



Heartland Youth Football League

Est 2016

Recommended Guidelines for Safe Return to Football:

Individual Responsibilities:

- **Do Not** leave your house if you have a temperature above 100 degrees. If you have a temperature when you arrive of 100 degrees or above, you will not be permitted to participate.
- Any player testing above 100 will be sent to a shaded area and allowed to retest
- Players not testing at 100 or lower will be sent home
- Return to practice only after testing below 100 by parents. After third day of consecutive testing over 100, participant will be required to have a return to practice release from a physician
- All participants must have their own Hydration (Water/Gatorade) Bottle.

Organizational Responsibilities:

- Temperature checks for All attendees as they enter facilities (If Possible).
- Identifying adult staff members or volunteers to help maintain social distancing among youth, coaches, umpires/referees, and spectators (if state and local directives allow for spectators).
- Spacing players at least 6 feet apart on the field while participating in the sport (e.g., during warmup, skill building activities, simulation drills)
- Discouraging unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.
- Prioritizing outdoor, as opposed to indoor, practice and play as much as possible.
- Creating distance between players when explaining drills or the rules of the game.
- If keeping physical distance is difficult with players in competition or group practice, consider relying on individual skill work and drills.
- Encourage players to wait in their cars with guardians until just before the beginning of a practice, warm-up, or game, instead of forming a group.
- Limit the use of carpools or van pools. When riding in an automobile to a sports event, encourage players to ride to the sports event with persons living in their same household.
- If practices or competition facilities must be shared, consider increasing the amount of time between practices and competitions to allow for one group to leave before another group enters the facility. If possible, allow time for cleaning and/or disinfecting.
- 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.
- Close shared spaces such as locker rooms, if possible; otherwise, stagger use and clean and disinfect between use.
- Limit the number of players sitting in confined player seating areas (e.g., dugouts) by allowing players to spread out into spectator areas if more space is available (e.g., if spectators are not allowed).

Guidelines for Confirmed Cases and Tracing

If a parent of one of your players is diagnosed with COVID-19, that player should quarantine themselves for 10 days. This risk of household transmission is 10-40%. If that child develops symptoms of COVID-19 during this quarantine, then they should see their primary care physician (PCP) and be tested or cleared by their PCP before returning. Otherwise, if that child remains asymptomatic, then they may return after a 10-day quarantine.



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If one of your players or coaches is diagnosed with COVID-19 and has exposed the rest of my team or coaching staff, then the entire team should quarantine for 10 days from the time of the exposure. If a child or coach develops symptoms of COVID-19 during this quarantine, then they should see their primary care physician (PCP) and be tested or cleared by their PCP before returning. Otherwise, if team members remain asymptomatic, then they may return after a 10-day quarantine. If a game is missed during this quarantine period, then every effort will be made to reschedule this game.

If a Team you recently played (within 72 hrs) learns a player from the game was diagnosed with Covid-19, the team with the positive player should quarantine (see question #2) and the opposing team should quarantine for a 10-day period from the time of the exposure (ie the game) as well. This is not an easy answer, as the duration and intensity of exposure may vary depending on degree of exposure during the game with this player.

Guidelines for Game Day:

Each Team is responsible to check their players for symptoms prior to arriving at the Field or before entering the Field.

Teams will provide Screenings before entering the Field where possible. We understand that this may not be possible at Parks where the field is not fenced in. All guests are required to adhere to the Home Field guidelines.

It is recommended Spectators wear a face covering when entering and to their seats and remove it at that time.

Spectators should do their best to Social Distance while attending the games.

We must do our best to maintain the 250 Spectator limit for the game. Parents/Spectators are asked to leave after their child has completed their competition.

NOTE: These are Guidelines intended for use by all of our Teams. Each organization will make final determination of how they will mitigate the Covid 19 disease

-- Encourage participants (Players, Parents and Volunteers) to talk with Team Leaders about their concerns and how they are feeling.