



Gwinnett Football League

PHASE THREE – RETURN TO CONTESTS

EFFECTIVE AUGUST 17

Requirements / Guidelines / Recommendations for Athletes and Coaches:

- Coaches **MUST** educate parents on what is expected of athletes during each phase
- Coaches **MUST** recommend to parents/athletes that all personal items are labeled to avoid touching of other people's things and coaches need to encourage athletes to spread out their belongings during practices
- **COACHES/ATHLETES/PARENTS WHO FEEL SICK SHOULD STAY HOME**
 - Contact and follow the advice of your medical provider
- Mask are **REQUIRED** for all coaches
 - Coaches can remove mask when greater than 6 feet from players/cheerleaders during outside workouts/practices (social distancing)
 - Coaches are required to wear mask for any inside workouts/practices
 - Coaches are required to wear mask when social distancing (6' apart) is not an option
- Mask are highly recommended for athletes
- **Maximum 50 group size, including coaches per field for practices**
 - No parents on the field
 - Any team/squad with more than 50 will be required to split into 2 teams/squads for practices until the 50 group size restriction is increased by (State&GCP&R)
- Players can wear **FULL PADS** (helmets - shoulder pads – pants - girdle) – **Effective August 17**
 - Insure all players are properly equipped and protective equipment is properly fitted
 - **MOUTH PIECE MUST BE ATTACHED TO FACEMASK**
 - Parents are advised to disinfect helmets after practice at home – see disinfected guidelines
- **TEAM BREAKS ARE REQUIRED EVERY 10 MINUTES** – **Until further notice**
 - **The ENTIRE TEAM MUST BREAK TOGETHER**
 - **Breaks must last for a MINIMUM of 3 MINUTES**
- **Close contact drills should be limited to 10 minutes with 3 minute breaks in between**
 - Social distancing should be maintained during non-close contact drills
- **Shared athletic equipment (FOOTBALLS ONLY) can be introduced but must be cleaned frequently**
- **No blocking dummies or hand shields** – **Until further notice**
- **No scrimmages against other teams** – **August 10 thru August 22**
 - Inter team scrimmage allowed



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Requirements / Guidelines / Recommendations for Athletes and Coaches:

- Athletic equipment such as football helmets/other pads should be worn by only one individual and not shared.
- Officials and sideline volunteers should be given option to wear face coverings (may use artificial noisemaker in place of whistle)
- There must be a minimum distance of 6 feet between each individual at all times
 - Social distancing will need to be maintained on sidelines and benches during practices
- **Athletes, coaches, officials, event staff, medical staff, security should be the only people in attendance until the state/local health departments lift restrictions**
- Continue to practice proper hygiene and handwashing techniques
- Continue recommendations to wash all workout items used that day (clothing, equipment, water bottles, etc.) at home
- FULL PADS PRACTICES – FULL PADS (helmets - shoulder pads – pants - girdle) – **Effective August 17**
- Competition may begin August 29
 - Maximum 50 on playing field
 - Maximum 50 on each sideline (coaches, players, cheerleaders)
 - Social Distancing must be maintained while on sidelines
- No team huddles where team is in close proximity or touching each other
- Celebrations of any kind must not contain touching between teammates or coaches: including high fives/helmet taps/chest bumps etc.
- **There should be no communal or shared water bottles**
 - **All athletes/coaches will be required to bring their own water bottle for practices and games**
- There should be no shared athletic towels, clothing or shoes between athletes
- No team snacks or drinks after practices or games
- There should be no chewing of seeds, gum or spitting on the field
- Refrain from touching your face especially after touching the ball or other equipment



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- Continue to practice proper hygiene and handwashing techniques:
 - Including recommendations to wash all workout items used that day (clothing, equipment, water bottles, etc.) at home.
 - See attached “Cleaning Flyer for Parents”

Screening:

- **MANDATORY** Temperature and Questionnaire Screening will continue at the start of any events, workouts, practices, and games
 - **Coaches/Volunteers are required to wear mask during temperature checks & screening**
- **All coaches and athletes will be temperature screened prior to start of practice and games**
 - All temperature screening must be done with a no contact thermometer such as an Infrared Thermometer by Medsource
- **All coaches and athletes (with help of parents) will answer the Covid-19 Screening Questionnaire prior to start of practice and games**
- Any person who has had a fever or cold symptoms in the previous 24 hours will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health- care professional.
- Any individual with a physician’s note to participate, even if screens “Positive” from the questionnaire must be recorded on the appropriate “Positive Screening Log” and returned into your association EACH day
- It is recommended that parent/guardian dropping of athlete to practice wear a mask upon arriving to temperature screen and questionnaire station
- Athlete/parent or coach will be told they have screened out and informed they cannot remain
- Athlete will sit in a designated isolated area until transportation arrives or instructed to go home by way of parent/guardian
- Athlete/Coach will only be allowed to return: With a note clearing them to participate from a physician



“Screened out”

- Screened out means that temperature taken is over 100.4 degrees F without a physician’s note to participate in conditioning stating they are clear of Covid-19
- Screened out also means that the coach/athlete answered YES to any of the Covid-19 Questionnaire questions without a physician’s note to participate in condition stating they are clear of Covid-19. These athletes still need to be recorded on “Positive Screening Log”

Handwashing and Hand Sanitizer Instructions

Soap and Water

- **Wet** your hands with clean running water (warm or cold), turn off the tap, and apply soap
- **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song twice
- **Rinse** your hands under clean, running water
- **Dry** your hands using a clean towel or air dry them

Alcohol-based Hand Sanitizer

Use an alcohol-based hand sanitizer that contains **at least 60% alcohol**. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities

- **Put** enough sanitizer on your hands to cover all surfaces
- **Rub** your hands together until they feel dry (this should take around 20 seconds)

Do NOT rinse or wipe off the hand sanitizer before it’s dry; it may not work well against germs

Social distancing during Contests/Events/Activities:

- Appropriate signage must be displayed at athletic fields and parks that demonstrate the Northside Hospital – Duluth and GFL Parent/Athlete/Coach/Spectator/GFL Questionnaire
- When not directly participating in practices or contests, athletes should try to maintain a minimum distance of 3 to 6 feet between each individual
- There should be no team huddles as a team where teammates are touching each other; including touching hands, equipment, helmets etc
- Appropriate social distancing will need to be maintained on sidelines/bench during contests and events



- All spectators are welcome but will be required to social distance and practice hand hygiene
 - It is “HIGHLY RECOMMENDED” that all spectators wear mask
 - It is recommended that family members sit together and practice safe distance in the stands from other families
 - It is recommended that families are spectators arrive just prior to start of game time and leave promptly after the conclusion of the event to avoid over exposure to other individuals

MASKS

MASK OPTIONS

- There is no need to require or recommend “medical grade” masks for athletic activity.
 - HOWEVER, surgical masks must be discarded after each use. N95 masks can be stored in a paper bag when not being worn and should only be discarded when soiled, moist or damaged.
- Cloth masks are acceptable including the use of a bandana, scarf etc.
- The mask must be secured to the individual such as tied or attached by elastic
- Cloth material that is held over the nose/mouth by a hand is not permitted.

MISC. MASK RECOMMENDATIONS

- Any athlete who prefers to wear a cloth face covering during a contest should be allowed to do so
- In the absence of guidelines to the contrary, we recommend that cloth face coverings be worn by athletes during Phases 1 and 2 as outlined below. Exceptions are swimming, distance running or other high intensity aerobic activity
- Cloth face coverings may continue to be used during Phase 3 when not engaging in vigorous activity, such as sitting on the bench during contests, in the locker room and in the athletic training room
- Plastic shields covering the entire face (or attached to a helmet) shall not be allowed during contests. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates
- Coaches, officials, and other contest personnel may wear cloth face coverings at all times during Phases 1 through 3. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.



GWINNETT FOOTBALL LEAGUE & NORTHSIDE HOSPITAL DULUTH QUESTIONNAIRE

Coaches/Athletes/GFL Volunteers/Spectators should answer the questions below before being allowed to work out or enter the athletic field(s). If the answer is yes to any of the questions below, the athlete should not participate in any workout until athlete presents with a physician's note:

- **Do you or have you had a fever in the last week?**
- **Have you been diagnosed with COVID-19?**
- **Have you been in contact with anyone diagnosed with COVID-19?**
- **Have traveled to a "hot spot" for COVID-19?**

ENHANCED SCREENING

- **Have you or anyone in your household been ill in the last week?**
- **Have you or anyone in your household been exposed to an individual that has tested positive for COVID-19?**
- **Have you or anyone in your household been tested for COVID-19 and are waiting on the test results?**



REFERENCES

1. Center for Disease Control – CDC – Hand Hygiene in Healthcare Settings
<https://www.cdc.gov/handhygiene/>
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/hand-hygiene.html>
2. National Federation of State High School Associations (NFHS), Sports Medicine Advisory Committee (SMAC). “GUIDANCE FOR OPENING UP HIGH SCHOOL ATHLETICS AND ACTIVITIES” (2020)
3. Newtown Recreation. “COVID-19 Policies for Youth Activities for Newtown Park – Procedures and Requirements for safe return to play at Newton Recreation (June 2020).
4. NHSSCA Georgia, GHSA Sport Medicine Advisory Committee “Covid-19 Return to Activity Recommendations” (2020) pages
5. Northside Hospital System “COVID-19 Employee Screening Competency Checklist & Screening Tools” PowerPoint (April 3, 2020).
6. Northside Hospital System “COVID-19 EVS Education Information” PowerPoint (April 28, 2020)
7. Northside Hospital System “Physician Office Cleaning (April 3, 2020)
8. Northside Hospital System “Process for Screening all Patients/Visitors Outpatient Radiology” (April 29, 2020)
9. The Den, National Athletic Trainers Association “Athletic Training and Athletic Healthcare Services: Infection Prevention and Control Guidelines” (2020)
10. Zachazewski, Jim, ATC, PT, DPT and Michael Belanger, ATC, PT. Brigham and Women’s Hospital Department of Orthopedic Surgery Sports Medicine Service, Boston, MA. The Den, National Athletic Trainers Association “Athletic Health Care Infection Control Policy Considerations” (2020)
11. Zachazewski, Jim, ATC, PT, DPT and Michael Belanger, ATC, PT. Brigham and Women’s Hospital Department of Orthopedic Surgery Sports Medicine Service, Boston, MA. The Den, National Athletic Trainers Association “Infection Control in Interscholastic Athletic Training Rooms Post COVID-19”