

# Utah Youth Football Conference

## COVID-19 Policies and Procedures - 2020

High-risk individuals should not participate in fall tackle football. The Utah Youth Football Conference (UYFC) requires parents, players, coaches and spectators to adhere to these policies. Anyone willfully violating these policies are subject to be ejected from the conference for the remainder of the season. **Parents are responsible for ensuring their children are symptom free before bringing their children to practices and games.**

The UYFC requires all participants and spectators to follow the State of Utah Governor's COVID [executive orders](#), and [yellow phase guidelines](#) and Utah County Health Department requirements for group gatherings. UYFC participants and spectators will also follow guidelines from local school districts and the Utah High School Athletic Association. The Utah County Health Department requirements will supersede UHSAA and School District policies, if they are in conflict.

### Players, Spectators and Coaches

No one may participate in a practice or game with the following symptoms (as outlined in [https://coronavirus-download.utah.gov/School/COVID-19\\_School\\_Manual\\_FINAL.pdf](https://coronavirus-download.utah.gov/School/COVID-19_School_Manual_FINAL.pdf)):

- **Fever or temperature of 100.4° F (38° C) or higher. If you do not have a thermometer, check your child's skin to**

see if it feels warm or is red, or ask if he or she has chills or is sweaty.

- **Sore throat**
- **Cough** - if your child normally has a cough because of allergies or asthma, is this cough different than normal?
- **Shortness of breath**
- **Muscle aches or pains**
- **Decrease in sense of smell or taste**

If a player has any of these symptoms, they may not attend practice or games (even as a spectator) until they are symptom free for at least 24 hours, without the use of ibuprofen, Tylenol or other temperature decreasing medications.

If a player or coach tests positive for COVID-19, they must quarantine at home for 14 days and be excluded from all practices, games and team events. They may only return after 14 days and only if they are symptom free.

If a player, coach or spectator begins exhibiting any of the identified symptoms during a game or practice, they should immediately leave and go home.

Anyone who had incidental contact with a COVID positive person shall check for all symptoms at least twice a day and quarantine at home if any symptoms are present. If a person has been in close contact with a COVID-19 positive individual, they should quarantine at home and be excluded from participation for at least 14 days from their last exposure.

According to the [Utah County Health Department](#), close contact is defined as, “Within 6 feet for 15 minutes or more with an individual who has tested positive for COVID- 19.”

The UYFC will follow the [UHSAA Return to Play Guidelines](#), which include:

- Players may not share water.
- No shaking hands.
- Symptom/ Temperature Checking Before Participation. It is the parent’s responsibility to symptom check before bringing their child to games or practices.
- UYFC coaches will symptom check players before practices and games.
- UYFC coaches will immediately notify their district president of players who are symptomatic at practices or games. Those players will immediately be excluded from practice/games, following the outlined quarantine guidelines.
- District presidents shall track symptomatic players in a shared drive, that is updated and accessible in real time.
- Coaches shall maintain a current roster or list of participants and their contact information MUST be maintained when engaging in formal competitive events to assist with contact tracing efforts when physical distancing is not feasible. Coaches will have this roster with them at all games.

- Coaches will keep equipment clean and sanitized.
- Social Distancing is required when practical and in family groups at venues.
- Recommend that vulnerable individuals (over 65 years old, with pre-existing conditions, and compromised immune systems, limit their participation and/or attendance in activities.
- Masks where social distancing is not practical for participants and spectators. State, local and school district guidelines for face coverings should be strictly observed. Cloth face coverings should be considered acceptable.
- The UYFC will provide signage for fields encouraging social distancing and proper hygiene etiquette at venues.

### Additional Practice and Game Requirements

- No group/team half-time snacks/after game treats. Exceptions will be for those with medical conditions that require food (diabetes, etc).
- No concessions are to be sold at any UYFC games.
- Family groups must distance by at least 6 feet. Only rostered players for the current teams playing and up to 6 coaches will be allowed on the sidelines.

- Players and coaches will socially distance when possible.
- Family groups, players, coaches and anyone else in attendance will follow [Utah County Health Department guidelines pertaining to masks](#).
- All spectators must remain in the stands and at least 6 feet from other family groups.
- If the game is at a field without bleachers, family groups must remain at least 20 feet away from the player box and socially distanced from other family groups by at least 6 feet.

### Home Fields

- Districts hosting games on their fields will post COVID signage, as outlined by the Utah County Health Department. The conference will provide this signage which will include symptom check information and remind and help individuals stand at least 6 feet apart
- For the 2020 season, field reps must be at least 21 years of age. Field reps will immediately report any violations of this policy to the offending team/person home district president.
- Field reps will have hand sanitizer available.
- Field reps will have a copy of the “Event Management Template” required by the state.

As this season requires a lot of change for everyone, there will be zero tolerance for anyone who does not follow these UYFC Covid policies and procedures. We want our players to have the opportunity to play football and will follow all required rules to make this happen.

***The UYFC reserves the right to eject any player, parent, coach or spectator who refuses to abide by these policies.***