

Information regarding the Covid-19 safety measures to be taken by Satellite Beach Flag Football and is subject to change as needed following state and local guidelines.

Sanitizing products each team will be provided with:

- 1) Spray hand sanitizer to be used before and after practices/games at minimum
- 2) A spray bottle of commercial grade disinfectant to spray to be used before and after practices/games at minimum.

All coaches and players will be responsible for self reporting the symptoms of possible Covid including:

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle Pain
- Headache
- Sore throat
- Loss of taste or smell
- Diarrhea
- Feeling Feverish or a measured temperature greater than or equal to 100 degrees F
- Known close contact with a person who is lab confirmed to have COVID-19
- Currently living with someone experiencing symptoms of COVID-19

If any of these symptoms are present, the person is not to come to any Satellite Beach Flag Football gatherings.

We will adhere to the current CDC Recommendations in the following.

If you think or know you had Covid-19 with symptoms, you can be with others after

- At least 10 days since symptoms first appeared **and**
- At least 24 hours with no fever without fever-reducing medication **and**
- Symptoms have improved

If you tested positive but have no symptoms and you continue to have no symptoms, you can be with others after:

- 10 days have passed since test

Any player or coach who has come in close contact with a person testing positive for Covid-19 will be asked to refrain from all Flag Football activities for 14 days from the contact. Close contact is defined as:

- You were within 6 feet of someone who has COVID-19 for at least 15 minutes
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (touched, hugged, or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

Practice and Play

- Teams will have a 10 player max.
- Players are to bring their own, well labelled water bottles and snacks (if needed) which are to be spaced out to allow for distancing during water breaks.
- There will be no team snacks this season.
- As we will likely have various players out during any given week, there will be greater focus on skill-development over competition during play.
- Practices are not to be combined with other teams and practice zones are to be strictly adhered to per the city's request to keep gatherings in groups of 10 players.
- There will be no traditional huddles. Players may gather closer together for play calls but are to be mindful to maintain distancing at a minimum of 3ft.
- Players not currently in play are to maintain social distancing on the sidelines and younger players may sit with their parents.
- There will be no spitting
- Players are to be mindful of leaving their mouth guards in their mouths

Spectators

- Social distancing between parties will be a minimum of 6ft
- Please leave the fields promptly after practices/games.

Masks/face coverings are recommended but not required.