



**Marquette**  
**Jr. Mustangs**  
**Football**

# Jr Mustang Football COVID-19 Plan



## COVID-19 Affect on 2020 Football Season

- SSM Health, BJC HealthCare and Mercy have collaborated to create the St. Louis Sports Medicine COVID-19 task force which published Guidelines for return to sports for Missouri High School and Youth Athletes and continues to update this guidance periodically as necessary
- Jr Mustangs, together with the entire Park-Rock Football League has pledged to follow these guidelines as part of a return to play for the 2020 season



## Guiding Principles

- Athletes / Coaches / Referees must undergo a health screen prior to any activity and attendance taken
- Masks strongly recommended before and after practice
- Spacing on field to maximize social distancing as available. No Huddles
- Limited to no spectators – All should social-distance
- Games only played within league
- No sharing water bottles
- No handshakes or fist bumps
- Equipment cleaned between uses
- Jerseys washed daily



## Risk Factors

- Several risk factors have been associated with more severe disease in adults. Specific conditions in children/teenagers are less clear, however those with underlying conditions may be more likely to have severe COVID-19 illness.
- Current Risk Factors
  1. Risk increases steadily with age
  2. Obesity and body mass index >30
  3. Chronic lung disease including moderate or severe asthma
  4. Type 2 diabetes
  5. Chronic kidney disease
  6. Sickle Cell disease
  7. Heart conditions
  8. Immunocompromised (e.g. any transplant recipient, needing immunosuppressant medications (e.g. steroids, biologics, etc.), patients receiving chemotherapy, etc.)



## Screening

- The screening should include the following questions:
  - Today or in the past 24 hours have you had any of the following symptoms:
    - Fever (temperature greater than 100.4 for children and greater than 100 for individuals over the age of 18)
    - New or worsening cough
    - Shortness of breath or trouble breathing
    - Sore throat that is different from your seasonal allergies
    - Rhinorrhea (runny nose)/congestion, different than seasonal allergies
    - New loss of smell or taste, or both
    - Diarrhea or vomiting
    - Do you have a household member or close contact who has been diagnosed with COVID-19 in the past 2 weeks? (Close contact is defined as prolonged exposure of greater than 10 minutes within 6 feet. Local health departments should be contacting individuals that are close contacts of a positive COVID-19 patients.)
  - The above checklist will be administered each practice/game day via an online form similar to how the high school football program currently operates. It is imperative that parents participate with their player in completing this form which will be required to participate



## Positive Player / Coach

- Player or coach that tests positive must quarantine from the team until symptom free for 14 days
  - All participants who had close contact, **direct contact with this individual**, or a direct exposure to secretions (i.e. being coughed on) (up to 48 hours before they started showing symptoms) should be excluded from practice and play for 14 days. The Health Department should be contacted to assist in proper contact tracing and quarantining of individuals. If there was doubt of who the individual came into contact with then the entire team, or group of athletes that practiced or competed with the individual should be quarantined for 14 days. Teams should keep documentation of names and contact information of opposing teams, coaches, and officials for contact tracing purposes.
    1. **Exception could be made if all activities were done practicing appropriate social distancing or individuals wearing a medical grade surgical mask.**
    2. **If a coach is positive and was wearing a mask or face covering, it is possible that none of their contacts will have to be excluded from play or practice. In some cases, a mask or face covering may not be considered protective depending on the type of exposure.**



## Phased Approach to Return

- Phase I already completed June 29
- Phase II currently extended to July 26
  - Daily screen
  - Contact drills can begin and inter-squad scrimmage can occur. Social distance when possible. Keep practice groups relatively small to reduce exposure for each player
  - Hand and equipment sanitizing to priority
  - Wear masks before and after activity **strongly recommended**, especially prior to screening
  - Spectators should be LIMITED, should SOCIAL DISTANCE, and **MUST WEAR MASK!!!**
  - Proper spacing on field
- Phase III
  - Full team practices / scrimmages / game competition (limited to Park-Rock League)
  - Spectators should social distance
  - Equipment continue to be sanitized
  - Phase continues through season