



## JR. RED DEVILS FLAG FOOTBALL COVID-19 RETURN TO PLAY PLAN

As we return our players to the field this Fall for the essential physical, mental, and emotional benefits that come with competitive sports, we must all acknowledge that it is vitally important that everyone follows our agreed-upon standards and guidelines. These guidelines and best practices are intended for use prior, during, and after our game nights. This document does not replace the advice or direction of medical professionals. The risks of infection still exist.

### GENERAL GUIDANCE

- A COVID-19 Participant Information Form must be completed for each participant by 12:00 PM (noon) on each game day.

***If you answer “Yes” to any of the Participant Information Form questions, please stay home. Contact Jr. Red Devils Flag Football Club at [info@jrreddevilsflagfootball.com](mailto:info@jrreddevilsflagfootball.com) to discuss a plan to have your player to return to play, which may need to include, but not be limited to, a 14-day quarantine period, a medical clearance note (i.e., doctor’s note), and/or COVID test results.***

***Similarly, if your player reports not feeling well and/or exhibits COVID symptoms during or after attending a game night, contact Jr. Red Devils Flag Football Club at [info@jrreddevilsflagfootball.com](mailto:info@jrreddevilsflagfootball.com) to discuss a plan to have your player to return to play, which may need to include, but not be limited to, a medical clearance note (i.e., doctor’s note) and/or COVID test results.***

- Each player, coach, referee entering the field will be required to get their temperature checked. Anyone with a recorded fever of 100.4°F or greater will not be allowed on the field and will be asked to leave immediately.
- All players, coaches, referees, parent/guardian, or spectator must wear a mask that covers their nose and mouth in the parking lot and while near the playing field.
- Stay at least 6 feet away from non-household members.
- Limit spectator attendance to the games to allow more room for social distancing.
- Hand sanitizer will be available.
- No spitting and we encourage everyone to cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues must be thrown in the trash.
- Stay home if you are sick.

### MASKS

Masks are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease). Wearing masks is most important when physical distancing is difficult.

Masks may be challenging for players (especially younger players) to wear while playing sports. For the games, while players are actually on the field, they will not be required to use masks.

However, masks must be worn by players while not playing, referees, coaches, and parents/guardians/spectators.

#### SHARED OBJECTS:

The sharing of items such as towels, flags, water bottles, clothing, or other items that touch individuals' faces or hands is not allowed.

Each player must keep their belongings separated from others and in individually labeled containers or bags.

#### EQUIPMENT:

Before each session, all equipment that is touched during play will be disinfected with spray/wipes. Flags collected at the end of each game for reuse by others will be sanitized.

Coaches and referees will sanitize football periodically during play and at the end of each game.

#### PLAYER REQUIREMENTS

Avoid unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.

It is encouraged for players to use athletic gloves.

#### REFEREE REQUIREMENTS

Masks must be worn by referees when on playing field with players. The referees will sanitize the football periodically during play. The footballs will be sanitized between each session. The referees will have sanitizer for players to use during the games on an as need basis.

Will use electronic or hand squeeze whistles. Traditional blowing whistles will not be allowed.

#### COACH REQUIREMENTS

Masks must be worn by coaches when on playing field with players.

To avoid close contact, coaches will not huddle the players between plays.

#### PARENT/GUARDIAN/SPECTATOR REQUIREMENTS

Spectators must wear masks.

Spectators must remain in designated areas and practice social distancing.

Limit the attendance to games as allow for more space for social distancing.

Recover your player at the conclusion of the game and exit the facility quickly. Do not congregate at the field.