



2020 NAAFY Health and Safety Guidelines

The following health and safety guidelines are being incorporated for the 2020 Football/Cheer Season, due to the following:

- CoVID-19 transmission

League (Conference) Protocols

#	Guideline	NAAFY Protocol	Reference
1	<p>Follow all state and local guidelines as regards COVID-19 and youth sports including but not limited to start dates and limitations on crowd sizes.</p> <p>There should be no player to player bodily contact until permitted by state and local mandates or guidelines.</p>	League President and Commissioner will monitor all guidance statements and changes from the Alabama Department of Public Health regarding youth athletic activities.	- Sadler 2, 14 - ADPH
2	GAMEDAY: Conduct pre-event observation and/or questioning of all players and staff about the existence of any COVID-19 symptoms 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 100.4 degrees Fahrenheit, or known close contact with person who is lab confirmed to have COVID-19.	Field Boss will conduct pre-game health checks of each player and coach, including asking a series of questions found in the ADPH guidance.	- Sadler 11 - ADPH Bullets 1 and 2
3	All team or player awards will be presented wrapped up and given to the team manager, or his/her designee. There will not be any presentation on the field.	League bowl game trophies will be wrapped and presented to the team head coach	- Sadler 36

4	This document should be emailed to all staff, players (if appropriate), and parents/guardians prior to participation in the first event. In addition, this document should be posted on the sports organization's website and any applicable social media.	The League will post the 2020 NAAFY Health and Safety Guidelines on the NAAFY.org website and Facebook page.	- Sadler 5
5	A strict no contact policy will be observed for customary game-related activities such as pre-game coaches' handshakes, umpire-coach-player introductions, and post-game handshakes between members of opposing teams. Instead, officials, players, and coaches should use verbal queues such as saying "good game", without shaking hands, high-fiving, or fist-bumping.	Field bosses will ensure that no pre-game or post-game handshaking by coaches, players, or referees will occur, but rather a distanced sportsmanship acknowledgement will be performed between the teams.	- Sadler 27 - ADPH Bullet 7 - AHSAA Rule Change #6 - NFHS 6

Association Protocols

#	Protocol Action	NAAFY Protocol	Reference
6	Appoint a COVID-19 coordinator to oversee all aspects of the COVID-19 risk management plan including customization, implementation, monitoring, updates/changes, communications, staff training, regulatory compliance, documentation, and answering staff, player, parent/guardian and spectator questions about COVID-19 concerns.	Each association will appoint a health/safety coordinator (can be per team as well) who will use the NAAFY CoVID-19 Screening Checklist prior to each practice or assembly of the players. The coordinator will conduct pre-practice health checks of each player and coach, including asking a series of questions found in the ADPH guidance and record the information in a binder using the NAAFY Health/Safety Checkout Record. The coordinator for each association will send a copy of each completed record to the League President for reference (i.e. photocopy, picture/text, email).	- Sadler 1

#	Protocol Action	NAAFY Protocol	Reference
7	An approved Minor waiver/release with COVID-19 language form should be signed by all parents/guardians and players prior to participation. An approved Adult Waiver/Release with COVID-19 language should be signed prior to participation by all team and league staff who are employees, independent contractors, or volunteers. Or, a stand alone COVID-19 waiver/release may be used in addition to the regular waiver/release agreements.	The parent/guardian of each registered player will sign a waiver for the player, acknowledging the CoVID-19 transmission risk, and that he/she releases NAAFY, the associations of NAAFY, and all affiliated coaches, staff, and players of any liability.	- Sadler 3
8	COVID-19 warning signage should be conspicuously posted at entry, exit, and in bathrooms warning of COVID-19 risks and what steps can be taken to reduce such risks such as social distancing, use of face coverings, frequent hand washing and/or use of hand sanitizer, and enhanced risks to those with underlying conditions and over the age of 65.	Each association will post the NAAFY CoVID-19 Warning Signage at all practices and hosted games at all entry locations and where spectators are seated in clearly visible locations at the host site.	- Sadler 4
9	This document should be emailed to all staff, players (if appropriate), and parents/guardians prior to participation in the first event. In addition, this document should be posted on the sports organization's website and any applicable social media.	Each association will post the 2020 NAAFY Health and Safety Guidelines on their corresponding website and Facebook page.	- Sadler 5
10	There should be enough time between practices and games to allow one group to vacate the premises before the next group enters as well as for proper sanitation of surfaces and other equipment.	<p>For practices, associations will ensure that when teams are practicing at the same field/facility, start times are staggered to allow for health checks by the health/safety coordinator for one team before another begins, keeping the teams separate. Field practice areas will also be separated by a minimum of 10 yards between team designated areas. The health/safety coordinator will monitor bathroom usage, and procedures will be developed by the association to ensure the facilities are kept clean.</p> <p>For hosted games, teams will ensure that all bathroom facilities are kept sanitary.</p>	- Sadler 6
11	Players, staff, parents/guardians, and spectators should stay home (or the motel under isolation if at a tournament) when they are showing signs of COVID-19, have a temperature, or have had close contact with a person with COVID-19.	Associations will explain to the parent/guardian of each registered player that any player showing signs of CoVID-19 or illness MUST stay home.	- Sadler 7 - ADPH Bullet 3

#	Protocol Action	NAAFY Protocol	Reference
12	If a staff member, player, parent/guardian, or spectator exhibits symptoms during an event, they should immediately be separated and sent home or to a health care facility depending on the severity of the symptoms.	Associations will explain to the parent/guardian of each registered player that any player showing signs of CoVID-19 or illness MUST be sent home or to a health care facility.	- Sadler 8
13	If a staff member or player has tested positive for COVID-19, exhibits symptoms but has not been tested, or has had close contact, such staff member or parent/guardian on behalf of player must immediately disclose this information to the COVID-19 coordinator and must remain in quarantine until meeting state or CDC Criteria For Discontinuing Home Isolation. Return to activity should be cleared by the COVID-19 coordinator who may require written clearance from a health care professional.	Associations (and their corresponding team coaches) will explain to the parent/guardian of each registered player that any player showing testing positive for CoVID-19, exhibiting symptoms, or has been in close contact with a person testing positive, MUST remain home and in quarantine until cleared by a health care professional.	- Sadler 9 - ADPH Bullet 3
14	The COVID-19 coordinator should notify local health officials, staff, and family members immediately of any lab confirmed case of COVID-19 for any staff member or player while complying with local and state privacy/ confidentiality laws as well as with HIPAA and the Americans With Disabilities Act.	Each association health/safety coordinator that confirms a player, coach, or staff of the association is positive with CoVID-19, will coordinate with the League President to notify local health officials and any others required to know this information, while minding HIPAA and the Americans With Disabilities Act.	- Sadler 10
15	All staff, players, parents/guardians and spectators not of the same household should practice social distancing of 6 ft. whenever possible.	Each association will ensure that spectators of practices or hosted games practice 6ft social distancing at all times.	- Sadler 12 - ADPH Bullet 6 - AHSAA/NFHS 1
16	Limit the number of teams who use a practice field at the same time to allow for proper social distancing and groupings of players.	Associations will ensure that when teams are practicing at the same field/facility, start times are staggered to allow for health checks by the health/safety coordinator for one team before another begins, keeping the teams separate. Field practice areas will also be separated by a minimum of 10 yards between team designated areas.	- Sadler 14 - AHSAA/NFHS 9
17	Staff, players, parents/guardians, and spectators should not congregate prior to the event and should stay in cars until right before warm ups and should avoid other groups that are leaving the prior event. Team staff, players, parents/guardians, and spectators should quickly exit after the event and go directly to their cars without congregating with other teams or spectators in common areas.	Each association will ensure that spectators of practices or hosted games practice 6ft social distancing at all times. Associations will ensure that spectators understand the distancing guidelines, including the entry and exit of practice/game venues.	- Sadler 17 - ADPH Bullet 6 - AHSAA/NFHS 1

#	Protocol Action	NAAYF Protocol	Reference
18	Staff are encouraged to wear face covering whenever within 6 ft. of another player, staff member, or parent.	Associations will ensure that all coaches and staff are encouraged to wear a face covering when close to other staff, coaches, and players.	- Sadler 20 - ADPH Bullet 5 - AHSAA/NFHS 8
19	Parents and spectators are encouraged to wear face coverings whenever they are at the facility and within 6 ft. of a person not of the same household.	Associations will ensure that all spectators are encouraged to wear a face covering when close to other spectators from other households.	- Sadler 22 - ADPH Bullet 5 - AHSAA/NFHS 1, 8
20	Staff, players, parents/guardians, and spectators should practice proper hygiene, wash hands frequently with soap and water for at least 20 seconds, use hand sanitizer (at least 60% alcohol), abstain from touching their face (mouth, nose or eyes), refrain from spitting, and cover their cough or sneeze with a tissue and throw tissue in the trash. If no tissue is available, then coughing or sneezing into one's elbow is recommended. In addition as a back up, players and staff should have their own hand sanitizer available for use.	Associations will communicate to staff, players, parents/guardians and spectators the importance of proper hygiene and trash disposal, and common things to abstain from, including touching their face and spitting. Associations will ensure that each team has hand sanitizer and other necessary items for ensuring proper cleanliness and sanitization.	- Sadler 23 - ADPH Bullet 4 - AHSAA/NFHS 1, 8
21	Facility entrances and exits should be set up at separate locations whenever possible. Discontinue the use of physical posting of brackets, rules, etc. and instead post online.	Associations will ensure that there are separate ingress and egress locations to practices and hosted games.	- Sadler 28 - ADPH Bullet 9
22	The facility owner/operator and/or sports organization should provide hand washing and/or hand sanitizer stations throughout the facility and near dugouts.	Similar to practices, game hosts will ensure that there is hand sanitizer available on the sidelines of each game.	- Sadler 29 - ADPH Bullet 11
23	The facility owner/operator and/or sports organization should regularly clean and sanitize all common areas including dugouts, other seating, water fountains, bathrooms, concession stands and similar areas between games and activities. The facility owner/operator and/or sports organization should also provide cleaning supplies and hand sanitizer near all dugouts or other player seating areas. See CDC guidance on cleaning and disinfecting your facility including what cleaning products to use and steps for safe disinfectant use.	Associations will coordinate with the practice and game facility owners to ensure that all sidelines, spectator seating areas, and bathrooms are clean and sanitized prior to practice and gameday.	- Sadler 30 - ADPH Bullet 10

#	Protocol Action	NAAFY Protocol	Reference
24	Concession staff should wear gloves and face coverings; practice social distancing whenever possible with co-workers; frequently wash hands with soap and water for at least 20 seconds and after all potential contamination events; may use hand sanitizer (60% alcohol) but not as a substitute for hand washing; frequently sanitize all surfaces; mark off 6 ft. spacing for patron lines; and minimize handling of cash, credit cards, and mobile devices whenever possible.	Associations, when hosting games, will ensure that concessions sold are pre-packaged and sealed container concessions ONLY. This includes candy, water bottles, etc. or any food that is packaged, wrapped, or sealed. NO PRE-PACKAGED FOOD will be sold at hosted games. Concession staff will wear face coverings and gloves AT ALL TIMES while working concession distribution. Distancing will be practiced and hand sanitizer will be used between each sale.	- Sadler 32 - ADPH Bullet 4 - AHSAA/NFHS 1, 7, 8
25	Team staff should wipe down and sanitize all dugout and other sideline seating areas including railings and equipment racks.	For practices, associations and/or coaches will ensure that each practice area where there are surfaces and practice equipment are wiped down and sanitized prior to next usage. For hosted games, associations will ensure that all sidelines are wiped down and sanitized before and after each game played (i.e. bench, tables, etc.) and that hand sanitizer has not run out.	- Sadler 33 - ADPH Bullet 10
26	After the completion of the event, the team staff should remove and dispose of all trash.	Associations will ensure that all trash is disposed of from the sidelines after each practice and hosted game.	- Sadler 34
27	PRACTICES: Conduct pre-event observation and/or questioning of all players and staff about the existence of any COVID-19 symptoms 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 100.4 degrees Fahrenheit, or known close contact with person who is lab confirmed to have COVID-19.	Each association will appoint a health/safety coordinator (can be per team as well) who will use the NAAFY CoVID-19 Screening Checklist prior to each practice or assembly of the players. The coordinator will conduct pre-practice health checks of each player and coach, including asking a series of questions found in the ADPH guidance and record the information in a binder using the NAAFY Health/Safety Checkout Record. The coordinator for each association will send a copy of each completed record to the League President for reference (i.e. photocopy, picture/text, email).	- Sadler 1, 11 - ADPH Bullets 1 and 2
28	All team or player awards will be presented wrapped up and given to the team manager, or his/her designee. There will not be any presentation on the field.	Associations will ensure that all awards presented from the association to team players and coaches are wrapped and presented as such.	- Sadler 36

Coaches Protocols

#	Protocol Action	NAAAYF Protocol	Reference
29	Maintaining 6 ft. between players in a group, groupings of players should be limited to 10 players with groups at least 25 yards apart. The number of players in a group may increase or decrease depending on state and local mandates or guidelines.	For practices, coaches will ensure that groups will be limited to 11 players (one offense or defense of a team). Field practice areas with multiple teams will be separated by the recommended 25 yards, but at a minimum of 10 yards between team designated areas.	- Sadler 15 - ADPH Bullet 6 - AHSAA/NFHS 1, 9
30	Staff should avoid putting players into traditional huddles. Staff should communicate plays and assignments to players with verbal cues, hand signals, or placards without the use of a huddle.	Coaches will instruct players to use signals for play-calling, when feasible due to player age. Coaches will instruct players to not huddle next to each other until the play is ready to be called, and to avoid breathing, coughing, or spitting near other players.	- Sadler 16 - ADPH Bullet 6
31	Team staff and players should continue social distancing during the team check in process for competitions. There should be a single point of contact for teams during events.	Coaches will ensure that distancing is practiced on the sidelines between coaches and players, when possible. Exceptions include player substitutions, attending injuries, quick huddles before change of possession, or individual coaching of a player.	- Sadler 18 - ADPH Bullet 6
32	During pre-game, players and staff should maintain the 6 ft. distance if possible during warm ups and drills and should only have close contact during actual competition.	Coaches will ensure that distancing is practiced at pre-game warm-ups.	- Sadler 19 - ADPH Bullet 6 - AHSAA Rule Change #1 - NFHS 1
33	Players are encouraged to wear face coverings in close contact areas and situations where applicable. Players should be allowed to wear face coverings in competition should they choose to do so and long as they don't compromise their safety.	Coaches will inform players that they can wear a face covering on at practice and on the sideline when not participating in a drill or gameplay. While this may be nearly impossible, players will be allowed to do so when possible.	- Sadler 21 - ADPH Bullet 5 - AHSAA/NFHS 8
34	Player provided equipment should be kept in a bag and should be spaced to encourage social distancing. Players should bring their own disinfectant wipes to wipe down their own equipment between use.	Coaches will ensure that player equipment, when not worn by the player, is set apart by 3-6ft from other player's equipment or practice equipment. Associations and coaches will ensure that the practice areas have hand sanitizer and wipes to keep equipment and players clean and sanitized.	- Sadler 24 - ADPH Bullet 4

#	Protocol Action	NAAYF Protocol	Reference
35	The use of team provided equipment such as tackling dummies and blocking sleds should be limited to the greatest extent possible and should be disinfected between each use if possible. Balls should be disinfected after each play or drill. An adequate supply of balls will allow for balls to be changed out for disinfecting after each play or drill and allow the next play or drill to continue without interruption.	Coaches and associations will ensure that all practice equipment (i.e. dummies, shields, balls) will be sanitized and wiped down before and after each practice or pre-game warm-up.	- Sadler 25 - AHSAA/NFHS 3
36	No team or dugout coolers should be provided. Parents/guardians should provide separate marked water bottles or sports drink for their child.	Coaches will ensure that players bring their own water bottles and drinks to practices and games, and that the bottles are clearly marked for that player, as well as ensure that the water bottles are 3-6ft between each other.	- Sadler 26 - ADPH Bullet 8 - AHSAA/NFHS 5
37	Limit the number of teams who use a practice field at the same time to allow for proper social distancing and groupings of players.	Coaches will ensure that drills will be conducted in smaller groups of players (i.e. linemen, backs), and that when players are queued in lines, they keep their distance from each other.	- Sadler 14 - AHSAA/NFHS 9
37	A strict no contact policy will be observed for customary game-related activities such as pre-game coaches' handshakes, umpire-coach-player introductions, and post-game handshakes between members of opposing teams. Instead, officials, players, and coaches should use verbal queues such as saying "good game", without shaking hands, high-fiving, or fist-bumping.	Coaches will coordinate with the Field Boss to understand that there will be no pre-game or post-game handshaking by coaches, players, or referees will occur, but rather a distanced sportsmanship acknowledgement will be performed between the teams.	- Sadler 27 - ADPH Bullet 7
38	Players and staff should take a shower and wash all clothing after every practice or game.	Coaches will encourage players to practice proper hygiene and shower after each practice and game, and request parents immediately wash all clothing after practices and games.	- Sadler 35
39	If food or snacks are brought to practices or games, there should be no sharing of food or snacks, except between members of the same household.	Coaches will ensure that each player brings his/her own personal water bottle that is clearly marked with their name, and kept 3-6ft apart from other player's water bottles.	- Sadler 31 - ADPH Bullet 13 - AHSAA/NFHS 5

Referenced Documents

- **Sadler** – Sadler Insurance “return to play” guidelines for CoVID-19:
<http://www.sadlersports.com/ayf-return-to-play-guidelines/>
- **ADPH** – Alabama Department of Public Health – Guidelines for Adult and Youth Athletic Activities
<https://www.alabamapublichealth.gov/covid19/assets/cov-sah-athletic-activities.pdf>
- **AHSAA / NFHS** – Alabama High School Athletic Association / National Federation of High Schools – Football Return-to-Play Best Practices
<https://www.ahsaa.com/Portals/0/PDF's/AHSAA/Contingency%20Plans/Football%20Rule%20Modifications%20for%20COVID-19%207-21-20.pdf?ver=gvOsH93PtK0EVCyFjd1hA%3d%3d>