



GREENWICH YOUTH FOOTBALL LEAGUE

2020 RETURN TO PLAY GUIDELINES

The coronavirus (COVID-19) pandemic has impacted countless lives during the past few months and remains a significant health risk to all. The Greenwich Youth Football League is committed to providing an opportunity for our local youth athletes to play and experience tackle football this fall. The COVID-19 preparedness guidelines outlined below are intended to provide a safe and healthy playing environment while still allowing for a fun and exciting experience for young athletes. All participants - players, parents/guardians/referees/spectators - are responsible for following this plan to mitigate the transmission of COVID-19 at and during all tackle football activities. Guidelines have been released by the State of Connecticut and the Connecticut Interscholastic Athletic Conference (CIAC) detailing how Tackle Football is to resume in the 2020 season, the GYFL will return to play with the below guidelines in place. This guideline will be sent to all players, parents, and coaches along with the screening waiver before the start of the first practice.

All coaches and players are to complete the attached **GYFL COVID-19 DISCLOSURE, ACKNOWLEDGEMENT & WAIVER OF LIABILITY** form ASAP and return those signed forms to their organizations prior to any football activities starting. The GYFL will also have a COVID-19 checklist/waiver that is to be completed by each player and coach prior to each team and league practice, event, and game.

SCREENING

Protocol for Practices and Games

- All players and coaches must sign a waiver stating that they have not tested positive for COVID-19, shown symptoms for the past 14 days, or have been in contact with anyone who has tested positive or shown symptoms within the past 14 days. This waiver also states that each player and coach is assuming the risk of exposure to COVID-19 by participating, thus releasing the Greenwich Youth Football League (GYFL) and its' commissioner, president, vice-presidents, directors, and committee members of the GYFL and the Organizations and their coaches that are members of the GYFL from any liability.
- Players will submit a COVID-19 Symptom Checker form to their team representative daily prior to the start of practice and games.
- All parents are asked to test their child's temperature before practices to ensure they are less than 100.4 degrees Fahrenheit. All coaches are asked to test their temperature before practices to ensure they are less than 100.4 degrees.
- All GYFL participants and coaches must follow the most current state quarantine guidelines as they relate to out of state travel.
- At the beginning of each practice, coaches will ask the players if they are feeling ill, have experienced a cough or sneeze, or show any other symptoms of COVID-19, and if so, to please leave the facilities immediately.
- If at any point during the practice a child appears to be presenting any symptoms, the coaches will ask this child to leave the facilities.



GREENWICH YOUTH FOOTBALL LEAGUE

PRACTICES

Practice Safety:

- Masks will be worn at all times by coaches/support staff when unable to properly socially distance without exception. Parents/guardians must wear masks when in close proximity to practice or if they are outside their vehicle.
- Players must attend practice with a mask or another acceptable type of face covering to utilize when groups need to be close for communication from coaches and for use immediately after practice when exiting the field.
- Hand sanitizer and cleaning supplies for the sanitization of equipment will be provide and coaches will encourage its frequent use.
- Players must bring their own adequate supply of water each day. Under NO circumstances will sharing water be allowed. Personal water receptacles should be well marked to avoid confusion. Frequent water breaks will be encouraged which will allow additional time for hand cleaning and equipment sanitization.
- Players will be assigned to cohorts of up to 8 players that will be maintained for the first two weeks of the preseason. It is each organization's responsibility to document daily attendance for each cohort/team and to design practices that allow for effective coaching while adhering to the cohort model. This system will allow easier communication with families if a player/coach should become ill.
- Due to COVID-19 related inactivity, a three-week period of progressive football conditioning at the beginning of the season will be mandatory to allow for proper acclimatization. Week 1 = 3x60 minute practices with no equipment, Week 2 = 3x90 minute practices with helmets, Week 3 = 3x120 minute practices with helmets and shoulder pads.
- Non-essential personnel, parents and visitors, will NOT be allowed practices.

Coach Responsibilities

- Coaches will monitor these guidelines related to safety of players and coaches at the field.
- Coaches will work with town officials to ensure all surfaces where hand contact may be made are thoroughly cleaned using a CDC-approved disinfectant prior to and after all practices and games.
- All coaches must bring a mask during practice and games. The mask must be worn when in close proximity to players or other coaches. They can pull the mask down during drills to allow for vocalization of instruction only if they are more than 6 feet away from everyone else.
- Remind players not to touch their faces.
- Must conduct a daily symptom assessment and stay home if experiencing symptoms.
- No touch rule – coaches must refrain from high fives, chest or fist bumps, handshake lines, and any other physical contact with fellow coaches, opposing coaches, players, referees, and spectators.
- Identify an assistant coach who will help the kids and team follow the social distancing rules and sanitation rules.



GREENWICH YOUTH FOOTBALL LEAGUE

Ability to engage in social distancing

- All players must come fully dressed and prepared with their own gear, clearly labeled, including water bottle, mouth guard, etc.
- During times when players are not actively participating in practice or game play, attention should be given to maintaining **social distancing** by increasing space between players on the sideline or bench.
- Additionally, coaches will encourage athletes to use downtime for individual skill-building work or cardiovascular conditioning, rather than staying clustered together.

Nonessential visitors, spectators, volunteers

- Nonessential visitors, parents, spectators, volunteers, will **NOT** be allowed at practices
- Should a parent need to speak with a board member and/or a coach we ask that this is done through email or if in person, a mask must be worn.

Post Practice

- Players must wear a mask and leave the field immediately after the practice while maintaining 6 feet spacing.
- All players/families must vacate the field and parking lot immediately after practice. No one is allowed to loiter in the parking lots surrounding the fields prior to or after practice.
- All players are advised to clean and sanitize their equipment and mouth guards following practices.
- All coaches are advised to clean their whistles after practices.
- All balls and practice equipment will be cleaned and will be wiped down by coaches post practice.

GAME PLAY

Safety

- Masks: Coaches, Referee's, and board members will be required to wear masks during both practices and game play per these league guidelines. All coaches will be asked to carry hand sanitizer.

Players:

- All players must maintain a six-foot distance from any other person when not in play.
- No sharing of food or drinks. DO NOT SHARE WATER.
- No touch rule – players must refrain from high fives, chest or fist bumps, handshake lines, and any other physical contact with teammates, opposing players, coaches, umpires, and spectators.
- Whenever possible, equipment and personal items should have proper sanitation and should not be shared. If equipment must be shared, proper sanitation is recommended.



GREENWICH YOUTH FOOTBALL LEAGUE

Parents and Spectators:

- Must maintain six feet distance from any other person and stay in the designated spectator area outlined by the venue.
- Must conduct a daily symptom assessment and stay home if experiencing symptoms.
- Hand washing or hand sanitizing, in the absence of soap and water, is strongly recommended during the games.
- Gloves and jerseys should be sanitized after each practice and game.
- Parents are NOT allowed on to the field for any reason unless instructed to do so by a trainer, head coach or referee in the event of a player injury.
- All spectators must wear face mask while in attendance of games.
- Only two adult over the age of 18 (parents) guests per player are allowed to attend the games.

All GYFL Rules and Policies are in effect for all divisions except for the following COVID-19 safety minded guidelines:

- Pre-game weigh-ins will be conducted with players lined up six-feet apart in order to practice safe social distancing throughout the process.
- Captains must be lined up side-by-side six-feet apart in order to practice safe social distancing during the pre-game coin flip and referee briefing process.
- Each team will use their own ball which should be sanitized between possessions.
- There will be no handshaking lines after all games.
- All players must vacate the field and parking lot immediately after practice. No one is allowed to loiter in the parking lots surrounding the fields prior to or after games.
- All players are advised to clean and sanitize their equipment, pants and jerseys and mouth guards following games.
- All coaches are advised to clean their whistles after games.
- All balls and practice equipment will be cleaned and will be wiped down by coaches post game.

ADDITIONAL GUIDANCE

- Players are to travel to the field for practices and games with a member of their immediate household. Carpooling is discouraged if at all possible.



GREENWICH YOUTH FOOTBALL LEAGUE

CONTINGENCY PLAN

- As the environment surrounding the COVID-19 Pandemic is fluid, the GYFL will let facts and guidance of public health officials dictate our response as issues arise.

POSITIVE COVID-19 TEST ACTION PLAN

If a player or coach is confirmed to have COVID-19 the following will take place regarding the participants and program:

- Player or coach who tested positive will be required to obtain additional COVID-19 tests until which time they receive two negative test results (back to back).
- All contact tracing will be completed in coordination with the Connecticut Department of Public Health.
- GYFL will review all attendance records for the previous two-week period to identify which player/coach the diagnosed participant had contact.
- GYFL representative will contact the participant immediately and verify the diagnosis. The GYFL will advise the participant/parent that his/her self-disclosure is appreciated, that he/she will not be discriminated or retaliated against because of the diagnosis and that, while information about the diagnosis may be shared with others, the participant will not be identified by name.
- GYFL will take steps to identify the scope of the risk immediately. The participant/parent or coach should be interviewed to determine all participants with whom the participant/coach may have come into meaningful contact during the 14-day period prior to the positive test (the "Incubation Period").
- The GYFL representative will contact each participant identified by the player/coach who tested positive and advise that a person with whom they have been in recent contact has been diagnosed with COVID-19. Instruct them that, out of an abundance of caution, the GYFL is requiring them to obtain a COVID-19 test immediately, and that they are not permitted to participate until they receive a NEGATIVE test result. The participants should also be reminded that discrimination against individuals that are suspected to have tested positive for, or been exposed to, COVID-19 (or any other illness) is strictly prohibited.
- GYFL, working with the Connecticut Department of Public Health, will determine if participants that have come into meaningful contact need to quarantine for a period of up to 14 days.
- A general notice will be provided to all participants that a participant/coach has tested positive for COVID-19 (without identifying the individual). Any such notice should reassure participants/parents that, unless the participant/parent has been notified directly by the GYFL, it is not believed that the player/coach has been in close contact with or shared a common area with the infected participant/coach. Participants/parent should be reassured that the GYFL is only providing the general notice to dispel any rumors and so that participants may continue to monitor themselves for symptoms and seek treatment if needed.