands and follow pre- and post-game ceremony guidelines established by state associations.
- f. Officials personnel must always wear face coverings.

#### 4. Events Guidelines

- a. Student-athletes are required to wear a facial covering when not actively competing.
- b. Site personnel will enforce social distancing for all athletes and officials.
- c. To limit contact, athletes will provide their own implements (that pass inspection) and retrieve their own implements after all throws when instructed by an official.
- d. If athletes can't provide their own implements, then it is recommended that implements be sanitized between each use.
- e. Long jump, triple jump will enforce social distancing for all athletes and officials.
- f. High jump, pole vault will enforce social distancing for all athletes and officials.
- g. The facility will set a measuring tape. The measuring tape will stay on the runway throughout the competition.
- h. To lower the risk of these events, athletes must bring their own tarps to cover the pit. Tarps will be removed and disinfected after each athlete's attempts.
- i. To limit contact, athletes will not share vaulting poles.
- j. Sprint, hurdle, relay events run entirely in lanes, may use every other lane to assist with distancing.
- k. Blocks should be disinfected after each heat/race.
- l. Recommend not using baskets at the start line for apparel.
- m. Any event not entirely run in lanes will have a maximum of 10 competitors per heat.
- n. For relays schools will bring their own baton. Competitors must wear gloves.

### **2020-21 CIAC BOYS AND GIRLS INDOOR TRACK COMMITTEE**

Donn Friedman – Chair

Kurt Ogren, Woodland Reg. High School, Beacon Falls

Anna Mahon, Amity Reg. High School, Woodbridge

Coaches:

Rich Kosta, Fitch High School, Groton – Ch

Mark Alexander, Glastonbury High School

Brian LaFontaine, Watertown High School

Carl Reichard, East Lyme High School

Consultants:

Bill Baron, South Windsor

Doug Sharples, Groton

Dave Tetlow, Mystic

Betty Remigino-Knapp, West Hartford

Tammy Schondelmayer, Bloomfield – CAAD

Ashley Kitchens, Glastonbury – CAAD

## **2020 NATIONAL FEDERATION TRACK AND FIELD RULE CHANGES**

**4-6-5g, 8-6-1e** -- Clarifies that a competitor should not be penalized for helping another competitor who is distressed or injured when no advantage is gained by the competitor who is assisting.

**5-3-3 & 4,**

**5-10-6 thru 11** -- Clarifies that in the 4 x 100 meter relay and 4 x 200 meter relay, and other relays with legs of 200 meters or less, each exchange zone will be 30 meters long. All exchange zones for races in excess of 200 meters will remain at 20 meters.

**6-2-6** -- Clarifies that it is illegal to run backward or in the opposite direction (non-legal direction) on a horizontal jump, pole vault or javelin runway.

**6-3-2b-4a** -- This change provides metric measurements for tie-breaking jump-offs for vertical jumps.

**6-9-5** -- The length of long jump and triple jump pits constructed after 2019 shall be at least 23 feet (7 meters).

**8-1-1** -- Clarifies cross country course markings.

**8-1-3** -- Clarifies cross country course layouts.

### **2020 Track and Field Editorial Changes**

5-1-5, 5-11-1, 6-8-10d

### **2020 Track and Field Points of Emphasis**

1. Meet Administration
2. Exchange Zone
3. Assisting Injured Athletes

**SPORTSMANSHIP** – Member schools are expected to conduct their relations with each other at all levels of competition in a spirit of good sportsmanship. Everyone involved has the obligation to see clearly his/her influence and act accordingly. The CIAC acknowledges that the school administration is responsible for the athletic program, including the making of broad and specific policies and procedures relating to sportsmanship and the conduct of activities in the school. To that end, the CIAC urges each school principal to adopt the following sportsmanship procedures and standards for their school and to champion the “Class Act” sportsmanship program as these standards will be used in all CIAC post-season contests.

#### CIAC Sportsmanship Guidelines

- The CIAC request that all school personnel – administrators, faculty, and coaches – give special and specific emphasis about CIAC’s expectations for good sportsmanship during the regular season as well as CIAC tournaments requiring that athletes and members of the student body conduct themselves in a manner that reflects nothing but credit upon your school. Any unsportsmanlike conduct on the part of students and adults is unacceptable and will be addressed with strong and appropriate measures.
- The CIAC sportsmanship standards should be as widely disseminated as possible using the student-parent handbook, student athlete handbook, school newspaper, parent newsletter, school web site and the local media.
- The CIAC sportsmanship standards for spectators should be read by PA announcers prior to each contest.
- The CIAC sportsmanship standards of conduct be prominently posted at all sports venues.
- When event programs are provided, the CIAC sportsmanship standards be included.
- Member schools require having athletes, parents/guardians, sign an acknowledgement which would show that they have read the student-athlete handbook and understand the CIAC sportsmanship standards.
- Member schools work with community officials to insure that levels of the CIAC sportsmanship standards are enforced when contests are held at their school and at non-school facilities.
- The CIAC and the CIAC sports committees insist the CIAC sportsmanship standards be rigorously enforced at all regular season contests and at all CIAC tournament contests. This is particularly important when contests are held at non-school sites.
- Member schools will conduct a pre-season meeting with student-athletes, coaches and parents to review the CIAC sportsmanship standards.
- Member schools should communicate with opposing schools and inform them they are a “Class Act School” and provide them with the CIAC sportsmanship standards which will be strictly adhered to.
- Member schools hosting a game should make available to visiting schools necessary game information – includes directions for parking, location of ticket booths, seating arrangement, ticket prices, game time, directions for each game site.
- Member schools hosting a game should designate specific seating areas for students, bands, adults and visitors. If possible, opposing student bodies should be separated.
- Member schools hosting a game should arrange for adequate police supervision.
- When possible the member schools hosting a game should assign officials to dressing facilities separated from both teams. Provides escorts for the officials when it appears that disturbances may develop.
- Member schools should take measures to prevent fans from getting near or on the playing area and around the players benches. After the contest, prevents fans from going onto the playing area.
- Member schools should provide for adequate supervision of students and facilities. Supervisors should sit in the stands with the students.
- Member schools should support and adhere to ALL the following CIAC standards.

## The CIAC “Class Act” Sportsmanship Standards

### ALL Spectators (including parents):

- Will adhere to the host school’s acceptable dress code at all home and away contests commensurate with classroom behavior. For CIAC tournament contests all spectators will be appropriately attired with their torso completely covered and with no visible degrading or demeaning writings/logos.
- Any signs displayed must be positive in nature, reference only the school supported by the sign maker, and must be pre-approved by the Athletic Director of the school referenced in the sign.
- During outdoor sports, no air horns or horns of any kind or whistles will be used, and any other noisemakers will be allowed with the host athletic director’s approval and only be used during “dead ball” situations to celebrate good play. During indoor sports, no noisemakers will be used. Pep bands are allowed at a home contest if the school provides adult supervision and the band only plays during “dead ball” situations.
- Spectators will cheer positively to support their team, will not cheer negatively against the opponent.
- Spectators will show respect for the game officials and their decisions.
- Spectators will show respect for the playing of the National Anthem.

### Game Personnel / Announcers:

- Will explain and consistently enforce host school expectations for spectators.
- Will be enthusiastic but not show favoritism while making announcements, and never publicly question or criticize the players, coaches, or officials.
- Will encourage respect for the National Anthem and remind spectators to remove caps and stand.

### Coaches

- Will exemplify high moral character, behavior and leadership, lead by example, and set a standard for players and spectators to follow both on and off the athletic arena.
- Will teach players the rules of the game and to respect the game, and will take action when athletes exhibit poor sportsmanship.
- Will respect the integrity and judgment of officials and will not publicly criticize or question the decisions of officials.
- Will be aware of the competitive balance of contests and will manage the score in a manner that is sportsmanlike and respectful of opponents.

### Players

- Will accept the responsibility and privilege the student-athlete has in representing their school and community by learning and showing teamwork, sportsmanship and discipline in all aspects of the game.
- Will demonstrate respect for self, coach, teammates, opponents, officials and spectators by exhibiting good character and conducting themselves as a positive role model.
- Will win and lose graciously.
- Will cheer for your team, not against your opponent.
- Will congratulate opponents in a sincere manner following either victory or defeat.

## CERTIFICATIONS / COACHING CERTIFICATIONS

### Required Coaching Certification

- Required coaching certifications, including medical certifications, can be found at this link: <http://www.ctcoachinged.org/>
- Temporary coaching permit application can be found at this link: [http://ctcoachinged.org/ed\\_186.pdf](http://ctcoachinged.org/ed_186.pdf)
- 5 Year coaching permit application can be found at this link: [https://portal.ct.gov/-/media/SDE/Certification/Forms/ed\\_185.pdf](https://portal.ct.gov/-/media/SDE/Certification/Forms/ed_185.pdf)
- Information on concussion training and certification can be found at this link: <http://www.ctcoachinged.org/concussionpage.html>
- Information on Coaching Permit Renewal for the State of Connecticut can be found at: <https://portal.ct.gov/SDE/Certification/Coaching-Permit-Renewal>
- Concussion training for coaches: [https://portal.ct.gov/-/media/SDE/Certification/Coaching/student\\_and\\_parent\\_concussion\\_informed\\_consent\\_form.pdf?la=en](https://portal.ct.gov/-/media/SDE/Certification/Coaching/student_and_parent_concussion_informed_consent_form.pdf?la=en)
- Connecticut Coaching Education Program: <http://www.ctcoachinged.org/concussionpage.html>
- Coaching Education Overview: <http://www.ctcoachinged.org/>
- Coaching Course Registration: <http://ctcoachinged.org/Permit.html>
- Sudden Cardiac Arrest Renewal: [https://portal.ct.gov/-/media/SDE/Certification/Coaching/coaches\\_sudden\\_cardiac\\_arrest\\_awareness\\_annual\\_review.pdf?la=en](https://portal.ct.gov/-/media/SDE/Certification/Coaching/coaches_sudden_cardiac_arrest_awareness_annual_review.pdf?la=en)
- Concussion Renewal Form: [https://portal.ct.gov/-/media/SDE/Certification/Coaching/Concussion\\_and\\_Head\\_Injury\\_Annual\\_Review\\_for\\_Coaches\\_2019-20.pdf?la=en](https://portal.ct.gov/-/media/SDE/Certification/Coaching/Concussion_and_Head_Injury_Annual_Review_for_Coaches_2019-20.pdf?la=en)
- Mandated Reporter Training: <https://portal.ct.gov/DCF/Mandated-Reporter-Training/Home>
- EpiPen Training: <https://www.redcross.org/take-a-class/preview-kits/anaphylaxis-epinephrine-auto-injector>
- Coaches Guide to Dehydration and Other Head Illnesses: <https://www.nata.org/sites/default/files/heat-illness-parent-coach-guide.pdf>

Volunteer Coaches – The State of Connecticut Department of Education does not distinguish between volunteer or paid coaches when considering certifications or responsibilities. All coaches who are responsible for, or instruct students in any way must follow Connecticut State law for certifications and responsibilities. Therefore, volunteer coaches are required to obtain the same certifications as all other coaches.