

Greater Cincinnati Youth Football League

Week 1 Practice Guidelines

The Greater Cincinnati Youth Football League recognizes the social impact Covid-19 has on our players, families and officials. The GCYFL believes it is essential to the physical and mental well-being of children to return to physical activity and build team relationships with their peers and coaches. The Board continues to monitor and consult various people outside the league for input as we move into our season. The GCYFL is not governed by the Ohio High School Athletic Association but we look to their directives for guidance in development of our policies. We suggest each member organization of the GCYFL consult their local school district for guidance especially if they use the school district facilities. As we move from a 7:1 pre-season workout to an acclimation period, the following guidelines have been established for teams effective July 13, 2020. Every team can get their minimum 3 acclimation days in at this time. Additional acclimation days are permitted but players may not wear shoulder pads or football pants until July 20th at the earliest. Helmets are permitted throughout the acclimation period.

Until there is a cure, vaccine, or effective treatment is readily available, social distancing and other preventative measures will be the 'new normal' during any aspect of sport in Ohio. Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. Cloth face coverings should be considered acceptable in all phases of this document.

Face Covering Guidance:

1. Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. As state and local COVID-19 prevalence decreases, the need for strict social distancing and the use of face coverings will lessen.

a. The Centers for Disease Control and Prevention (CDC) is additionally "advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others."

b. Recognizing the benefits and potential drawbacks of the use of cloth face coverings during conditioning and physical activity, OHSAA recommends the following:

i. Cloth face coverings are acceptable. There is no need to require or recommend "medical grade" masks for athletic activity.

ii. Exceptions include high intensity aerobic activities such as running. In these activities, cloth face coverings may be worn when not engaging in vigorous activity, such as before or after instruction, or any time spent on the 'sidelines' when physical activity is not being performed.

iv. Plastic shields covering the entire face (or attached to a helmet) shall not be allowed during play. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates.

v. Coaches are recommended to wear cloth face coverings during instruction.

"Vulnerable individuals" are defined by the Center for Disease Control (CDC) as people age 65 and older and others with serious underlying health conditions. These conditions include, but are not limited to: high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune

systems that are compromised by chemotherapy for cancer, and other conditions requiring such therapy. Every coach and parent must make the best decision for themselves and their family members.

Pre-Workout Screening:

- All coaches, players and parents should be screened for signs/symptoms of COVID-19 prior to a workout, to include a temperature check. Temperature checks will be taken at home prior to the practice.
- Any person with a temperature above 100.4 degrees, coughing, has trouble breathing, vomiting or diarrhea is not allowed to take part in workouts and should contact their medical provider.
- Vulnerable individuals (as defined above) should not oversee or participate in any workouts.
- Coaches shall record all players and coaches present at the workout.

Limitations on Gathering:

- Six-feet social distance must be maintained between individuals except when on the field of play. No one from outside the team shall participate in a practice. (Example: a sibling getting more work in with their brother's team.)
- Players are encouraged to shower and wash their workout clothing immediately upon returning home.
- No congregating before or after practices or games is permitted.
- Physical contact is only permitted within the rules of the game during competitive practice.
- Players, coaches, and officials are not to physically contact each other before or after competitive practice (i.e. greetings, team huddles, high-fives, congregating, etc.)
- Limit time spent on activities where players are in close proximity for extended periods of time.

Physical Activity and Athletic Equipment:

- There should be no shared athletic equipment (towels, clothing, shoes, or sport specific equipment) between players.
- Players should wear their own workout clothing, and clothing/towels should be washed and cleaned after every workout.
- Equipment and items related to the activity must be sanitized before, during and after every event. If equipment cannot be sanitized during the activity, only participants of a single team must use equipment and items related to the activity and opposing participants avoid touching that equipment
- If equipment must be shared, proper sanitation should be performed between users.

Hydration:

- All students are to bring their own water bottle, and water bottles will not be shared.
- Water bottles shall be spread 6 feet apart.

The GCYFL's first and foremost concern is the health and safety of the players, coaches, families and officials. Guidelines will be updated as we proceed into the season and new guidelines will be published. Each Organization may further limit their own teams as they wish.

Resources:

Skills Training For All Sports:

<https://coronavirus.ohio.gov/static/responsible/Skills-Training-All%20Sports.pdf>

Contact Sport Practices and Non-Contact Sport Competitions

<https://coronavirus.ohio.gov/static/responsible/Contact-Sport-Practices-Non-Contact-Sport.pdf>