



ORONO YOUTH FOOTBALL 2020 COVID PLAN



The Orono Football Association continues to monitor and seek guidance from local and state authorities. Our top priority is community and athlete safety as well as the safety of our volunteer staff. The OFA Board will review this plan on an as needed basis, and make adjustments as additional guidance becomes available. It should be noted that COVID-19 may be contracted from a variety of sources, and we want to ensure OYF participants, coaches, and their families are aware of the additional risks of contracting COVID-19 when participating in group activities, including in youth sports.

Below you will find Participant and Event Specific guidelines adopted by the OFA. It is expected that participants will do their best to comply so that we may provide a fun and complete season for our Youth Athletes.

PLAYERS

MANDATORY PRECAUTIONS

- Must conduct (with parent/guardian aid) a daily [Pre-Activity self-screen](#) and stay home and away from all football activities if they are experiencing symptoms.
- Clearly label water bottle, towels, and other personal equipment to eliminate sharing.
- Must maintain six feet distance, whenever possible, from any other person.
- No spitting, chewing gum or eating sunflower seeds.
- No sharing of food or drinks.

No touch rule – players must refrain from high fives, handshake line, and any other physical contact with teammates, opposing players, coaches, umpires, and spectators.

ADDITIONAL BEST PRACTICES

- Keep Helmet, pads, gloves, uniforms, etc. in a plastic bag during the ride home from any venue and until such equipment can be cleaned and/or sanitized per instructions. Recommend immediately wash all items upon returning home and to use sanitizing products and wipe down any equipment that cannot be washed in a washing machine.
- Full finger gloves should be considered and worn by all players.
- Hand sanitizing is strongly recommended during practices and games.
- Wearing a face covering, when not actively participating in the field of play, is recommended. Players may have the option of wearing a cloth face covering/mask during activities as preferred and indicated by their parents/guardians.



ORONO YOUTH FOOTBALL 2020 COVID PLAN



COACHES

MANDATORY PRECAUTIONS

- Must conduct a daily [Pre-Activity self-screen](#) and stay home and away from all football activities if they are experiencing symptoms.
- Coaches shall wear a face covering /mask during football activities where social distancing (i.e. maintaining physical distance of at least 6 feet from other individuals) cannot be maintained. Coaches may temporarily remove their mask when they can maintain 6 feet physical distance from any athlete.
- Coaches must maintain six feet distance, whenever possible, from any other person.
- Repeatedly remind players not to touch their faces and discourage them from removing and re-inserting mouthguards.
- No spitting, chewing gum or eating sunflower seeds.
- No sharing of food or drinks.
- No touch rule – coaches must refrain from high fives, handshake line, and any other physical contact with fellow coaches, opposing coaches, players, umpires, and spectators.

ADDITIONAL BEST PRACTICES

- For Grades 4th-5th consider calling plays from the sidelines rather than in a team huddle
- Coaches should remind players of social distancing sidelines and other seating areas and encourage wearing face coverings while not actively participating on the field of play.
- Hand washing or hand sanitizing, in the absence of soap and water, is strongly recommended during the games.

Try to limit close contact of the entire team to less than 15 minutes of practice by splitting into smaller PODs within the team for practices.



ORONO YOUTH FOOTBALL 2020 COVID PLAN



OFFICIALS/GAME STAFF

MANDATORY PRECAUTIONS

- Must conduct [Pre-Activity self-screen](#) prior to attending any football related activities and stay home and away from all football activities if they are experiencing symptoms.
- Must maintain six feet distance, whenever possible, from any other person.
- Must avoid exchanging documents or equipment with any other person.
- No touch rule – umpires must refrain from physical contact with coaches, players, and spectators.
- Sideline Personnel ('chain gang' for example) shall wear a face covering /mask during football activities where social distancing (i.e. maintaining physical distance of at least 6 feet from other individuals) cannot be maintained. Individuals may temporarily remove their mask when they can maintain 6 feet physical distance from any other individual.

ADDITIONAL BEST PRACTICES

- Face coverings are strongly recommended at all times. The CDC currently recommends that coaches, officials, on-field/sideline staff and other similar individuals wear cloth face coverings/masks during activities.



ORONO YOUTH FOOTBALL 2020 COVID PLAN



GUARDIANS/SPECTATORS

MANDATORY PRECAUTIONS

- Must conduct [Pre-Activity self-screen](#) prior to attending any football related activities (including practice drop-off or pick-up) and stay home and away from all football activities if they are experiencing symptoms.
- Review USA Football "[PREP KIT CHECKLIST – FOR PARENTS](#)"
- Must maintain six feet distance from any other person not living in the same household and stay in the designated spectator area.
- Spectator areas shall be segregated by Home and Visitor sides.
- No parents/guardians, fans or spectators will be allowed at practices except to conduct Drop-Off and Pick-Up, as procedures are outlined below.
- Parents/Guardians must ensure their athlete(s) have a well-fitting mouth guard and discourage their athletes from removal and re-insertion during football activities.
- No spitting, chewing gum or eating sunflower seeds.

ADDITIONAL BEST PRACTICES

- Face coverings are **strongly recommended** for all parents/guardians, fans and spectators.
- Keep Helmet, pads, gloves, uniforms, etc. in a plastic bag during the ride home from any venue and until such equipment can be cleaned and/or sanitized per instructions. Recommend immediately wash all items upon returning home and to use sanitizing products and wipe down any equipment that cannot be washed in a washing machine.
- Hand washing or hand sanitizing, in the absence of soap and water, is strongly recommended during the games.

DROP-OFF/PICK-UP PROCEDURES

MANDATORY PRECAUTIONS

- All participants must maintain six feet distance from any other person.
- Whenever possible, everyone should enter and exit through designated areas that are different from each other.
- Prohibit gathering and congregating on and around fields.
- Arrive and Leave facilities promptly to reduce congregation time.
- Consider avoiding ridesharing whenever possible



ORONO YOUTH FOOTBALL 2020 COVID PLAN



OFA/OYF ADMINISTRATORS

MANDATORY PRECAUTIONS

- Adhere to all mandatory items listed under “Coaches” above.
- Must conduct [Pre-Activity self-screen](#) prior to attending any football related activities and stay home and away from all football activities if they are experiencing symptoms.
- Must enforce all Mandatory guidelines.
- Must encourage all Recommended Best Practices
- Must ensure all gatherings are in accordance with State, Local, and municipal regulations and as dictated by facilities agreements.
- Must communicate the guidelines for to all organizations, coaches, officials, and parents.

ADMINISTRATIVE “POSITIVE TEST” PROCEDURE

- **In the case of a positive COVID-19 test affecting any athlete, coach, official and/or other category of individual the designated OFA administrator shall immediately contact the Minnesota Department of Health (MDH) to allow them to begin the process of contact tracing and other possible actions/steps.**
- **Administrators shall immediately notify those on the contact list as defined by the SWML of any individual COVID-19 positive test, respecting Personal Health Information and the private nature such information.**



ORONO YOUTH FOOTBALL 2020 COVID PLAN



Orono Youth Football has adopted and will adhere to the following for COVID return to play guidelines:

1. [USA Football Return to Youth Football 2020 Guidelines](#)
2. Southwest Metro Football League Return to Competition Protocols (attached)
3. [Minnesota State High School League COVID Notice](#)

PRACTICE GUIDELINES

- [Pre-Activity self-screening Per USA Football Return to Youth Football 2020 guidelines.](#)
- 4. Return to “regular” practice activities with contact in a manner consistent with the [Minnesota State High School League COVID Notice](#)
- Footballs to be sanitized periodically throughout the practices.
- Teams may not practice together (i.e. scrimmage or co-practice) without prior OFA approval to maintain record of potential contact tracing.

GAME/SCRIMMAGE GUIDELINES

- [Pre-Activity self-screening Per USA Football Return to Youth Football 2020 guidelines.](#)
- Return to game activities as scheduled with consideration to [USA Football Return to Youth Football 2020 guidelines consistent with section 11. FURTHER CONSIDERATIONS](#) as applicable.
- All athletes on sidelines must maintain six feet distance, whenever possible, from any other person.
- Each team must provide their own football when they are the offensive team on the field, sanitization should be provided periodically throughout the game.



ORONO YOUTH FOOTBALL 2020 COVID PLAN



List of sources, links and resources:

- [USA Football Return to Play 2020](#)
- [Prescreen Self-Check Questionnaire](#)
- [PREP KIT CHECKLIST – FOR PARENTS](#)
- [Link to MDH COVID testing locations](#)
- <https://www.usafootball.com/resources-tools/return-to-youth-football/for-parents/>
- **COVID-19 Sports Guidance for Youth and Adults (MDH) -**
<https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>
- **Frequently Asked Questions(MDH) -**
<https://www.health.state.mn.us/diseases/coronavirus/sportsguidefaq.pdf>
- Reviewed and endorsed by [Minnesota Department of Health](#) and Commissioner for Youth Sports
- Document input from [Minnesota Youth Athletic Services](#)

Definitions & Clarifications:

- **Symptoms of COVID-19 Infection** – Individuals with COVID-19 can exhibit symptoms ranging from the following:
 - Most common symptoms:
 - Fever (equal or greater than 100.4 degrees F)
 - Cough
 - Shortness of Breath
 - Less common symptoms:
 - Sore Throat
 - Congestion
 - Nausea and vomiting
 - Diarrhea
 - Headache
 - Muscle/Joint pain
 - Sudden loss of taste or smell
 - Chills
 - *Note: Some people do not have symptoms or have very mild symptoms. Persons with COVID-19 may be infectious two days prior to symptom onset.*
 - **What to do if you're waiting for COVID-19 test results -**
<https://www.health.state.mn.us/diseases/coronavirus/waiting.pdf>
- **Close Contact and Exposure** – See Appendix A



ORONO YOUTH FOOTBALL 2020 COVID PLAN



Appendix A – Close Contact and Exposure to a Suspected or Diagnosed Case of COVID-19

These recommendations are intended to provide an outline for decision-making as it relates to protocols for navigating a possible exposure to a suspected or diagnosed case of COVID-19.

Any player or staff who has been exposed to a COVID-19 case shall self-quarantine for 14 days from the last contact with the case.

In this case, **close contact and/or exposure** means any one of the following:

1. Caring for a sick person with a suspected or confirmed COVID-19 infection.
2. Living in the same household as an individual with a suspected or confirmed COVID-19 infection
3. Individual who has had close contact (> 6 feet) for greater than or equal to 15 cumulative minutes with known or suspected COVID-19 or possible COVID-19 infection.*

In the cases of items 1 and 2 above, individuals should consider these quarantine criteria “automatic”. In the case of the third bullet above, this determination of close contact can either be made by the OFA or by contact tracers at MDH.

* If you are absolutely sure an individual had 15+ minutes of close (< 6 feet) contact with a lab-confirmed case of COVID-19, please ensure that individual self isolates for 14 days from last contact with the aforementioned case.

If you have questions about whether an individual needs to self-isolate, follow the below steps:

1. Have that individual self-isolate (No on-site/in-person team activities)
2. Email health.Sports.Covid19@state.mn.us and explain your exposure story. It’s ok to reach out to your local health officials instead, if you prefer.
3. Don’t allow that individual return to team activities until you’ve received a recommendation from a state or local health official.
4. Follow their recommendation.

CDC Public Health Guidance for Community-Related Exposure (Definition Above): <https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>



ORONO YOUTH FOOTBALL 2020 COVID PLAN



APPENDIX B – SOUTHWEST METRO LEAGUE COVID GUIDELINES



ORONO YOUTH FOOTBALL
2020 COVID PLAN



Southwest Metro Football League

Return to Competition Protocols

*Our plan to safely hold youth football
association games.*

Updated August 5, 2020