

# Centennial Youth Football Association COVID-19 Preparedness Plan



**Begin... Believe... Belong... Become!**

DATED: August 9, 2020

Website: [www.centennialyouthfootball.com](http://www.centennialyouthfootball.com)

## **General Policy Statement**

1. We are following all applicable NFHS and Minnesota Department of Health guidelines. These guidelines are attached, and each community and organization must be thoroughly familiar with their contents.
2. All league participants must also follow applicable local city and school district guidelines where they impose more stringent restrictions than our guidelines. The most obvious example of such a restriction would be a limitation or total ban on spectators.
3. Each community/organization must have a designated director responsible for administration of that community/organization's COVID control policy and communication of COVID related information to other affected communities/organizations. Each individual team should also have a designated coach or parent responsible for COVID control and communication of COVID related information to the designated COVID control director of that team's community/organization. A positive test result must be immediately communicated to the League Director, the Minnesota Department of Health, and other communities/organizations whose teams have come into contact with the infected individual.
4. Any individual who tests positive or has been exposed to a person who tests positive must not participate in any in-person League activities, whether as player, coach, director, official, or spectator for a minimum of fourteen (14) days.
5. All decision makers involved in a COVID related decision must exercise good judgment and common sense, with the safety of all participants and our communities in general always of PARAMOUNT IMPORTANCE.
6. Any community/organization that is found to have deliberately and materially violated League guidelines will have its teams removed from game competition for the remainder of the season. The League Director recognizes that community/organization directors and coaches might face situations that present difficult decisions related to COVID exposure where immediate outside consultation is not available. All we ask is that our coaches and directors use good judgment and common sense in following these guidelines, and make decisions with the safety of League participants as the paramount consideration
7. Review [What to do you're waiting for COVID-19 test results](#).
8. See Appendix C for Definition of Close Contact and Exposure.

## **Arriving and Leaving the Venue**

1. All participants must be screened by the designated COVID compliance person before participating in the practice or game. A CYFA log will be maintained by this person throughout the season.
2. All participants must maintain six feet distance from any other person.
3. Whenever possible, everyone should enter and exit through designated areas that are different from each other.
4. Prohibit gathering and congregating on and around the fields.
5. Participants should enter and leave the field in a timely fashion and not congregate.
6. When possible, team meetings should occur virtually rather than a team huddle.

7. Hand washing or sanitizing, when soap and water is not available, is strongly recommended when arriving to and leaving the venue.
8. Ridesharing should be kept at a minimum.

### **Practice Requirements**

Beginning week of August 10<sup>th</sup>

1. CYFA shall adhere to [USA Football Return to Youth Football 2020 guidelines consistent with Football Phase 3 guidance.](#)
  - a. Conducted without full pads – shells; helmets, shoulder pads, and shorts
  - b. Use of stations-based practice concepts
  - c. Use of small-sided games, drills, activities, such as 3-on-3 or 4-on-4 situations
  - d. Gradually introduce player-to-player contact drills while staying in smaller pods
  - e. Maximum of 25 people per pod. A pod is a group with whom you don't practice distancing.
  - f. When not directly participating in practices, maintain a 3 to 6 foot distance between individuals
2. [Pre-Activity self-screening Per USA Football Return to Youth Football 2020 guidelines.](#)
3. All athletes shall bring their own water bottle that is labeled with their name. Water bottles MUST NOT be shared.
4. All athletes shall bring their own equipment that is labeled with their name. Equipment MUST NOT be shared.
5. Team drills should be limited to fifteen (15) minutes or less at any one time, before rotating to drills that distance players for fifteen (15) minutes.
6. Footballs to be sanitized periodically throughout the practices.
7. Each team should sanitize equipment before, during, and after each game.
8. Hand sanitizing is strongly recommended during games

**Beginning week of August 18<sup>th</sup>**

9. [Pre-Activity self-screening Per USA Football Return to Youth Football 2020 guidelines.](#)
10. Return to “regular” practice activities with contact as defined within the [2020-2021 MSHSL OFFICIAL HANDBOOK ByLaw 508.00: Football](#) for **Contact Practice** (Pages 90-91).
11. Footballs to be sanitized periodically throughout the practices.
12. Teams may not practice together (ie. Scrimmage or co-practice).
13. Each team should sanitize equipment before, during, and after each game.
14. Hand sanitizing is strongly recommended during games

### **Game Requirements**

Beginning week of August 24<sup>th</sup>

1. [Pre-Activity self-screening Per USA Football Return to Youth Football 2020 guidelines.](#)

2. Return to game activities as scheduled with consideration to [USA Football Return to Youth Football 2020 guidelines consistent with section 11. FURTHER CONSIDERATIONS](#) as applicable.
3. All athletes on sidelines must maintain six feet distance, whenever possible, from any other person.
4. 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 CYFA player rotation rules.
5. Each team should sanitize equipment before, during, and after each game.
6. Hand sanitizing is strongly recommended during games.
7. Spectators must stay out of marked player area.

### **Athlete Requirements**

1. Any player, coach, official or spectator who tests positive or has been exposed to a person who tests positive must not participate in any in-person league activities (practice, games or social gathering) for 14 days.
2. Waiver – Parents of players are to have a COVID related waiver signed before attending first practice/game.
3. All players who attend practice or a game must be screened by a designated team COVID manager before participation and results recorded (ideally kept in a spreadsheet for future reference – pass/fail)
  - a. Temperature over 100.3 F
  - b. Screening questions – Any COVID symptoms (cough, chills, fever, sore throat, diarrhea, nausea/vomiting, loss of taste/smell, etc.) and/or if they have any close contacts that have gotten COVID
  - c. When in doubt sit the player out and send them home
4. Distancing should be practiced whenever possible – 6 feet recommended
  - a. Water bottles not clumped together – no sharing water bottles, clearly label water bottles
  - b. No Touch Rule – Players refrain from high fives, handshakes and other physical contact with fellow players, coaches, opposing players, umpires and spectators
  - c. Team/player meetings need to adhere to as much distancing as possible
5. Player equipment shall be cleaned/disinfected after every contact practice and game – pants and jerseys shall be sanitized and equipment disinfected
6. No spitting, chewing gum or eating sunflower seeds
7. Try not to touch face or play with mouth guard
8. Games
  - a. Players are to warm up away from field as far as possible with coaches
  - b. Parents/spectators remain in cars during warm-ups
  - c. Allow field to clear for game prior then enter adhering to distancing rules (6 ft)
  - d. Players to remain 6 ft apart on sidelines as much as possible
  - e. No post game handshake line – use alternative post game sportsmanship method determined by league

Any community/organization that is found to have deliberately violated league guidelines will have its team removed from game competition for the remainder of the season

## Coach Requirements

1. Any player, coach, official or spectator who tests positive or has been exposed to a person who tests positive must not participate in any in-person league activities (practice, games or social gathering) for 14 days
2. Have a dedicated COVID manager for your team (not a coach)
3. COVID Manager has the ability to send kids home – they are directed to send a kid home if in doubt
4. Coaches and sideline personnel are required to wear masks at all practices and games
5. Whistles are not allowed (or other similar apparatus') – horn or electronic device would be okay
6. No Touch Rule – Coaches refrain from high fives, handshakes and other physical contact with fellow coaches, players, opposing players, umpires and spectators
7. No spitting, chewing gum or eating sunflower seeds
8. Have hand sanitizer available for all players/coaches for regular use – **Team responsible to provide**
9. Practice –
  - a. Maintain 6 ft distancing whenever possible between kids – **enforce pod rule of 25**
  - b. Team drills to be limited to 15 mins of contact when distancing isn't possible
    - i. After 15 mins you must switch to a drill that has enough distancing for at least 15 mins, after 15 mins of non-contact drills you may switch back to contact drills
      1. For example – Run offense plays vs. defense for 15 mins then switch to skills/groups that allow for distancing for 15 mins
  - c. Practicing with or scrimmaging other teams is prohibited
10. Maximum of four gatherings per week – **90 mins recommended; 2 hrs maximum per practice**
  - a. Four (4) practices
  - b. Three (3) practices and one (1) game
  - c. Two (2) practices and two (2) games
11. When coach addresses the team (game or practice) distancing is required to the extent as possible (ideally 6 ft but be reasonable)
12. All equipment used during practice must be thoroughly cleaned before and after practice and periodically cleaned during practice
13. Games
  - a. 10 ft buffer between teams and spectators will be strictly enforced
  - b. Teams must warm up as far away as possible from the game and other teams warming up
  - c. Parents/spectators remain in cars during warm-ups
  - d. Teams must allow prior game (spectators and athletes) to leave the field before entering the field
  - e. Prior to pre-game coin toss the, coaches from each team must certify with the officials that all participants have been screened and that, to their knowledge, no infected player or player with COVID symptoms are participating
  - f. All Coaches and Sideline personnel are required to wear masks (warm-ups through game)
  - g. Chain gang are required to wear masks during the game
  - h. Maintain distancing (6ft) between coaches, players, spectators and sideline personnel

- i. Game balls must be wiped down prior to game, at halftime and after the game – sprayed with disinfectant and wiped down to clean total surface
  - j. No post game handshake line – use alternative post game sportsmanship method as defined by league
  - k. The host team is responsible for crowd control and in the event that spectators are not adhering to distancing guidelines the host team supervisor has the authority to request that the officials terminate the game immediately
14. Reporting and Handling infections
- a. Any team that discovers a player, coach or other sideline personnel is infected or been directly exposed to an infected person is required to notify the CYFA board
  - b. Infected person(s), his/her team and any team who had contact with the infected person must be removed from play for 14 days from the date of exposure

Any community/organization that is found to have deliberately violated league guidelines will have its team removed from game competition for the remainder of the season

### **Official/Sideline Requirements**

1. Any player, coach, official or spectator who tests positive or has been exposed to a person who tests positive must not participate in any in-person league activities (practice, games or social gathering) for 14 days
2. All players who attend practice or a game must be screened by a designated team COVID manager before participation and record results (ideally kept in a spreadsheet for future reference – pass/fail)
  - a. Temperature over 100.3 F
  - b. Screening questions – Any COVID symptoms (cough, chills, fever, sore throat, diarrhea, nausea/vomiting, loss of taste/smell, etc.) and/or if they have any close contacts that have gotten COVID
  - c. When in doubt sit the player out and send them home
3. No spitting, chewing gum or eating sunflower seeds
4. 10 ft buffer between teams and spectators will be strictly enforced
5. Must remain 6 ft apart whenever possible
6. Chain gang must wear masks
7. No Touch Rule – Officials/Sideline personnel refrain from high fives, handshakes and other physical contact with fellow personnel, players, opposing players, umpires and spectators
8. Must avoid exchanging documents or equipment with other personnel
9. The site supervisor is responsible for crowd control and in the event that spectators are not adhering to distancing guidelines the host team supervisor has the authority to request that the officials terminate the game immediately
10. Reporting and Handling infections
  - a. Any team that discovers a player, coach or other sideline personnel is infected or been directly exposed to an infected person is required to notify the CYFA board
  - b. Infected person(s), his/her team and any team who had contact with the infected person must be removed from play for 14 days from the date of exposure

Any community/organization that is found to have deliberately violated league guidelines will have its team removed from game competition for the remainder of the season.

### **Parent/Fan Requirements**

- Prior to participating, parents/legal guardian of every player must sign a COVID related acknowledgement of risk and waiver before participating in any practices or games.
- Players who are high risk should not participate in practice or games.
- Parents must not allow children to participate in any activity in they've shown virus signs or symptoms or have possibly been exposed to the virus in the past 14 days.
- Parents must work with the COVID coach/parent to answer all COVID questions with player prior to attending any football related activities (including practice drop).
- Spectators are not allowed if they have tested positive or been exposed to a person who tested positive for a minimum of fourteen days.
- All fans must 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.
- Spectators, whether parents or others, must not be allowed in close proximity to the team during practices. Spectators who choose to remain at a practice must stay a reasonable distance from the practice and must practice distancing from other spectators.
- 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.
- Face coverings are strongly recommended for all parents/guardians, fans and spectators.
- Keep Helmet, pads, gloves, uniforms, etc. in a plastic bag during the ride home from any venue and until such equipment can be cleaned and/or sanitized per instructions. Recommend immediately wash all items upon returning home and to use sanitizing products and wipe down any equipment that cannot be washed in a washing machine.
- Hand washing or hand sanitizing, in the absence of soap and water, is strongly recommended

### **CYFA Board Requirements**

- 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 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 communicate the guidelines for to all organizations, coaches, officials, and parents.
- Regularly communicate to coaches, officials, players, parents/guardians, fans and spectators that they should stay home should they be experiencing any symptoms.
- Must designate a CYFA COVID Director responsible for the following:
  - COVID prevention compliance and COVID related communication to the League Director and the directors of other League communities/organizations.
  - Communicating the risks of COVID infection and the steps the League and its participants are taking to minimize those risks to parents in multiple ways. These communications include, but are not necessarily limited to: team parent meetings,

website information pages, and handouts. If team parent meetings that include COVID discussion are conducted, the CYFA COVID Director should make note of the meeting and the topics discussed at the meeting.

- All decision makers involved in a COVID related decision must exercise good judgment and common sense, with the safety of all participants and our communities in general always of PARAMOUNT IMPORTANCE.
- Any community/organization that is found to have deliberately and materially violated League guidelines will have its teams removed from game competition for the remainder of the season. The League Director recognizes that community/organization directors and coaches might face situations that present difficult decisions related to COVID exposure where immediate outside consultation is not available. All we ask is that our coaches and directors use good judgment and common sense in following these guidelines, and make decisions with the safety of League participants as the paramount consideration
- Positive Exposure
  - In the case of a positive COVID-19 test affecting any athlete, coach, official and/or other category of individual the designated CYFA COVID Director shall immediately contact the Minnesota Department of Health (MDH) to allow them to begin the process of contact tracing and other possible actions/steps.
  - Immediately notify those on the contact list across the league of any individual COVID-19 positive test and the directors of any other communities who have come into recent contact with the infected individual respecting Personal Health Information so as not to publicize any individual's name.
    - For example, there is a doubleheader at Blaine Baseball Complex on a Sunday afternoon that includes two Blaine teams, an Andover team, and a Spring Lake Park team. On Tuesday, the Spring Lake Park team becomes aware that one of its players has become infected. The Spring Lake Park team representative should notify the Spring Lake Park COVID control director immediately, and in turn the COVID control director should notify the Minnesota Department of Health, the League Director, the Blaine director and the Andover director no later than Tuesday evening. The League Director will follow through with each individual community/organization to assure that the infected individual, his or her team and the team's opponent are removed from participation for the appropriate time, and that all community/organizations have been notified and have taken appropriate precautionary measures.
  - Multiple Infections on a Team - In the event a team has multiple player infections and has determined that it does not have an adequate number of players to play an upcoming game or games, the CYFA COVID Director should notify the League Director and the Area Directors of affected upcoming opponents immediately to assure that appropriate schedule adjustments are taken. In the event that a team must terminate its season because of multiple infections, the League Director will authorize a partial refund of the team's registration fee.
- Post these guidelines on the CYFA website.



- Encourage venue operators to post signage to promote physical distancing including foot traffic and spectator areas.
- Consider limiting overall non-participant attendance to a limited number of close family members (parents/guardians) and designating someone to live stream activities on league social media platform so that friends/family can watch from home.

Other: Team events, Monitor, COVID Coach, etc.

### Team Requirements

- Coaches who are high risk should not participate in games or practices.
- Any individual who tests positive or has been exposed to a person who tests positive must not participate in any in-person League activities, whether as player, coach, director, official, or spectator for a minimum of fourteen (14) days.
- Each individual team should designate a COVID coach/parent responsible for the following:
  - Ensuring all parents complete the COVID waiver; retain the waiver for the duration of the season
  - Practice and Game Screening and Safety – All players and coaches who attend a practice or game must be screened for signs/symptoms of COVID by the designated team COVID coach/parent before participating in the practice or game. They will be asked if they or anyone in their family or close contacts have experienced symptoms. Players should be screened through communications with their parents/guardians to promote accuracy in responses. Considering sending an email to all parents/guardians asking them to screen and report before every gathering
    - Temperature check all participants
    - Fever (over 100.3)
    - Cough
    - Shortness of breath
    - Congestion
    - Headache
    - Chills
    - Muscle/joint aches
    - Nausea/vomiting
    - Loss of sense of smell and taste
    - Diarrhea
  - **Note:** COVID coach/parent must document all results and retain in a log for the duration of the season so there is record of everyone present in case a participant develops COVID.
  - The operative evaluation standard is: “When in doubt, sit the player out and send the player home.”
    - Communicate COVID requirements to the parents of that particular team and players. Parents must be clearly informed of their obligation to immediately inform the designated COVID control person of a child’s infection or exposure to an infected person.
  - The COVID coach/parent is responsible for Reporting and Handling Infections and reporting all instances of COVID infection immediately to the CYFA COVID Director and

remove the infected person, his or her team, and any team who had contact with the infected person from all participation for a minimum of fourteen (14) days from the date of exposure. Prior to returning to football, participant must have a note from their health care provider releasing them to full participation.

- All coaches, assistants, and sideline personnel are required to wear masks (which can be face masks, shields, or any similar protective device) during all practices and games.
- Any time coaches address the entire team, whether during practices or games, distancing is required to the extent possible
- All equipment used at practice should be thoroughly cleaned and disinfected both before and after practice. Player equipment should be cleaned/disinfected after every contact practice or game – pants and jerseys should be washed, and equipment should be disinfected. Players should not share water, water bottles or other drinks during games and practices.
- Hand sanitizer should be plentiful and available to players as they transfer from place to place.
- Any equipment having holes with exposed foam should be covered
- There should be no shared athletic equipment (towels, clothing, shoes, football equipment) between individuals
- All equipment, including footballs, must be sanitized periodically
- Individual drills requiring the use of equipment are permissible, but the equipment should be sanitized periodically
- All students shall bring their own water bottle, water bottles cannot be shared
- Hydration stations (water cows) should not be utilized
- When not directly participating in practices or games, care should be taken to maintain a min distance of 3 to 6 feet between each individual. Consider using tape or paint as a guide for students and coaches.
- Ask that everyone follow standard infection prevention measures (e.g. frequent handwashing, avoid touching of face)
- Promote the rigorous, frequent sanitizing of any shared equipment before, during and after all training sessions
- Practice social distancing around your activities. This include the generally accepted practice of keeping 6 feet in between individuals wherever possible but also encouraging everyone to do their best limit the extent to which they touch common surfaces.
- Consider having coaches call plays from the sidelines rather than in the team huddle
- Consider adding additional times outs to allow for hand hygiene periodically through practices and games
- Provide additional footballs if possible to allow for more frequent equipment switches and disinfect footballs with disinfecting wipes
- Consider electronic or handheld whistles
- Players should adhere to and maintain physical distancing whenever possible and avoid handshakes, high fives, or other congratulatory contact with teammate

## Appendix A – Close Contact and Exposure to a Suspected or 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 self-quarantine for 14 days from the last contact with the case. 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.\*

In the cases of the first two bullets above, associations should consider these quarantine criteria “automatic”. In the case of the third bullet above, this determination of close contact can either be made by the CYFA or association or by contact tracers at MDH.

\* If you are absolutely sure an individual had 15+ minutes of close (< 6 feet) contact with a lab-confirmed case of COVID19, please ensure that individual self isolates for 14 days from last contact with the aforementioned case.

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](mailto: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 – CYFA 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 CYFA 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:

- Blaine Football Association
- Coon Rapids Association

## Appendix C - CYFA 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 CYFA 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 CYFA 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.

Individuals who have had close contact to someone who tests positive are required to self-isolate for 14 days beginning from the date of exposure or until they are able to produce a Negative COVID 19 test result to their home association’s designated individual (see list of contacts 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):

Date of Close Contact Exposure:

Name and Phone # for person filling out this form:

List of Home Association Contacts:

- Coon Rapids Football Association
- Blaine Football Association