



Hello PRFB Families,

July 14, 2020

As we continue to navigate this unprecedented time together regarding the worldwide pandemic of COVID-19, we want to put into place a set of directives for our Summer/Fall Season 2020 in an effort to keep the Park District's fields open as a safe outlet for our athletes.

We ask for full compliance so that we can continue to do our best to provide football instructions and individual development, while we attempt to also minimize crowds, reduce potential unnecessary exposure to COVID-19, and control situations where we feel risks are too high given COVID exposures. In addition, PRSI may change or modify this guidance at our sole discretion to help prevent the spread of COVID-19 when deemed prudent by either our Board, Centers for Disease Control, Illinois Department of Public Health, and Park Ridge Park District.

Before going into detail, we would like to preface these Directives with the mutual understanding that if ever, at any time, you have any concerns, or if you are uncomfortable with sending your son or daughter to a Park Ridge Football & Cheer practice or game, please do not send him/her. We respect and trust your judgment as the athlete's parent re: safety.

Below is outlined what we need to do to minimize risks associated among athletes and coaches:

All athletes, coaches and parents should:

- If exposed directly or indirectly to COVID-19, player/parent/coach should quarantine for 14 days from the last exposure. After 3 days from date of last exposure, individual can choose to be tested, and if tests come back negative with no COVID-19 related symptoms, the individual can resume participation in our program.
- practice responsible social distancing by remaining at least 6 ft apart whenever possible.
- adults should wear PPE such as face masks whenever applicable and possible in public.
- wash your hands and/or use hand sanitizer upon entrance and as you leave.
- refrain from practicing indoors in group/team settings – including domes – at this time.

Athlete Monitoring Form

Please do not allow athletes to come to practice with any fever, even if mild or controlled with NSAIDs. Our coaches will also adhere to this policy, so please bear with us if we need to shuffle coaching staff or cancel practice for the time being.

Additionally, do not permit your child to come to practice if they are exhibiting any signs of illness such as sneezing, coughing, sniffles, or don't feel well.

Prior to practice, all athletes will be screened by coaches for signs/symptoms of COVID-19. Responses to screening questions for each individual will be recorded and stored so that there is a record of everyone present in case an athlete develops COVID-19 (see attached Athlete Monitoring Form). Any person with positive symptoms reported will not be allowed to take part in practice and be sent home.

Should an athlete become ill at any point in time during practice, coaches will immediately remove the athlete from the practice area and contact the parent for pick up.

Water Bottles

We strongly encourage athletes to bring their own reusable water bottles. Athletes will choose a designated spot to put their bottles during practices or games. PLEASE make sure you label it with your child's name--we want to discourage mix ups, sharing, and drinking from other athlete's bottles. Given the heat during the summer, please use larger containers for hydration.

Athlete Drop Off and Pick Up

During our initial cautious re-opening of conditioning on August 4th, parents are not permitted to enter the field area of Prospect Park or South Park, and if the parent chooses to stay and watch during conditioning and practice time, we ask that they stand 10 yards away from other adults or small groups. Parents should do curb-side drop off and pick up of their child in a patient and organized manner, so that athletes don't congregate together or feel rushed.

Restroom Usage

Athletes will have full use of the restrooms at Prospect Park. There are hand washing signs in the bathrooms reminding everyone the importance of washing your hands with soap. Please encourage your child to do this properly.

Hand Sanitizing

We strongly encourage athletes to use the hand sanitizer pumps provided BEFORE and AFTER practice. Our coaches will remind athletes to do this as well and each park that PRSI uses in Summer/Fall 2020 should have this available for use. Just ask your coach if not easily located.

Equipment Sanitization

We intend to sanitize our 'communal' equipment like flags, bags, and balls before and after being used each night with a commercial strength disinfectant. We ask that individual equipment such as pads, bags, and cleats also be disinfected by all parents each day used.

PRFB Phase 4 Re-Opening Plan

We have been in communication with the Park Ridge Park District and are confident that the fields will be open to our use as long as we incorporate the following phased re-opening of our program, in accordance with the Restore Illinois Plan, and with safety precautions and social distancing in place:

YELLOW Phase *(Revitalization-gatherings of 50 people or fewer are allowed)*

Full team practices on the fields are permitted (not scrimmages) with 20-25 athletes

Players will be asked to wear athletic gloves during drills, conditioning, or practicing

Hand sanitizer upon entering/exiting the field or session

Masks encouraged when not competing/participating

Only one parent/guardian spectator may accompany athlete and watch practice from lobby

No high fives or unnecessary physical contact, including blocking or tackling

Social distancing should be maintained whenever possible

Checking temperature at each field by League monitors ensuring guidelines are followed

GREEN Phase *(Restored-all systems GO with safety precautions still in place)*

Full team practices continue

Spectators permitted to watch from sidelines

Tackling, blocking, etc. returns to normal

Hand sanitizer still is encouraged

While we understand everyone is very anxious to get back to "normal" activities, ultimately we are seeking a responsible return to play youth football, and must attempt to do what is the safest and healthiest options in dealing with social, physical, and emotional needs of youth athletes who want to re-engage in youth athletics. With the guidance of national (CDC and USA Football), state (IHSA and IDPH) and local officials (PRSI Board and PR Park District), we will proceed with caution as outlined above and modify as necessary and prudent.

I hope this answers a lot of your questions and concerns. As always, please reach out if you have any additional questions or concerns. Please follow up on Facebook and watch for additional insights and instructions posted on our website @www.prfootball.com.

Parents play a critical role in helping our League follow its plan and letting your athletes know they need to stick to the guidelines. Safety remains our top concern!

Sincerely,

Park Ridge Sports, Inc. Board of Directors,
a/k/a Park Ridge Football & Cheer