

2020 UIL Rules Requires Face Covering For S&C and Instructions

As the public health situation continues to change, the University Interscholastic League (UIL) continues to adapt with it. COVID-19 cases and hospitalizations has increased at higher rates across the nation including the state of Texas.

Today, the UIL amended it's most recent list of requirements to COVID-19 Strength & Conditioning and Sport Specific Instruction for Texas public schools.

Of the updates, wearing face coverings to all UIL activities is in effect since the July 3, 2020 Executive Order from Governor Greg Abbott (Executive Order GA-29). Per the UIL website, "All employees, parents, visitors and students ten years of age or older must wear face coverings or face shields upon entry to an area where UIL activities are being conducted and **when not actively exercising**, unless an exception listed applies."

The UIL and other high school leagues in the state have consistently monitored state legislation and the Center of Disease Control and Prevention (CDC) to create it's guidelines and modify them.

Effects on Cross Country

Cross country training has already began for the majority of programs and schools. The new guideline can definitely affect training.

Teams and coaches will have to require students, athletes, staff, and parents to wear face coverings upon entering school facilities and practice areas whether they are participating or not.

Programs have been training for a month with the previous requirements and will be able to continue using those standards for the most part. Student-athletes can remove their face coverings if they remain a six feet distance from one another.

As it currently stands, this could also be the requirements for cross country meets as the school year and 2020 cross country season come up.

The face coverings requirement does have some exceptions to the rule. To read more on the UIL requirements and guidelines, visit the UIL website.

UIL Related Links:

- COVID-19 Strength & Conditioning and Sport Specific Instruction - Full Printable Version
- Summer Strength/Conditioning Programs & Sport Specific Skill Instruction & Section 1206 (h) of the UIL C&CR
- Individual Sport Regulations
- TEA - Other and Non-UIL Activities PDF