

Cross Country Participant Removal Guidelines
2017 State Cross Country

Safety of participants is a primary concern of the KSHSAA in all activities. There are situations when runners show signs of obvious physical distress during a race and a decision must be made about whether they should be allowed to continue or be given medical attention. Based on these concerns the KSHSAA has the following guidelines:

- A runner showing signs of obvious physical distress such as collapsing on the course, or other indications of his/her inability to finish the race may be immediately removed from the race by designated event personnel.
- If the runner can be safely moved, the runner will be immediately transferred to the event medical area to be evaluated by onsite medical personnel.
- If a runner voluntarily removes him/herself from the race for any medical reason or is removed by their coach, they should also proceed to the medical area for evaluation. The onsite medical personnel will determine the appropriate care to be administered.

To assist designated event personnel and coaches on determining the level of distress, these guidelines will be used:

- If a runner looks questionable, event personnel will ask if they need help, if the runner is able to answer immediately and clearly state “no” the runner will be allowed to continue.
- If a runner looks questionable and event personnel asks if they need help and the answer is “yes” the runner will be pulled.
- If the runner looks questionable and event personnel ask “if they need help” and there is no response, the event personnel will continue to follow the runner (off the course) and monitor. If the runner continues to be unresponsive to the event personnel and is unable to run fast enough to separate themselves from the walking event personnel, the runner will be pulled.
- If the runner is able to communicate something and they are just tired, they will be allowed to continue.

Course monitors designated by meet management will be provided these guidelines.

Water will not be provided by meet management on the course during the race. Water will be available before and after the race. A determination on whether or not coaches will be allowed to hand out water during a race will be made prior to the start of races each day.

NOTE: The challenge of handing water to runners is the potential to interfere with other runners when handing the water and what the runner will do with the bottle/cup that could possibly interfere with another runner. In a 5K race, runners who are properly hydrated before the race begins have little risk of becoming dehydrated during the race.

Towels: Will not be allowed to be handed out on the course, they may be distributed by team personnel after the athlete has cleared the finish chute.

Cold water immersion tanks will be available if the weather dictates. Meet management will determine the need based on the Heat Guidelines provided.

Medical personnel and an ambulance will be on site. A trail vehicle will be provided to transport runners in distress to the medical area. Runners who are in need of medical attention shall not be removed from the medical area until cleared by the personnel on site. Coaches/parents should not take runners away from this area until cleared.