

**This document is intended to be used as Return to Play guidance for all SMYFA programs during the Covid crisis. State and Local guidance will supersede any of the below based on information received at the time.(USA Football Phases/MHSAA/CDC Guidelines) This document is a living document and will be updated as more information is received.**

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### **Purpose**

As youth football families seek a smart and responsible return to play, the Southeast Michigan Youth Football Association has worked with our partners at USA Football, MHSAA, CDC and medical professionals to provide guidance for a return to play. It's important that all member programs adhere to this document. It should be noted that prior to a vaccine or cure, Covid-19 risk of infection remains. Please inform all parents of the actions and steps that SMYFA is taking so they can make an informed decision regarding their child's participation.

### **Phases**

The return to full football and practice will depend on the medical data in Michigan.

### **Practice Requirements (Minimum)**

Phase 1 - TBD

Phase 2 - TBD

Phase 3 - TBD

## Phase 4 - Full Play (Practice)

1. All players, coaches, cheerleaders to fill out covid questionnaires prior to practice.
  - Do not participate in activities if you have any of the symptoms listed below. a. COVID exposure in past 14 days b. Sore throat c. Shortness of breath/difficulty breathing d. Fever >100.4 F e. Chills f. Headache g. Sinus congestion h. Cough persistent and or productive i. Joint aches and soreness j. Vomiting or diarrhea k. Rash (If someone other than the parent brings a child, we will need a note from the parent (via email or paper) that answers the questions on the covid questionnaire.
  - Temperatures will be taken prior to practice (UD's) (Need to determine next steps if above ??)
2. Each team will maintain a list of all facility users, participants and attendees, etc. For privacy purposes, the list should be securely stored and not shared publicly. In the event that someone participating in practice becomes ill, refer to this list for "tracking or tracing" to determine who on your team may have been directly exposed to illness, and advise them accordingly. Include the items below in your contact tracing list. For minors, use a parent's contact information.
3. UD's to assist with check - in
4. If there are any signs of illness, player or coach will not be allowed to participate
5. Coaches will break players into smaller groups/pods to conduct drills
6. Social Distancing
7. No spectators or parents are allowed to be on the sidelines during practice
8. Players, coaches, cheerleaders must bring their own clearly labeled marked water bottles
9. Large Huddles to be discouraged
10. Clean Individual Equipment prior to use by the next individual
11. Balls may be passed/shared, provided students wash their hands before and after the practice.
12. Players must shower and wash all clothing after prior to each practice
13. Hand sanitizer should be plentiful at all practices
14. All players, coaches to bring masks

## Game Day Operations

1. All players, cheerleaders, coaches, referees, volunteers required to fill out Covid self checker (prior to/at the field)
2. DOF should ensure the following
  - Hand sanitizer on sidelines, press box
  - All benches wiped down

- Bleachers????
  - Gloves placed near water coolers
  - Masks to be worn by bench personnel to include all coaches, referees, and sideline personnel. Spectators are required to wear face coverings.
  - Locker Rooms??
  - Signage in place at entrances (TBD)
  - 30 minutes between games
  - Scorer's Table/Press Box personnel should be 3-6 feet apart
  - No pre-game or post game handshakes
3. Monitoring System in Place (Red/White/Blue)
- a. Red - Entrance Monitoring**
- If permissible, determine one entrance or area for all personnel to enter (allowing for fire/emergency exit if needed)
  - Hand sanitizer at the entrance
  - Refer to state guideline on access for visitors with Covid symptoms
  - Remind people to practice social distancing
- b. White - Stands/Spectator**
- Based on state/local guidelines ensure bleachers are set up for social distancing
  - Monitor individuals in stands for non-compliance of social distancing
  - With the assistance of the venue manager, ensure bathrooms are sanitized on an increased basis and are equipped with antibacterial soap.
  - Ensure no concession stands are in operations
  - If fans do not wear masks, PA announcement to be made. Failure to comply will result in the game being stopped and cancelled.
- c. Blue - Field Monitor**
- Ensure players keep at least 6 ft apart
  - Ensure coaches, on-field/sideline personnel wear masks
  - Ensure players, cheerleaders and coaches bring and use their own clearly labeled water bottle and use their own personal towels, equipment, etc
  - Sanitize footballs between each series??
  - Monitor the water cooler to ensure only one person is filling up water bottles. That individual must wear a mask and gloves
  - Ensure trainers can attend to injured players if needed and other players and coaches are kept at a safe distance
4. DOF's or rep. Must be on site for all games
5. Footballs for game use to be separated (kicking, etc) for cleaning. Sanitized back up balls should be available and separated
6. Press Box personnel will be limited to 4 (social distancing)

## Known Exposure

1. In the case of a known exposure/illness/positive test:

- Immediately notify everyone in SMYFA that a player, coach, cheerleader, official that an individual tested positive for Covid-19 respecting **Personal Health Information the individual(s) name will not be publicized.**
- Immediately contact the local public health officials to allow them to begin the process of contact tracing and other actions/steps.
- Individuals who have had close contact to someone who tests positive are required (MAY) to self-isolate for 14 days.
- Individuals who test positive for Covid-19 will be required to self quarantine and not participate for 10 day and 72hr symptom free. (**CDC Guidelines**)
- Students, coaches, officials and others at the event but NOT in close contact should be closely monitored for symptoms and may not need testing. Follow Public Health Department guidance.
- What do we do regarding games?? (Follow MHSAA Guidance)
- Clean the area
- (add definitions)

### **Entrance/Exit/Crowd Sizes**

- Consider strategies to prevent large gatherings at entrances and exits to limit crossover contact.
- Crowd sizes based on State Guidelines

### **Facility Cleaning**

FACILITY CLEANING: Adequate cleaning schedules should be created and implemented for all athletic facilities. Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (bleachers, chairs, furniture in meeting rooms, locker rooms, bathrooms, athletic training room tables, etc.). Individuals should wash their hands for a minimum of 20 seconds before participating in workouts. Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.

MHSAA Doc

<https://www.mhsaa.com/portals/0/Documents/AD%20Forms/PACKET%20FB.pdf>

<https://docs.google.com/document/d/1XwrB2SEtcgdOuhnejvgNO77cD2d6mH0ktAXqD7vBEU/edit>

<https://www.mhsaa.com/portals/0/Documents/FB/ballcleaning.pdf>