**Thursday Oct 28th, 2021**

**Convenor: Tanya Byers, Walkerton DCS**

**Email:** [**tanya\_byers@bwdsb.on.ca**](mailto:tanya_byers@bwdsb.on.ca)

**http://www.cwossa.ca/cross-country-running/**

**\*\*\*\*Location CHANGE: Sawmills Ski Trails**

**719521 Highway 6, East of Hepworth** (located between Hepworth and Shallow Lake )

<http://maps.google.ca/maps?q=44.628624+-81.115545+(Sawmill+Trail)>

This is truly a cross country course that includes challenging and varied terrain with some elevation changes. The terrain includes some soft sandy sections and trail running in the forest with leaves. Please prepare your athletes accordingly.

There is a Tim Horton’s nearby but no other restaurants within walking distance of the course. Teams should be prepared to bring their own food.

**Parking:** Buses are asked to drop off the athletes at the drop off zone then park in the designated areas at the Shallow Lake Community Centre. Please be very careful of traffic if you park along the concession road.

**Entry Fee**: **$ 8 per athlete:** cheques payable to: Walkerton District Community School

**Registration**:  See Trackie.com or follow this to register for the event. <https://www.trackie.com/online-registration/register/cwossa-xc-2021/473131/>

**Registration deadline** is Monday Oct 25, 2021

**Entries:** unlimited entry for each category, athletes must be preregistered deadline is Oct 25, 2021

**Eligibility forms:** Must be submitted 24 hours prior to the championship to tanya\_byers@bwdsb.on.ca Please make sure that each age category is done separately for your team. Coaches- please see your athletic director to get your team into the new OFSAA hub for eligibility.

**Waiver:** All athletes must sign a waiver provided by Saugeen Conservation Area in order to compete on the property. It is an attached document on the websites and emails.

**Start line:** Once we know how many athletes have been registered for each age category then we can make decisions on whether there will be a mass start or wave start. We need to stay within public health guidelines for the size of each race. The decision for mass or wave starts will be communicated ASAP once registration closes. All athletes will be wearing chip timed bibs.

\*\*Athletes are asked to stay together with their school teams and not congregate with other schools during the day.

**\*\*\*Order of Events: please note the changes to the start times to accommodate the longer distance to the venue. \*\***

9:45 am - Course opens

10:45 am - Coaches meeting

11:15 am - Para Event - 3000m

12:25 pm - Novice Girls - 4000m

1:00 pm - Novice Boys - 4000m

1:45 pm - Junior Girls - 5000m

1:45 pm - Junior Boys - 5000m

2:25 pm - Senior Girls - 6000m

3:15 pm - Senior Boys - 6000m

4:15 pm – Awards and clean up

**Results**: Speed River Timing <https://www.speedrivertiming.com/> and follow the link to CWOSSA. Results will be posted within a minute of each athlete’s finish, There will be a QR code on each bib that will take you directly to your personal result.

**Awards: Coaches may need to pick up the awards at the conclusion of the event because athletes/spectators congregating is being discouraged.** If your schools has one of the team plaques, please bring it with you to the championship and turn it into the registration table. Thank you.

**OFSAA** - Coaches of OFSAA qualifying individuals and teams must submit OFSAA forms to the “OFSAA qualification” registration desk when paying for OFSAA registration. Follow the link to get all the forms off the OFSAA page. <https://www.ofsaa.on.ca/cross-country-running/coaches>

**Fees for OFSAA:** $16 per athlete ($13 entry fee and $3 OFSAA participant fee) cheques: payable to Walkerton District Community School

NOTE: for coaches of Para athletes you must indicate the classification when registering your athlete at the OFSAA registration desk at the CWOSSA championship. <https://clarkofsaa.s3.ca-central-1.amazonaws.com/s3fs-public/championship/user24/ofsaa_para_and_guide_information_form_2015.pdf>

**Precautions:**

1. **Tent city-** we will keep the two Athletic Association – BAA (Bluewater Athletic association) and AABHN (Athletic Association of Brant/Halimand/Norfolk) tent cities away from each other. Each school will have their own area to put up their tent and will be asked that athletes not visit in other school’s areas.
2. **Masks-** Athletes and Coaches will be asked to wear masks unless the athletes are racing or warming up and must maintain social distancing. Masks may be removed for safe participation in the competition of the cross country race.
3. **Spectators** will be discouraged from attending the championship. If they do attend the spectators should remain social distanced and masked if distancing isn’t possible. Spectators are not allowed near the athletes’/school’s tent city. There will be signage to encourage and remind spectators to socially distance and explaining where the spectators can and cannot be.
4. **Volunteer Drivers –** Volunteer drivers must wear masks and provide proper ventilation (open window if possible) in their vehicle
5. **Volunteers/Timers-** all volunteers will sign in and provide a contact phone number as per visitor protocols and provide attestation.
6. **Hand hygiene-** appropriate hand hygiene products will be provided at the check in tents, results areas and washroom facilities
7. **Garbage receptacles**- will be provided for used products and garbage bags will be given to each team.
8. **First Aid**- will contain school board required personal protective equipment for example; medical mask, eye protection, and medical gloves in case any student/athlete requires first aid
9. **Isolation Plan** – there will be a tent reserved as an isolation tent in the event that an athlete feels ill. All Bluewater District School board and Bruce Grey Catholic District board parents/guardians of participating athletes will be informed that if their child falls ill, they would have to be picked up. The isolation tent will have appropriate PPE. Medical mask, eye protection and medical gloves in case of a sick athlete
10. **Respiratory safety**- the use of microphones and voice amplifiers will be used to minimize the need of shouting or using any whistles.
11. **OPHEA safety guidelines, Athletics Ontario and Ontario guidelines have been read and will be followed throughout the championship**.
12. <https://www.ontario.ca/document/covid-19-health-safety-and-operational-guidance-schools-2021-2022/extra-curricular-activities-and-community-use-schools>
13. <https://safety.ophea.net/tools-resources/covid-19-considerations-interschool-athletic-activities?parents=covid-19-considerations-physical-activity-updated-september-2021>
14. <https://athleticsontario.ca/return-to-sport/>
15. Coaches are to educate and encourage student athletes to follow all strategies for reduction the spread of the virus. This education includes but is not limited to: physical distancing, no sharing of equipment, respiratory etiquette, hand hygiene, safe use of non-medical cloth mask, daily self-screening before competition staying home when feeling ill, and monitoring of symptoms. Coaches will not be discussing vaccination status with students.
16. Coaches will develop and hand in an eligibility list of all student athletes and will provide their contact information in case contract tracing is necessary.
17. All student athletes should have their attendance taken, should have their own clearly labelled water bottle for personal use only. Student athletes should follow direction and guidance provided by coaching staff regarding physical distancing, respiratory etiquette, hand hygiene, safe use of a non-medical/cloth mask, staying home when feeling ill, and monitoring symptoms.

Teams will be asked to not congregate around after the competitions are over. Awards will be sent to schools or the coach will pick them up after the conclusion of the event.