



Date August 16, 2021

www.lmaa.org



LMAA Return to Play Guidelines & COVID-19 Preparedness Plan (2021 Updated)

	Mandatory	Recommended Best Practices
Known Exposures/illness/positive test:	<ul style="list-style-type: none"> Individuals who have had close contact to someone who tests positive are required to follow the instruction provided by the Minnesota Department of Health (MDH) specific to their situation, self-isolate as instructed and immediately contact the designated individual within their “home” member LMAA association as detailed at the end of this document. Individuals who test positive for COVID-19 infection shall immediately contact the designated individual within their “home” member LMAA association and will be required to follow the instruction provided by the Minnesota Department of Health (MDH) specific to their situation, self-isolate as instructed and avoid sports participation for a variable duration of time. Review What to do if you’re waiting for COVID-19 test results. See Appendix C for Definition of Close Contact and Exposure. 	<ul style="list-style-type: none"> n/a
Arriving and Leaving the Venue	<ul style="list-style-type: none"> Whenever possible, everyone should enter and exit through designated areas that are different from each other. Prohibit gathering and congregating in large groups on and around fields. 	<ul style="list-style-type: none"> All participants must maintain six feet distance from any other person. Participants should enter and leave the field in a timely fashion and not congregate. Hand washing or hand sanitizing, when soap and water is not available, is strongly recommended when arriving to and leaving the venue. Ridesharing should be kept at a minimum.



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	<ul style="list-style-type: none"> • Mandatory 	<ul style="list-style-type: none"> • Recommended Best Practices
Practices Beginning August 16	<ul style="list-style-type: none"> • LMAA shall adhere to USA Football Return to Youth Football 2021 guidelines. • Pre-Activity self-screening Per USA Football Return to Youth Football 2021 guidelines. • All athletes shall bring their own water bottle that is labeled with their name. Water Bottles MUST NOT be shared. • Footballs to be sanitized periodically throughout the practices. 	<ul style="list-style-type: none"> • Hand sanitizing is strongly recommended during practices.
Practices Beginning August 23	<ul style="list-style-type: none"> • Pre-Activity self-screening Per USA Football Return to Youth Football 2021 guidelines. • Return to “regular” practice activities with contact as defined within the 2021-2022 MSHSL OFFICIAL HANDBOOK ByLaw 508.00: Football for Contact Practice • Footballs to be sanitized periodically throughout the practices. 	<ul style="list-style-type: none"> • Hand sanitizing is strongly recommended during practices.
Games Beginning August 30	<ul style="list-style-type: none"> • Pre-Activity self-screening Per USA Football Return to Youth Football 2021 guidelines. • Each team must provide their own footballs when they are the offensive team on the field, and they must be sanitized or swapped out for a sanitized ball in accordance with LMAA 6 play player rotation rules. 	<ul style="list-style-type: none"> • Hand sanitizing is strongly recommended during games. • Athletes on sidelines should attempt to maintain six feet distance whenever possible, from any other person.



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Athletes	<ul style="list-style-type: none"> • Must conduct (with parent/guardian aid) a daily Pre-Activity self-screen and stay home and away from all football activities if they are experiencing symptoms. • Clearly label water bottle, towels, and other personal equipment to eliminate sharing. • No spitting, chewing gum or eating sunflower seeds. • No sharing of food or drinks. • No touch rule – players must refrain from high fives, handshake line, and any other physical contact with teammates, opposing players, coaches, umpires, and spectators. 	<ul style="list-style-type: none"> • Hand sanitizing is strongly recommended during practices and games. • It is recommended but not required that athletes wear a face covering, when not actively participating in the field of play. Players may have the option of wearing a cloth face covering/mask during activities as preferred and indicated by their parents/guardians. • Athletes should maintain six food distance from other individuals, when possible, and not in the field of play.
Coaches	<ul style="list-style-type: none"> • Must conduct a daily Pre-Activity self-screen and stay home and away from all football activities if they are experiencing symptoms. • Coaches must maintain six feet distance, whenever possible, from any other person. <ul style="list-style-type: none"> ○ For Grades 7th & 8th coaches must call plays from the sideline or relay to player(s) • No spitting, chewing gum or eating sunflower seeds. • No sharing of food or drinks. 	<ul style="list-style-type: none"> • Coaches have the option to wear a face covering /mask during football activities where social distancing (i.e. maintaining physical distance of at least 6 feet from other individuals) cannot be maintained. • For Grades 4th-6th consider calling plays from the sidelines rather than in a team huddle • Coaches should remind players of social distancing sidelines and other seating areas and encourage wearing face coverings while not actively participating on the field of play. • Hand washing or hand sanitizing, in the absence of soap and water, is strongly recommended during the games. • Try to limit close contact of the entire team to less than 15 minutes of practice by splitting into smaller PODs within the team for practices.



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Officials & Sideline Personnel ('chain gang' for example)	<ul style="list-style-type: none">• Must conduct Pre-Activity self-screen prior to attending any football related activities and stay home and away from all football activities if they are experiencing symptoms.• Must maintain six feet distance, whenever possible, from any other person.	<ul style="list-style-type: none">• Face coverings are strongly recommended.• Sideline Personnel have the option to wear a face covering /mask during football activities where social distancing (i.e. maintaining physical distance of at least 6 feet from other individuals) cannot be maintained.
Parents/Guardians, Fans and Spectators	<ul style="list-style-type: none">• Must conduct Pre-Activity self-screen prior to attending any football related activities (including practice drop off or pick-up) and stay home and away from all football activities if they are experiencing symptoms.• Must attempt to maintain six feet distance from any other person not living in the same household and stay in the designated spectator area outlined by the venue.• Parents/Guardians must ensure their athlete(s) have a well-fitting mouth guard and discourage their athletes from removal and re-insertion during football activities.• No spitting, chewing gum or eating sunflower seeds.	<ul style="list-style-type: none">• Face coverings are recommended, but not required, for all parents/guardians, fans and spectators.• Hand washing or hand sanitizing, in the absence of soap and water, is strongly recommended during the games.



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	Mandatory	Recommended Best Practices
LMAA and Member Association Administrators	<ul style="list-style-type: none">• Adhere to all mandatory items listed under “Coaches” above.• Must conduct Pre-Activity self-screen prior to attending any football related activities and stay home and away from all football activities if they are experiencing symptoms.• Must enforce all Mandatory guidelines.• Must encourage all Recommended Best Practices• Must ensure all gatherings are in accordance with State, Local, and municipal regulations and as dictated by facilities agreements• Must communicate the guidelines for to all organizations, coaches, officials, and parents.• In the case of a positive COVID-19 test affecting any athlete, coach, official and/or other category of individual the designated LMAA administrator shall work with the Minnesota Department of Health (MDH), as required, to allow them to begin the process of contact tracing and other possible actions/steps.• Administrators shall notify individuals and families on the contact list across the league of any individual COVID-19 positive test, respecting Personal Health Information so as not to publicize any individual’s name.	<ul style="list-style-type: none">• Post these guidelines at all LMAA facilities.• Encourage venue operators to post signage to promote physical distancing including foot traffic and spectator areas.• Regularly communicate to coaches, officials, players, parents/guardians, fans and spectators that they should stay home should they be experiencing any symptoms.



List of sources, links and resources:

- [USA Football Return to Play 2021](#)
- [Prescreen Self-Check Questionnaire](#)
- [PREP KIT CHECKLIST – FOR PARENTS](#)
- [Link to MDH COVID testing locations](#)
- <https://www.usafootball.com/resources-tools/return-to-youth-football/for-parents/>
- **COVID-19 Sports Guidance for Youth and Adults (MDH) -**
<https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>
- Document input from [Minnesota Youth Athletic Services](#)



LMAA Member Associations and COVID-19 Preparedness Plan Contact List:

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| • Edina Football Association | Mark Jezierski - mark.jezierski@pelican.com |
| • Hopkins Football League | Bo Johnston - bo.johnston@gmail.com |
| • Maple Grove Youth Football Association | Scott Fritz - mgyouthfootballassoc@mgafa.com |
| • Minnetonka Football Association | Tony Wixo - Tewixo@msn.com |
| • St. Louis Park Football Association | Trent Steffy - trentlri@aol.com |
| • Wayzata Plymouth Youth Football | Chris Buboltz – chris.w.buboltz@gmail.com |

Definitions & Clarifications:

- **Symptoms of COVID-19 Infection** – Individuals with COVID-19 can exhibit symptoms ranging from the following:
 - Most common symptoms:
 - Fever (equal or greater than 100.4 degrees F)
 - Cough
 - Shortness of Breath
 - Less common symptoms:
 - Sore Throat
 - Congestion
 - Nausea and vomiting
 - Diarrhea
 - Headache
 - Muscle/Joint pain
 - Sudden loss of taste or smell
 - Chills
 - *Note: Some people do not have symptoms or have very mild symptoms. Persons with COVID-19 may be infectious two days prior to symptom onset.*
 - **What to do if you're waiting for COVID-19 test results -**
<https://www.health.state.mn.us/diseases/coronavirus/waiting.pdf>
- **Close Contact and Exposure** – See Appendix A



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- **“Regular” practice activities** - a practice during which drills and/or team work includes “Thud” or “Live Action,” as described below. There are no restrictions on “Air;” “Bags;” “Control;” and “Restricted Contact.” The Contact portion of this practice may not exceed 30 minutes.
 - AIR: Players run a drill unopposed without contact.
 - BAGS: Drill is run against a bag or another soft-contact surface.
 - CONTROL: Drill is run at assigned speed until the moment of contact; one player is predetermined the 'winner' by the coach. Contact remains above the waist and players stay on their feet when involved with contact.
 - RESTRICTED CONTACT: Teaching safe & proper techniques (block, shed, tackle) involving shoulder pads, and wearing helmets for protection. Contact above the hips only with hands, shoulders and chest. Keep the head out! Use quick whistle; no gang-tackling or cut blocking/tackling. Players stay on their feet when involved in contact.
 - THUD: Drill is run at assigned speed through the moment of contact; no pre-determined "winner." Contact remains above the waist, players stay on their feet and a quick whistle ends the drill.
 - LIVE ACTION: Drill is run in game-like conditions and is the only time that players are taken to the ground.



Appendix A – Close Contact and Exposure to a Diagnosed Case of COVID-19

These recommendations are intended to provide an outline for decision-making as it relates to protocols for navigating a possible exposure to a suspected or diagnosed case of COVID-19.

Any player or staff who has been exposed to a COVID-19 case shall be required to follow the instruction provided by the Minnesota Department of Health (MDH) specific to their situation and self-isolate as instructed.

In this case, **close contact and/or exposure** means any one of the following:

- Caring for a sick person with a suspected or confirmed COVID-19 infection.
OR
- Living in the same household as an individual with a suspected or confirmed COVID-19 infection
OR
- Individual who has had close contact (> 6 feet) for greater than or equal to 15 cumulative minutes with known or suspected COVID-19 or possible COVID-19 infection.

If you have questions about whether an individual needs to self-isolate, follow the below steps:

1. Have that individual self-isolate (No on-site/in-person team activities)
2. Email health.Sports.Covid19@state.mn.us and explain your exposure story. It's ok to reach out to your local health officials instead, if you prefer.
3. Don't allow that individual return to team activities until you've received a recommendation from a state or local health official.
4. Follow their recommendation.

CDC Public Health Guidance for Community-Related Exposure (Definition Above):

<https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>



Appendix B – LMAA COVID 19 Positive Test Reporting Form

NOTE: Individuals who test positive for COVID-19 infection shall immediately contact the designated individual within their “home” member LMAA association and will be required to self-isolate and avoid sports participation for a variable duration of time. Prior to returning to or attending any football activities they need to provide a note from their health care provider releasing them to full participation. THIS INCLUDES ATHLETES, COACHES, OFFICIALS, PARENTS/GUARDIANS, FANS AND SPECTATORS (see list of contact below).

Association Name: Grade Level:

Tackle or Flag: Team Name:

Name of Athlete or Coach (Names will be held private from any team, association, or league communications and will only be used for contact tracing):

First Date of Symptoms: Date of Test:

Date of Positive Test Result:

Name and Phone # of Person Filling out this form:

List of Home Association Contacts:

- Edina Football Association
 - Hopkins Football League
 - Maple Grove Youth Football Association
 - Minnetonka Football Association
 - St. Louis Park Football Association
 - Wayzata Plymouth Youth Football
- Mark Jezierski - mark.jezierski@pelican.com
 - Bo Johnston - bo.johnston@gmail.com
 - Scott Fritz - mgyouthfootballassoc@mgyfa.com
 - Tony Wixo - Tewixo@msn.com
 - Trent Steffy - trentlri@aol.com
 - Chris Buboltz – chris.w.buboltz@gmail.com



Appendix C - LMAA COVID 19 “Close Contact and/or Exposure” Reporting Form

Note: This form only needs to be submitted if an athlete or coach has had close contact with an individual outside of any LMAA or home association football activities (i.e. practices or games).

Definition of “Close Contact”: someone who was within 6 feet of an infected person for at least 15 minutes starting from 48 hours before illness onset until the time the patient is isolated.

- Example: A player or coach that has been in close contact with an individual that tests positive for COVID 19 AND that individual is not affiliated with LMAA youth football. That player (or Parent/Guardian on behalf of the player) or coach must report the close contact to their home association within 24 hours of learning of their exposure.

Association Name: Grade Level:

Tackle or Flag: Team Name:

Name of Athlete or Coach (Names will be held private from any team, association, or league communications and will only be used for contact tracing):

Date of Close Contact Exposure:

Name and Phone # for person filling out this form:

List of Home Association Contacts:

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|--|--|
| • Edina Football Association | Mark Jezierski - mark.jezierski@pelican.com |
| • Hopkins Football League | Bo Johnston - bo.johnston@gmail.com |
| • Maple Grove Youth Football Association | Scott Fritz - mgyouthfootballassoc@mgfyfa.com |
| • Minnetonka Football Association | Tony Wixo - Tewixo@msn.com |
| • St. Louis Park Football Association | Trent Steffy - trentlri@aol.com |
| • Wayzata Plymouth Youth Football | Chris Buboltz – chris.w.buboltz@gmail.com |