



## **COVID-19 Practice Procedures**

### **for Pop Warner Cape Coral Junior Football Association**

#### **General**

- Parents will be encouraged to remain in cars or outside the field. We ask each parent to not congregate and follow CDC guidelines regarding social distancing.
- Any parent, volunteer, or athlete that is 6 years of age or older will be encouraged to wear a mask while not actively participating in practice.
- Participants will be asked to bring
  - a. Their own towels, marked with their names
  - b. Filled water bottles with their name on it (shared water bottles are not allowed)
- There will be one (1) dedicated volunteer to each restroom.
  - a. Restrooms will be cleaned and sterilized prior to practice beginning, at the end of each practice, and every 30 mins while practice is being conducted.
  - b. No more than 1 participant in the restroom at one time.
- CCJFA will display the approve signage recommended by the CDC guidelines.
- Bleacher will be closed until the city reaches phase three to maximize social distancing.
- Parents will sign waiver (see attached)
- In the event of lightning in the area, practice will be canceled. After Phase three, athletes will be housed in their lock rooms until lightning has cleared the area.

#### **Before and After Practice**

- Separate entrances and exits will be marked to minimize contact and congestion.
- Teams will have different arrival times to prevent congregating at the entrance and exits.
  - a. Upon arrival volunteers will do a health check of each player including a temperature check.
  - b. Any person entering the field that has a temperature of higher than 100.4 or that fails background screening will be refused entry.
  - c. All players and volunteers will be asked to wash hands/sanitize hands prior to entering the field.

### **During practice**

- Cape Coral Junior Football Association will utilize all 3 fields (each field is approx. 80,000 sqft).
- Up to four (4) teams will be assigned to each field.
  - a. Each cheer or football team will not exceed 35 participants.
  - b. Each team will be given a quarter of their designated field for practice (approx. 20,000 sqft each team). That area of the field will be broken down into quadrants allowing for maximum distancing within teams approx (5,000 sqft per quadrant).
  - c. Teams will maintain six-foot distancing while not actively participating in drills, stunting, etc.
  - d. Teams will remain in their designated quadrant and not intermingle with other teams.
- All equipment (footballs, tackling dummies, donuts, sleds, etc.) will be sanitized before, during and after each practice.

### **COVID-19 Positive Protocol**

- If an athlete or coach tests positive for COVID-19, that player/coach will not be allowed at practice and will need a letter from a physician to return to play. Parents of the team will be notified that a player has tested positive and will recommend (not require) teammates to get tested.
- If a total of 3 members from a team (players and coaches) tests positive for COVID-19 at a time, that entire team will be required to quarantine at home for 14 days. It will be recommended for all players and coaches to get tested. Any player or coach that tests positive will need a letter from a physician to return to play.
- If any athlete or coach has knowingly been exposed to COVID-19, by proximity, they are highly recommended to get tested. They however will not be allowed back to practice until they have been symptom free for 7 days from the last exposure or have received a negative test.