

### **Kearsarge Wildcat Youth Football and Cheer COVID-19 Protocol**

Each athlete, parent and coach will sign individual COVID-19 Waivers in addition to the KWFC Waiver. KWFC Board will educate all head coaches on COVID-19 protocols. KWFC Board will assign a COVID-19 coordinator for each team. Each head coach will provide COVID-19 education to all parents and athletes.

Temperature checks and screening questions will be completed prior to each practice or game. Anyone with a temperature higher than 100.4F or answering "YES" to any screening questions will be sent home.

Seniors or others with compromised immune systems should not attend practices or games.

Anyone with signs of illness should not attend practices or games.

Parents are encouraged to monitor the health of their children and not send them to practice or games if they exhibit any symptoms of COVID-19. Adult coaches should do the same.

Anyone repeatedly sneezing or coughing will be asked to go home immediately.

All players, staff, and spectators will practice social distancing by remaining 6' apart whenever possible.

Everyone is encouraged to avoid touching their face including eyes, nose, and mouth.

Everyone is encouraged to wash their hands before, during, and after practices and games.

Face coverings are encouraged whenever 6' of social distance cannot be maintained.

Equipment, water bottles, and bags should be placed 6' apart. Athletes should not touch each other's equipment, water bottles, and bags.

Benches should be avoided by players and only used by spectators from the same family.

There will be no spitting or gum chewing.

Hand sanitizer with 60% or greater alcohol content will be used by all coaches and athletes before, during, and after each practice or game.

Water bottles will not be shared amongst athletes at practices or games.

All trash will be picked up and put in receptacles at the end of every practice and game.

Face coverings will not be required by players actively practicing or playing in games for safety reasons.

This document will be emailed to all board members, coaches, players, and parents and posted on the organization's website and social media. It will also be sent to each visiting team.

Each team will have a designated practice area and teams will not co-mingle.

All equipment will be sanitized prior to use, during routine water breaks throughout practice and after use.

Coaches will have designated practice areas away from other teams and will set up drills and exercises allowing for social distancing where possible.

Coaching staffs will be minimized to one coach for every 5-10 athletes.

Game day warm up areas will be separated from the playing area and each team will have their own area.

Opposing team's players, coaches, and parents will stay on the visitor side of the field. Visiting teams to be played will be John Stark, Bow, and Gilford. October 17<sup>th</sup> will be the only day with two games against Gilford. Game times will be staggered to allow one team to leave while the other is warming up.

Wrist coaches will be used to allow for limited time in huddles for play calling.

Any restroom or portable toilet will be limited to one person at a time.

Snack shack, if available, will require 6' social distancing and face coverings for service.

Game day sideline area restrictions will be expanded to allow athletes to stand 6' apart.