

UYFL Return to Play Protocol and Waiver and Release

Dear League Reps:

The protocol below includes the safety measures and conditions that the United Youth Football League will implement for the foreseeable future and will require compliance to begin outside, on-field football/cheer activities. Safety is the number one goal at UYFL and as such it is our number one priority when returning to play. It is incumbent on you, the organization, to understand, agree to and abide by these conditions before engaging in these activities with UYFL.

*It is also required that every organization review this protocol and recommend the Participant Waiver and Release form be provided to all participants in their league **PRIOR TO THE FIRST PRACTICE, July 20th, 2020.** For those organizations that play at their School District facilities, you must adhere to their guidelines and protocols they have in place.*

*This is a living, breathing document that will be updated as circumstances change. As always, we reserve the right to be smarter **tomorrow** than we are **today**.*

UYFL Return to Play Protocol:

- **Monitor for COVID-19 Symptoms:** All players and coaches MUST STAY AT HOME (i) if you have come in contact with an individual diagnosed with COVID-19 or a presumptive case of COVID-19 within 14 days of any given practice or event; or (ii) if you are feeling sick or experiencing COVID-19 symptoms. People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:
 - Cough
 - Shortness of breath or difficulty breathing
 - Fever of 100.4 degrees
 - Chills
 - Muscle pain
 - Sore throat
 - New loss of taste or smell

**This list includes the most common symptoms and may not contain all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea. Please refer to the CDC website for more details.*

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youthsports>.

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- **Temperature Checks:** All parents/players and coaches are responsible to self-monitor for signs and symptoms of COVID-19. In particular, every parent/player and coach must measure their temperature before any event begins. It is the parent's responsibility to keep the player home, should the player's temperature read above 100.4 degrees F.
 - Spartans organization will screen athletes by checking their temperature prior to any team activity and monitor for any show of symptoms. If individuals participating show symptoms, they will be sent home.
- **Self-Report:** We ask that all coaches and families of players (as feasible) self-report if they have COVID-19, have tested positive for COVID-19, or were exposed to someone with COVID-19 within the last 14 days. All reports should be made to Jim Bentley 724-713-7892. All reports and information will be kept confidential in compliance with state and federal privacy laws and regulations.
- **Disinfect Equipment:** All players must disinfectant their equipment to clean germs both before and after practice. No sharing of equipment or towels.
- **Maintain Personal Hygiene:** Both immediately before coming to and returning from practice or other events, thoroughly wash hands with soap and water for at least 20 seconds (e.g., sing "Happy Birthday" twice) or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- **Avoid Carpooling:** It is recommended that players only travel/ride with a direct family or household member to and from the activity/event.
- **PPE:** Coaching staff and all other adult personnel (including concession and on-field volunteers) will wear face coverings (mask or face shield) at all times, unless doing so jeopardize your health.
- **Bring Your Own Water Bottle with Your Name On It.** Preferably one that does not require removal of gloves, helmet or mouthpiece. Players are not allowed to share water bottles. A location will be set up at the practice field where players can drop their water bottle. Physical distancing rules of at least 6 feet will be followed in this area.
- **Keep Equipment On:** Unless exigent circumstances exist, including but not limited to injury, no player should remove their gloves, helmet or mouthpieces unless instructed by the coach or until practice is complete and they have left the playing field. Mouthpieces must remain in the player's mouth to the best of the player's ability. Coaches will be reinforcing these new rules.
- **Avoid Touching:** No handshakes, high fives, fist bumps or skin-to-skin contact. And absolutely no spitting. Cover your mouth and nose with elbow when coughing or sneezing. After Regulation games, each team will line-up on the 45- and 50-yard line and give a verbal congratulations as they pass each other.
- **Spectators:** Preliminary guidance during the yellow and green phases states that sports related activities at the PK-12 level are limited to student athletes, coaches, officials and staff only. Spectators **must** remain in their vehicle at the SBIES practice facility. Until further notice, spectators at games will be limited to **immediate family members only**.

Upon further guidance, spectators will be limited to 250 attendees. We will notify you when this guidance permits for attendees outside of immediate family.

- **Compliance:** Any organization who violates these provisions will be given one warning and upon a second violation the UYFL Board will investigate further and take necessary action.

As mentioned above, UYFL will be adhering to the public policies of state and local governments as it begins to phase in youth football/cheer activities and events in accordance with CDC recommendations on Return to Play (Specifically, for the foreseeable future—**i.e., at least the first two weeks of practice**

- **Maintaining Social Distancing:**
 - We will limit the number of participants allowed to congregate and the locations where these activities take place. Each football/cheer team should have a designated location spaced out accordingly on the practice/game field.
 - We will use best efforts to maintain physical distancing of 6 feet between individuals for extended periods of time before, during and after practice.
 - The practice field will be limited to just the coaches and players. Spectators need to remain away from the field and physically distanced of at least 6 feet among themselves. We ask that no parents congregate near pick up or drop off areas. Reminder: No spectators are permitted outside of vehicles at practice facility until further notice.
- **Cleaning and Disinfecting:** We recommend disinfect frequently touched equipment (including balls and other football/cheer equipment).
- In the event that a football/cheer/coach/official or spectator would test positive for Covid-19 each organization is expected to follow the CDC protocols and report the event to their Local Health Department.
- **Questions or Concerns:** Jim Bentley is the point of contact for all COVID-19 information.

Finally, the CDC offers recommendations on how we can all limit the spread of the COVID-19. Check local public health recommendations and mandates in our area, found on our state and local government website, before heading anywhere for a football/cheer activity.

SAXONBURG SPARTANS RETURN TO PLAY

PHASE ONE: July 20-31

- Teams will be broken into groups of no more than 10 athletes
- These groups will remain consistent for two weeks
- During this period, athletes will be permitted to participate in non-contact workouts in their small groups while maintaining social or physical distancing. This period will be devoted to conditioning workouts and individual skill development.

PHASE TWO: Beginning August 3rd

- Athletes will be merged into full teams within their age group
- Remainder of guidelines, including social distancing, will continue to be enforced where possible.