

Tallulah Falls School Cross Country Home Meet Protocol 2020

9-5-2020

Location/Directions/Address: XC course is across the street from 295 Tallulah Gorge Scenic Loop Road, Tallulah Falls, GA 30573 (see map) and is on the corner of that road and Tugalo Village Rd. This address sometimes comes up as Clarkesville, GA but it is Tallulah Falls.

Screening: All coaches are expected to declare that all runners and any personnel directly related to their team have been screened regarding temperature Covid-19 questions and are cleared to participate.

Spectators: Fans are ONLY allowed outside the white fence and inside the fan corral. Fans are NOT allowed on the course, start line, finish, or chute area for any reason at any time.

Face Coverings: Face coverings are expected to be worn anytime physical distancing is not possible.

Coaches are allowed to roam the course as normal, please stay at least six feet away from the runners.

Drop off and Parking link:

- Bus drop off at the team area or at the MS parking lot. Park at the middle school parking lot
- Security will direct where to park, turn around, etc.
- Parking and admission is FREE

Team tent area: Spread out according to school/box # across from the course on the grass area.

Music; Please do NOT bring your own music system in the team area. Athletes are certainly allowed to have headphones, ear buds, etc. at the team area, but please do not have music playing out loud.

Pets are NOT allowed inside the white fence!

Packet and Team Folder Pick Up at Registration/Awards Tent

Warm up area: An additional warm up area is along the grass in front of and behind the tent area all the way down the grass fields on the same side (watch out for the bee hives $\frac{2}{3}$ of the way down!)

- 10 minutes before the start of race teams runners for the upcoming race can use the start area to finish warm ups/strides.
- Leave all personal items at tent or outside the course fence

Bathrooms: Portable toilets are near the team areas, inside the spectator area, and at the start line area. Hand sanitizer is available at those locations.

Medical/Water: Medical personnel will be at the finish and will have bottled water for those in distress. Medical tent is at the end of the chute. We will not hesitate to hand out water if it appears it is needed. If that concerns you, we understand; please advise your runners to not take it. We feel heat & humidity risks are instantaneous and require immediate assistance.

Finish line/chute: Only medical personnel are allowed in the chute area. A coach may enter the chute if attending to a distressed runner. Parents are not allowed.

Results: www.pttiminggrouponline.com

Chips: It is the responsibility of the coach to turn in every chip in your team packet to PT Timing Group. Do not turn in to any TFS volunteers. Any chips not turned in results in a \$30 fee per chip.

Awards will be provided, winners and placers will be recognized. Athletes may have their picture taken on the awards platform.

Course Monitors; If anyone sees a runner in distress, contact ATC Lauren Brown 706-982-9756 or Athletic Director/Coach Scott Neal 706-968-9879

Concessions will be sold within the fan area:

5k course map link

<https://www.tallulahfalls.org/skins/userfiles/files/College%20cross%20country%20course.pdf>

3k course map link

[https://www.tallulahfalls.org/skins/userfiles/files/MS%20XC%203K%20Course%20Map\(1\).pdf](https://www.tallulahfalls.org/skins/userfiles/files/MS%20XC%203K%20Course%20Map(1).pdf)

Course Legacy List links

HS Boys:

file:///C:/Users/scott.neal/Downloads/TFS%20Farm%20(old%20switchback)%20&%20College%20(new)%20XC%20Course%20Legacy%20Lists%20-%20HS%20B%20College%20Course%205k%20LL%20(1).pdf

HS Girls:

file:///C:/Users/scott.neal/Downloads/TFS%20Farm%20(old%20switchback)%20&%20College%20(new)%20XC%20Course%20Legacy%20Lists%20-%20HS%20G%20College%20Course%205k%20LL.pdf

MS Girls and Boys:

file:///C:/Users/scott.neal/Downloads/TFS%20Farm%20(old%20switchback)%20&%20College%20(new)%20XC%20Course%20Legacy%20Lists%20-%20Upper%20Course%20MS%203k.pdf