

RETURN TO YOUTH FOOTBALL 2020

BEFORE/DURING/AFTER YOU GO TO THE FIELD

Returning to the game this season is a team effort. Your league should have guidelines in place, but parents – as always – are a key component of the success. Why?

- Parents play a critical role in helping the league follow its plan and letting your athletes know why they need to stick to the guidelines.
- Parents and their athletes should always follow their league's guidelines.
- Parents are encouraged to take any additional reasonable steps to make them comfortable with their athlete playing this year.

Here are some important things to do every time before you get the field, while you're there and when it's time to go.

BEFORE

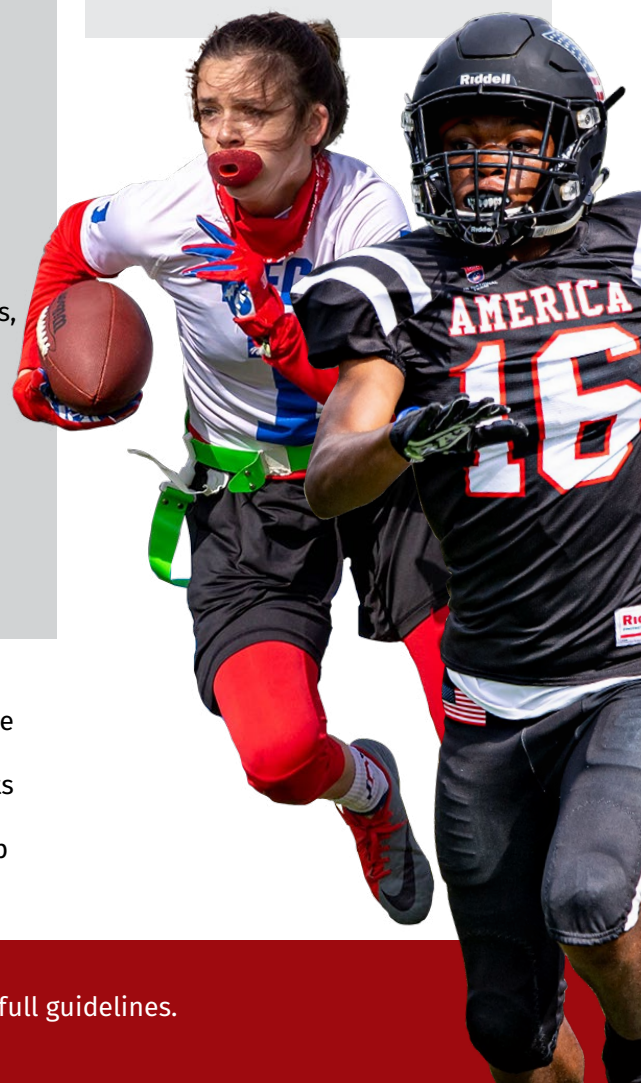
- Check your athlete, yourself and anyone else coming with you for these symptoms. **DO NOT** go if you say 'yes' to any of these:
 - Fever (over 100.3°F)
 - Cough
 - Shortness of Breath
 - Sore Throat
 - Congestion
 - Headache
 - Chills
 - Muscle and/or Joint Pain
 - Nausea/Vomiting
 - Loss of Sense of Smell and Taste
 - Diarrhea
- Your league may also be doing on-site health screenings of athletes. It's a good idea to go with your athlete to make them feel comfortable.
- During Phases 1 and 2, discourage "vulnerable individuals" (as defined by the Centers for Disease Control) from attending practices or games.
- Label your athlete's water bottles, towels and other personal equipment to help eliminate sharing.
- **DO NOT** go to any league activities if you or they have been exposed to COVID-19 within the past 14 days.

DURING

- Make sure you and your athlete practice social distancing.
 - During Phases 1 and 2, all spectators, players, and coaches should remain at least 6 feet apart.
 - During Phase 3, make sure your athlete remains at least 3-6 feet apart from other athletes and coaches when not directly participating in practices or games.
- Wash or sanitize your hands frequently.
- Don't let your athlete share items –including water bottles, towels, clothing, shoes, or football equipment.
- Once your league enters Phase 3, encourage "vulnerable individuals" to continue to practice social distancing while at practices and games.

AFTER

- Wash your athlete's clothes immediately.
- Have your athlete shower immediately. Keep your athlete's equipment and uniform in a plastic bag during the ride home, then sanitize immediately.



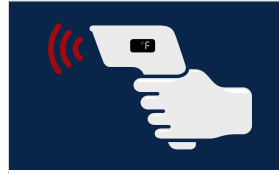
- ▶ Ask your league how else you can help. A responsible return requires teamwork. Many leagues need parents to be sideline monitors, sanitize equipment or help with screenings.

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SELF-CHECK HEALTH GUIDE

Be smart this season. Returning to the fields means returning only if you're healthy and don't have symptoms. Use this self-check guide every time before you head out to the field.

IN THE LAST 14 DAYS HAVE YOU HAD...



A fever?

(Record here if higher than 100.3°F _____)

- Yes
- No



A cough?

- Yes
- No



A sore throat?

- Yes
- No



Shortness of breath?

- Yes
- No



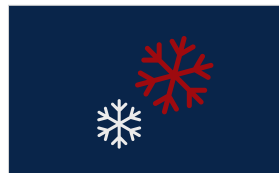
Congestion?

- Yes
- No



A headache?

- Yes
- No



Chills?

- Yes
- No



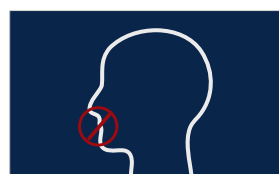
Muscle and/or joint pain?

- Yes
- No



Nausea/ Vomiting?

- Yes
- No



Loss of sense of smell and taste?

- Yes
- No



Diarrhea?

- Yes
- No



Close contact or cared for someone with COVID-19?

- Yes
- No

▶ If you answered yes to any of these, we recommend you stay home. Find more resources at usafootball.com/return.