



Heartland Youth Football League

Est 2016

Covid 19 Guidelines for Building Champions Camp

- Temperature checks for All attendees as they enter facilities.
- **Do Not** leave your house if you have a temperature above 100 degrees. If you have a temperature when you arrive of 100 or above, you will not be permitted to Camp.
- All participants will be provided their own Hydration (Water) Bottle at Check In.
- Adult staff members or volunteers will help maintain social distancing among youth, coaches and spectators
- Groups will not have more than 20 Campers in each. Campers will be required to stay in their respective Group for both Days.
- Volunteers will ensure they are placing players at least 6 feet apart on the field while participating at the Camp (e.g., during warmup, skill building activities, simulation drills)
- Discouraging unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.
- Creating distance between players and Stations when explaining drills.
- Players are encouraged to wait with their Parents or Guardians until just before the beginning of a Camp.
- Equipment and Water Stations will be cleaned as each Group moves from Station to Station
- Provide physical guides, such as signs and tape on floors or playing fields, to make sure that coaches and players remain at least 6 feet apart when possible.