



Covid-19 Procedures and Protocol

COVID-19 Game Procedures and Protocol Overview:

The health, safety and overall well-being of everyone involved in our Great Plains Youth Football League, from players, officials, coaches, staff and spectators is always a #1 priority and concern. The following procedures and protocols are important steps for our league to maintain a healthy environment and to continue to allow the kids the opportunity to compete on the field this season. We understand these procedures and protocols can be cumbersome, difficult and challenging, and not always the friendliest, but we must all work together to make sure we all do the right things, at all times, this season, both on and off of the game field. Our expectation is that everyone who wants to be a part of the youth football experience in our league will understand and follow these procedures and protocols. We have to work together and all be on the same page! Therefore, the following protocols must be followed by all athletes, coaches, spectators and officials at all Great Plains Football games:

Self-Monitoring:

Every adult who is responsible for providing care for children in these settings must be aware of these facts and be willing to comply with the infection control measures that are in place in order to protect all Great Plains Football players, coaches, officials, spectators and staff. Adults should monitor the health of their children and not allow them to participate in activities if they are feeling ill and/or exhibit any symptom of COVID-19 (cough, shortness of breath or difficulty breathing, fatigue, muscle/body aches, sore throat, new loss of taste or smell, congestion or runny nose, nausea or vomiting).

Close Contact with an Individual with COVID-19 Symptoms: Anyone with close contact with a person who exhibits symptoms or tests positive for COVID-19 should stay home or be sent home. They should follow CDC guidelines for self-monitoring and procedures for community-related exposures. If COVID-19 Symptoms are exhibited during an event: If a coach, player, official, spectator or staff member exhibits symptoms during an event, they should be immediately sent home or to a healthcare facility depending on the severity of the symptoms. They should not be allowed to return to an event or participate in any related activity until they have met the CDC criteria to discontinue isolation (see below). Parents/Guardians or supervising adults need to contact their primary care physician and promptly seek COVID-19 testing and report results to the Great Plains Football Administrator at admin@greatplainsfootball.com given the implications for other children, families and staff.

Coach/Player/Official/Spectator/Staff Return to Attend/Participate:

If a member has been diagnosed with COVID-19 they will not be allowed to return to participation until 14 days of quarantine and all three of the following criteria are met:

- at least three days (72 hours) have passed since recovery (fever free without the use of medications)

- the individual has improvement in symptoms
- at least 10 days have passed since symptoms first appeared and individual has received negative test results.

Children or parents who have been in contact with a COVID-19 positive individual cannot participate until the quarantine period ends and both children and adult(s) have tested negative and receive clearance from a physician. Notification: Parents immediately notify the Head Coach, Program Leader and Great Plains Football administrator (admin@greatplainsfootball.com) of any lab confirmed case of COVID-19 while complying with state, privacy/confidentiality laws and with the Americans With Disabilities Act. Great Plains Football will work with the Head Coach, local Program Leader and local health officials regarding close contact COVID-19 cases. Require those who have had close contact with a person diagnosed with COVID-19 to stay home, self-monitor for symptoms and follow CDC guidance if symptoms develop. For any person that has tested positive for Covid-19, a physician's note allowing participation is required before the person will be allowed to return to play.

Spectator Attendance:

Spectators are not allowed to enter the game facility until 5 minutes or sooner before the start of the contest. Spectators must clean hands using soap and water or hand-sanitizer prior to entering the facility. Social distancing is required and will be enforced. Wearing of masks outside is not required, but is highly recommended, especially if social-distancing cannot be avoided. Spectators should bring a lawn chair or blanket to sit on in the event that the facility does not allow use of the bleachers or grand stand for spectator seating.

Athletes, Coaches and Officials:

- 1.) All players, coaches and athletes must wash their hands prior to entering the game facility by washing with soap and water or hand-sanitizer.
- 2.) Players and coaches are encouraged to bring hand-sanitizer with them to the game and use it as often as possible, when not participating in the game.
- 3.) Players must be social distanced as often as possible during warmups, team meetings, on the sidelines during the game.
- 4.) Coaches are required to wear masks whenever they cannot social-distance from officials, other coaches and players.
- 5.) Players and Officials are not required to wear a mask during the competition, but must social-distance as often as possible.
- 6.) Players must bring their own water bottle/drink. They are not allowed to share a team hydration source or share a drink with other players or coaches.
- 7.) Players must refrain from helping up teammates and opposing players.
- 8.) No handshakes, fist bumps, elbow bumps or high fives with teammates, coaches, officials and the opposing teams before, during and after the contest.
- 9.) Cleaning / Disinfecting Surfaces: Coaches must disinfect any areas, surfaces, or shared objects used during the contest, immediately after competition. This includes team benches, footballs, cones, kicking tee's, etc.

RETURN TO YOUTH FOOTBALL 2020

SELF-CHECK HEALTH GUIDE

Be smart this season. Returning to the fields means returning only if you're healthy and don't have symptoms. Use this self-check guide every time before you head out to the field.

IN THE LAST 14 DAYS HAVE YOU HAD...



A fever?

(Record here if higher than 100.3°F _____)

- Yes
- No



A cough?

- Yes
- No



A sore throat?

- Yes
- No



Shortness of breath?

- Yes
- No



Congestion?

- Yes
- No



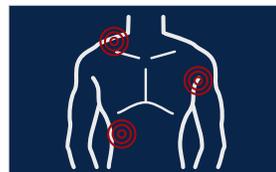
A headache?

- Yes
- No



Chills?

- Yes
- No



Muscle and/or joint pain?

- Yes
- No



Nausea/ Vomiting?

- Yes
- No



Loss of sense of smell and taste?

- Yes
- No



Diarrhea?

- Yes
- No



Close contact or cared for someone with COVID-19?

- Yes
- No

▶ If you answered yes to any of these, we recommend you stay home. Find more resources at usafootball.com/return.

RETURN TO YOUTH FOOTBALL 2020

BEFORE/DURING/AFTER YOU GO TO THE FIELD

Returning to the game this season is a team effort. Your league should have guidelines in place, but parents – as always – are a key component of the success. Why?

- Parents play a critical role in helping the league follow its plan and letting your athletes know why they need to stick to the guidelines.
- Parents and their athletes should always follow their league's guidelines.
- Parents are encouraged to take any additional reasonable steps to make them comfortable with their athlete playing this year.

Here are some important things to do every time before you get the field, while you're there and when it's time to go.

BEFORE

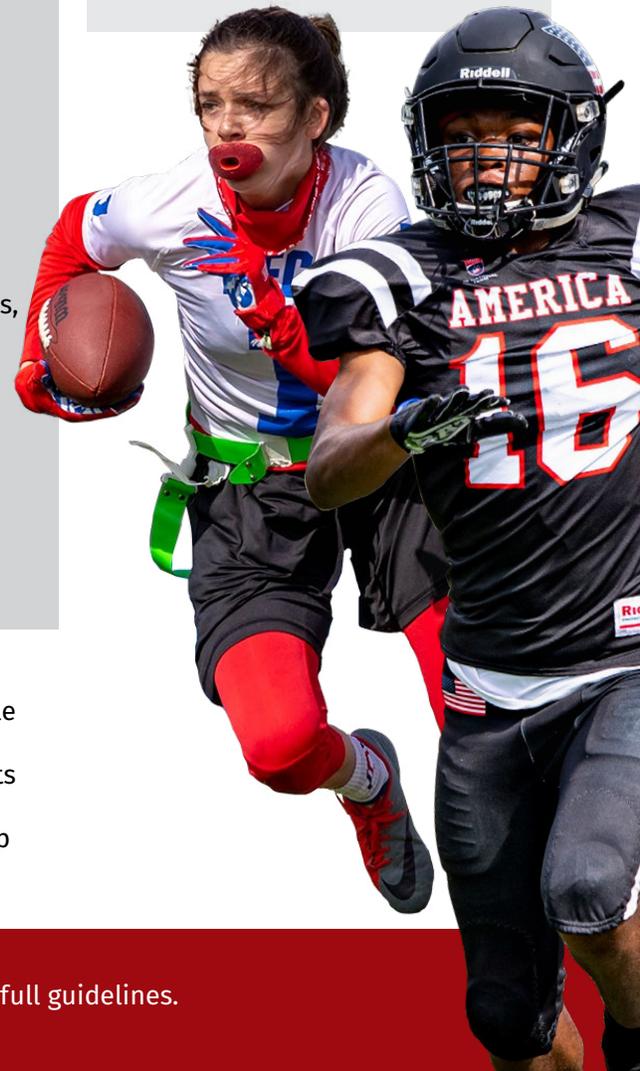
- Check your athlete, yourself and anyone else coming with you for these symptoms. **DO NOT** go if you say 'yes' to any of these:
 - Fever (over 100.3°F)
 - Cough
 - Shortness of Breath
 - Sore Throat
 - Congestion
 - Headache
 - Chills
 - Muscle and/or Joint Pain
 - Nausea/Vomiting
 - Loss of Sense of Smell and Taste
 - Diarrhea
- Your league may also be doing on-site health screenings of athletes. It's a good idea to go with your athlete to make them feel comfortable.
- During Phases 1 and 2, discourage "vulnerable individuals" (as defined by the Centers for Disease Control) from attending practices or games.
- Label your athlete's water bottles, towels and other personal equipment to help eliminate sharing.
- **DO NOT** go to any league activities if you or they have been exposed to COVID-19 within the past 14 days.

DURING

- Make sure you and your athlete practice social distancing.
 - During Phases 1 and 2, all spectators, players, and coaches should remain at least 6 feet apart.
 - During Phase 3, make sure your athlete remains at least 3-6 feet apart from other athletes and coaches when not directly participating in practices or games.
- Wash or sanitize your hands frequently.
- Don't let your athlete share items –including water bottles, towels, clothing, shoes, or football equipment.
- Once your league enters Phase 3, encourage "vulnerable individuals" to continue to practice social distancing while at practices and games.

AFTER

- Wash your athlete's clothes immediately.
- Have your athlete shower immediately. Keep your athlete's equipment and uniform in a plastic bag during the ride home, then sanitize immediately.



- ▶ Ask your league how else you can help. A responsible return requires teamwork. Many leagues need parents to be sideline monitors, sanitize equipment or help with screenings.