



## Farmington Youth Football Association COVID-19 Preparedness Plan

Farmington Youth Football Association (FYFA) is committed to providing a safe and positive environment for all our members to participate in football-related activities. FYFA has developed the following Preparedness Plan in response to the COVID-19 pandemic for all FYFA sanctioned activities. Coaches, parents, spectators, referees/umpires, and players {Participants} are all responsible for implementing this plan. It is FYFA's goal to provide reasonable protective measures to minimize the risk of potential transmission of COVID-19 on and around the field of play, and that requires full cooperation among everyone involved. Only through this cooperative effort can FYFA establish and maintain the safety and health of our participants.

FYFA's COVID-19 Preparedness Plan is meant to supplement – **not replace** – any federal, state, or local safety, laws, rules, and regulations with which youth sports organizations must comply. FYFA's COVID-19 Preparedness Plan follows Centers for Disease Control and Prevention (CDC), including [COVID-19 Resources and Considerations for Youth Sports](#), and Minnesota Department of Health {MDH} guidelines related to [COVID-19 Sports Guidance for Youth Sports](#), and addresses:

- prompt identification and isolation of sick persons;
- hygiene and respiratory etiquette;
- controls for social distancing;
- cleaning, disinfecting and decontamination;
- communications and training provided to coaches and players; and
- steps necessary to ensure effective implementation of the plan.

The MDH recognizes that sports provide opportunities for youth to develop or maintain fitness, specific skills, mental well-being, and social-emotional health. FYFA supports youth engaging in sports, particularly football, but FYFA recognizes that in today's environment participation needs to be done in a way to keep all Participants as safe as possible.

### COVID-19 screening and policies for participants

Participants should self-monitor for signs and symptoms of COVID-19 before leaving home or otherwise engaging in any FYFA football-related activity. Stay home if you have a temperature exceeding 100.4 or have respiratory symptoms {i.e. cough, sore throat, or shortness of breath}. Participants who are sick should notify their Program Director and follow [CDC-recommended steps](#). Participants should not return to play until the criteria to [discontinue home isolation](#) are *met*, in consultation with healthcare providers and state and local health departments. Participants who are well but who have a sick family member at home with COVID-19 should follow [CDC recommended precautions](#) including self-quarantine.

Team personnel may screen players for symptoms upon arrival. Participants who appear to have [symptoms](#) (such as: cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, new loss of

tast or smell) or who become sick during an activity should be immediately separated from other participants and sent home.

Participants with underlying medical conditions or who have household members with underlying health conditions should take additional precautions to minimize face-to-face contact, maintain a distance of six feet from other participants, and/or use CDC approved Personal Protective Equipment (PPE) if possible.

If a participant is confirmed to have a COVID-19 infection, FYFA will inform fellow participants of their possible exposure to COVID-19 while maintaining confidentiality and instruct fellow participants about how to proceed based on the [Public Health Recommendations for Community-Related Exposure](#).

## Cleaning and disinfecting

Regular housekeeping practices should be followed including routine cleaning and disinfecting of player equipment, shoulder pads, helmets, footballs, etc. Team personnel will carry disinfectant to be used before, during and after practices and games. Parents are strongly encouraged to supply their players with antibacterial wipes and hand sanitizer to disinfect their equipment and clean hands. Players should refrain from sharing equipment in general. This includes but is not limited to helmets and other pads.

- Coaches are asked to sanitize surfaces of blocking/tackling bags before use and upon completion practice, or task a parent volunteer to complete such tasks.
- Teams should clear their area (e.g., sideline and practice space) of all trash and other items after each practice or game.
- Players should use their own personal cooler. Team coolers are prohibited.
- Participants should hand sanitize following a game or practice..
- Players should wear gloves as much as possible, especially when handling a football or engaging in blocking or tackling or opposing players.

## Communications and training

This Preparedness Plan will be communicated to all participants on or before the first day of organized activity. Additional communication and training will be provided to all participants on an ongoing basis. This Preparedness Plan will be updated, as necessary, to implement a phased approach to a safe return to play.

## Steps to implementing a safe return to play

FYFA will develop safe return to play guidelines in a phased approach according to the CDC's recommendations along with state and local resources. This section will be updated with each phase to provide a clear outline of how practice and play should be implemented. The guidelines below are a supplement (in addition) to the COVID-19 Preparedness Plans outlined above.

### **APPROVED PHASE I (Groups of $\leq 10$ ) – Scaled Pod Practices – Workouts and Drills**

*Effective beginning Monday, June 8, 2020 or as soon as access to fields has been granted*

- Email sent to players, parents, coaches, and team managers detailing practice guidelines.
- Practices will be scheduled for each pod consisting of 10 or less individuals, including coaches. Due to limited field availability any ad-hoc practices should be scheduled with the FYFA Fields Scheduling Director.
- Practice times will be staggered from 5:15-6:45 and 7:00-8:15 pm (15 minutes of transition time).
- Within the practice, create consistent pods of the same staff, volunteers, and participants with a maximum number of 10 people in each pod.

- Parents or caregivers should not attend practices. If necessary to be at practices, ensure that proper social distancing is maintained between parents or caregivers.
- Focus on skill development.
- Keep any "play" or interaction between players contactless." Drills and fundamentals that keep contact between players should be implemented with social distancing emphasized as much as possible.
- Discourage sharing of equipment as much as possible. If sharing has to occur, consider the equipment and type of use and consider cleaning equipment in between each use.
- Follow the outlined ratios for participants per field:
  - Football (~58,000+ sq. ft.)- no more than four pods of  $\leq 10$ .
  - Do not have intermixing of any individuals between pods.
- Limit use of locker rooms or storage areas for players. Players should hang their equipment on a fence outdoors or otherwise maintain a minimum of six feet apart.
- Do not participate in games or tournaments, even if these events are out of state where youth sports games/tournaments are supported.
- Coaches on the field in the process of working with pods should wear masks.

This guidance is based on the [MDH Guidance for Social Distancing in Youth Sports](#) updated June 6, 2020 and [USA Football Return to Play Guidelines](#).

### **APPROVED PHASE II (Groups of $\leq 25$ ) – Increase to Scaled Pod Practices**

*Effective beginning Wednesday, June 10, 2020*

- Email sent to players, parents, coaches, and team managers reminding of practice guidelines.
- Practices will be scheduled for either up to 5 pods of 10 or less individuals per field or 2 pods of 25 or less individual per field, including coaches. Due to limited field availability any ad-hoc practices should be scheduled with the FYFA Fields Scheduling Director.
- Practice times will continue to be staggered from 5:15-6:45 and 7:00-8:15 pm (15 minutes of transition time), as appropriate.
- Within the practice, create consistent pods of the same staff, volunteers, and participants with a maximum number of 10 people in each pod if practicing with up to 5 pods per field, or a maximum number of 25 people in each pod if the only 2 pods on a football field.
- Parents or caregivers should not attend practices. If necessary to be at practices, ensure that proper social distancing is maintained between parents or caregivers.
- Focus on skill development.
- Keep any "play" or interaction between players contactless." Drills and fundamentals that keep contact between players should be implemented with social distancing emphasized as much as possible.
- Discourage sharing of equipment as much as possible. If sharing has to occur, consider the equipment and type of use and consider cleaning equipment in between each use.
- Follow the outlined ratios for participants per field:
  - Football field (~58,000+ sq. ft.)- no more than five pods of  $\leq 10$  or two pods of  $\leq 25$ ..
  - Do not have intermixing of any individuals between pods.
- Limit use of locker rooms or storage areas for players. Players should hang their equipment on a fence outdoors or otherwise maintain a minimum of six feet apart.
- Do not participate in games or tournaments, even if these events are out of state where youth sports games/tournaments are supported.
- Coaches on the field in the process of working with pods should wear masks.

This guidance is based on the [MDH Guidance for Social Distancing in Youth Sports](#) updated June 6, 2020 and [USA Football Return to Play Guidelines](#).

**APPROVED PHASE III (Full Team Practice and Games Allowed) - Games with limited spectators**

*Effective date of Monday, July 6, 2020*

- Email sent to players, parents, coaches, and team managers detailing game play guidelines.
- Games will be scheduled by the South Suburban Youth Football League.
- Each team should use their own football on the offensive possession and should be sanitized between each possession..
- Coaches are asked to sanitize surfaces of blocking/tackling bags before use and upon completion of practice, or task a parent volunteer to complete such tasks.
- Only players, up to five coaches per team, and the referees/umpire(s) are allowed on the field of play.
- Discourage sharing of equipment as much as possible. If sharing has to occur, consider the equipment and type of use and consider cleaning equipment in between each use.
- During a game, participants not on the field of play should maintain six feet of separation on the sideline, to the extent possible..
- Spectators will not be allowed at practices. Spectators are allowed at games but must be located away from the participants. Spectators are highly encouraged to wear face coverings or facemasks to reduce risk of COVID-19 transmission, including when arriving at the sports facility and during the duration of the game. Spectators are also high encouraged to follow 6 foot social distancing recommendations.
- Referees/Umpires will be asked to officiate the game from the sideline as much as possible or behind the area involving participants.
- Players should wear gloves as much as possible. Players should also sanitize or otherwise wash their hands immediately upon completion of practice or a game.
- At the pregame meeting and throughout the game, coaches, players and umpires will not be allowed to shake hands or have any physical contact with other participants.
- At the conclusion of the game, players will be asked to line up on opposing 40 yard lines and "tip their helmet" as a salute to the other team to promote sportsmanship. No handshakes or high fives with the opposing team or coaches.
- Participants and spectators are prohibited from gathering in groups and confined areas.
- Whenever possible, participants should enter and exit through designated areas that are different from each other. In the event there is only one entrance, teams will need to be cautious and courteous at the point of entry by observing all social distancing rules.
- Participants and coaches are highly encouraged to wear face coverings or facemasks to reduce risk of COVID-19 transmission, including when arriving at the sports facility and leaving. Participants and coaches are highly encouraged to wear cloth face coverings or facemasks as much as possible during practice, warm-ups and games, but it is recognized that cloth face coverings or facemasks may be challenging to wear while participating in practice, warm-ups and games, such that they may not be worn at all times.

This guidance is based on the [MDH Guidance for Social Distancing in Youth Sports](#) updated June 6, 2020 and [USA Football Return to Play Guidelines](#).

**Draft PHASE IV (No limit on group sizes)- Games and tournaments with spectators**

*To be determined*

- There are no limits to group sizes.
- Sports go back to normal participation and operation .
- Vulnerable populations should continue social distancing and take precautionary measures.

Original: July 22, 2020

This guidance is based on the [MDH Guidance for Social Distancing in Youth Sports](#) updated June 6, 2020 and [USA Football Return to Play Guidelines](#).

## **Appendix A - Guidance for COVID-19 Preparedness Plan**

### **Participant screening questions**

The following questions may be used by team personnel to screen for symptoms of COVID-19.

- Do you live with anyone who has tested positive for COVID-19?
- Do you live with anyone that is required to self-quarantine?
- Do you have any of the following respiratory symptoms?
  - o Cough
  - o Sore throat
  - o Shortness of breath
- Have you taken any fever reducing medications (i.e. Tylenol) within the last 24 hours?

### **Program Director contact information**

#### **FYFA Director of Youth Football**

Brian L. Stender

612-298-8680

[stender@ptslaw.com](mailto:stender@ptslaw.com)

#### **FYFA Vice President**

Scott Cariolano

651-812-8078

[scott.cariolano@gmail.com](mailto:scott.cariolano@gmail.com)

#### **FYFA Player/Coach Director**

Sean Henry

612-386-0138

[sean.henry29@yahoo.com](mailto:sean.henry29@yahoo.com)

## **Appendix B- Resources for COVID-19 Preparedness Plan**

### **General**

[www.cdc.gov/coronavirus/2019-nCoV](http://www.cdc.gov/coronavirus/2019-nCoV)

[www.health.state.mn.us/diseases/coronavirus](http://www.health.state.mn.us/diseases/coronavirus)

[MDH Guidance for Social Distancing in Youth Sports](#) updated June 6, 2020

[USA Football Return to Play Guidelines](#).

[COVID-19 Resources](#) for your association

Resources The National Youth Sports Strategy (PDF) ([https://health.gov/sites/default/files/2019-10/National\\_Youth\\_Sports\\_Strategy.pdf](https://health.gov/sites/default/files/2019-10/National_Youth_Sports_Strategy.pdf))

Project Play Resources (<https://www.aspenprojectplay.org/coronavirus-and-youth-sports>)

Youth Programs and Camps During the COVID-19 Pandemic (PDF) (<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/Camps-DecisionTree.pdf>)

### **Participants exhibiting signs and symptoms of COVID-19**

[www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html)

[www.health.state.mn.us/diseases/coronavirus/basics.html](http://www.health.state.mn.us/diseases/coronavirus/basics.html)

[COVID-19 Exclusion Guidance: Decision Tree for Symptomatic Individuals in Schools & Childcare Programs \(PDF\)](#)

### **Hygiene and respiratory etiquette**

[www.cdc.gov/handwashing/when-how-handwashing.html](http://www.cdc.gov/handwashing/when-how-handwashing.html)

[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

<https://youtu.be/d914EnpU4Fo>

[www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html)

[www.health.state.mn.us/diseases/coronavirus/prevention.html](http://www.health.state.mn.us/diseases/coronavirus/prevention.html)

[www.cdc.gov/healthywater/hygiene/etiquette/coughing\\_sneezing.html](http://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html)

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

### **Social distancing**

[Guidance for Social Distancing in Youth and Student Programs \(PDF\)](#)

[Guidance for Social Distancing in Youth Sports \(PDF\)](#)

[COVID-19 Outdoor Recreation, Facilities and Public Guidelines](#)

### **Cleaning and disinfecting**

[www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html)

[www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2](http://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2)

[www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html](http://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html)