



# Willow Grove Bears Football and Cheerleading

P.O. Box 331 • Willow Grove, PA 19090 • 267.495.4290 •  
E-Mail: [wgbears@gmail.com](mailto:wgbears@gmail.com) • Web: [www.wgbears.com](http://www.wgbears.com)

August 1, 2020

The Executive Board, General Board, and Volunteers of the Willow Grove Bears Organization acknowledge that Phases for each state and county may not coincide with this 'Return to Play' policy. For each phase, state/local guidelines take precedence if they are more restrictive than this phased approach.

- **Phase 1: Virtual Training - Stay at Home Order**

- Individual training sessions in own home using own equipment
- Seek a Safe training Area; Appropriate Surface, free of obstructions.
- Wear Proper Attire – Workout Clothes, Soft Soled Shoes / Sneakers.
- Coaching would only occur virtually
- No athletes work or train together unless they are living in same home
- Focus on individual development and skills: Stretching/Flexibility, Basic Conditioning, Team Bonding, Game Day Sidelines/Cheers, Dance

- **Phase 2: Socially Distanced Training**

- Stay at Home Orders Are Relaxed
- Group Activities are Limited to 10 or Fewer People
- Public indoor facilities are closed, parks and outdoor facilities begin to open, and allow visitors continuing to follow social distancing guidelines.
- Check in and Check out procedures (Stay in car until time of activity).
  - Parents / Spectators away from area (Sit in car – Drop-Off – Pick-Up Only).
  - Separate Entry and Exit Locations.
  - Attendance Taken on Entry.
  - Masks for Coaches, Officials, Spectators/Parents.
  - Wear Proper Attire – Workout Clothes, Soft Soled Shoes / Sneakers.
  - Take shower and wash all clothing after each practice
  - Sanitize any surfaces – bleachers, chairs, etc. – after each practice
  - Athletes Tie Hair back slick and away from face, leave personal items in bag.
  - Bring Water Bottle Clearly Marked with Name.
  - Bring Towel Clearly Marked with Name.
- Participant brings own snacks, if necessary.
- Participants' gear to be kept in separate areas from other participants
- Wash Hands before Attending; Avoid touching eyes nose mouth.
- Outdoors Safe Training Area: Appropriate surface/environment for the Activity, free of obstructions.
- Team broken down into 10 total or fewer team members includes Coach.
- Participants cannot leave area/session until coaches issue a rotation or end of practice.
- Athletes 6 feet apart, wearing mask as per State or local guidelines.
- WG Bears will provide alcohol based hand sanitizer stations.
- Creative Greetings without contact, Discourage High Fives, handshakes, hugs, bring it in/Huddles, etc. • Practice Includes: Stretching/Flexibility, Basic Conditioning, Team Bonding,

Game Day Sidelines/Cheers, Dance, NO stunting, spotting, partner work, no hands on correction.

- Mixing of groups will be avoided
- Coaches will follow social distancing guidelines, which include but are not limited to:
  - staying 6 feet apart from players and others, wearing masks when necessary and using
  - verbal cues
  - No Huddles
  - Clean balls, tackling dummies and all other equipment after each practice
- Participants are subject to screening (including contact free temperature check) prior to beginning activity

- **Phase 3: Practice with Mitigation**

- Training Facilities are Open, Group Sizes are increased to 25 or more Practices with contact:
- Limit the number of teams at each practice and number of players per field
- Encourage “open space” between fields
- Spectators will not be encouraged - if spectators are present, they must maintain social distancing protocols which include wearing face masks, personal hand sanitizer, but are encouraged to stay in their personal vehicle instead
- Mixing of groups will be discouraged - Please refrain from gathering in the parking lot or open spaces near the field. Stay with the assigned group/team.
- Participants are subject to screening (including contact free temperature check) prior to beginning activity
- Check in and Check out procedures (Stay in car until time of practice).
  - Parents / Spectators away from area (Drop-Off – Pick-Up only).
  - If facility permits, Indoor Limit 1 Guardian per Athlete away from practice area.
  - If outdoor area permits, guardian positioned in lawn chair/blanket a safe distance between families
  - Separate Entry and Exit Locations
  - Attendance Taken on Entry.
  - Masks for Coaches, Officials, Spectators/Parents.
  - Proper Attire – Workout Clothes, Soft Soled Shoes / Sneakers.
  - Athletes: Tie Hair back slick and away from face, leave personal items in bag.
  - Bring Water Bottle Clearly Marked with Name.
  - Bring Towel Clearly Marked with Name.
- Participant brings own snacks, if necessary.
- Wash Hands Before Attending; Avoid touching eyes nose mouth.
- Athletes 6 feet apart, wearing mask when necessary.
- One team to 9 Panels Matted Surface at a time.
- Each athlete on a line or middle of strip.
- Creative Greetings without contact, Discourage High Fives, handshakes, hugs, Bringing it in, etc.
- Practice Includes: Stretching/Flexibility, Basic Conditioning, Team Bonding, Game Day Sidelines/Cheers, Dance, Stunting, spotting, partner work
- Mats vacuumed after use, increased schedule of sanitizing mats.
- Disinfect high touch point sanitizing at end of day.
- WG Bears will provide alcohol based hand sanitizer stations

- **Phase 4: Return to Normal**

- Return to Normal Large and Small Group Training Sessions
- Mixing of Teams and Players Can Occur Normally

- **CDC Recommendations**

- Sick Individuals must follow CDC Guidelines for Home Isolation
- Sick coaches, staff members, umpires/officials, or players should not return until they have met CDC's criteria to discontinue home isolation.
- Coaches, staff, officials, players, and families with sick individuals should not attend any football/cheer activity (including practice or as a spectator), and that they should notify WG Bears Executive Board and their coach if they (staff or parent) or their child (or another family member living in the same home) becomes sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case. ○
- Coaches, staff, officials, and players with COVID-19 symptoms (i.e., fever, cough, shortness of breath) will be isolated immediately if symptoms appear at any youth sports activity. Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, and follow CDC guidance for caring for oneself and others who are sick. Individuals who have had close contact with a person who has symptoms will be separated and sent home as well, and follow CDC guidance for community-related exposure. If symptoms develop, individuals and families should follow CDC guidance for caring for oneself and others who are sick.
- In the event of illness within the organization, Health Officials and Close Contacts will be notified in accordance with state and local privacy and confidentiality laws and regulations:
  - Youth sports organizations should notify local health officials, youth sports program staff, umpires/officials, and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA) and other applicable laws and regulations.
- **Those with a high-risk for severe illness defer activity until Phase 4**



## Willow Grove Bears Football and Cheerleading

P.O. Box 331 • Willow Grove, PA 19090 • 267.495.4290 •  
E-Mail: [wgbears@gmail.com](mailto:wgbears@gmail.com) • Web: [www.wgbears.com](http://www.wgbears.com)

### INSTRUCTIONS FOR WILLOW GROVE BEARS COVID-19 DISCLOSURE, ACKNOWLEDGMENT & WAIVER

- 1) This form is to be completed by all youth athletes and all coaches, volunteers and league officials attending Willow Grove Bears events, as the “Participant”
- 2) Parent signature is required for all youth athletes. Witness signatures are required. Anyone may witness the participant and parent signatures.
- 3) Form is to be filled out for first camp session, for first practice, and at start of competition. Retain the originals with the Participant Agreement. Scan and send of all completed forms (Participant Agreement and COVID-19 form) to [wgbears@gmail.com](mailto:wgbears@gmail.com).
- 4) If the first question is answered “yes”, the date of confirmation or exposure is filled out next.
- 5) If date of exposure is within 14 days, participant is excluded.
- 6) A participant excluded because of exposure may return after the 14 day period and must fill out another form.
- 7) If any of the symptoms are checked, participant is excluded.
- 8) A participant excluded from camp may return 14 days after they are symptom free.
- 9) If temperature is not cleared, participant is excluded.
- 10) A participant excluded for temperature may return 14 days after their temperature returns to normal.
- 11) Under “Duty to Inform” – all three boxes must be checked.
- 12) If participant has tested positive for COVID-19, they may not return without medical clearance.



# Willow Grove Bears Football and Cheerleading

P.O. Box 331 • Willow Grove, PA 19090 • 267.495.4290 •  
E-Mail: [wgbears@gmail.com](mailto:wgbears@gmail.com) • Web: [www.wgbears.com](http://www.wgbears.com)

## PARTICIPANT INFORMATION

NAME:

TEAM:

DATE:

Have you been in close contact to a person who is lab–confirmed to have COVID-19 in the past 14 days?  
\_\_\_\_ Yes \_\_\_\_ No

If yes, what was the date of the last known close contact?

## COVID-19 DISCLOSURE, ACKNOWLEDGMENT & WAIVER

Are you exhibiting any of the following new or worsening symptoms of possible COVID-19?

- Cough
- Shortness of Breath or Difficulty Breathing
- Chills and/or Repeated Shaking with Chills
- Muscle Pain
- Headache
- Sore Throat
- Loss of Taste or Smell
- Diarrhea
- Feeling Feverish or a Measured Temperature Greater than or Equal to 100 Degrees Fahrenheit
- Known close contact with a person who is lab confirmed to have COVID-19
- Currently living with someone experiencing symptoms of COVID-19

## NONE OF THE ABOVE/NO SYMPTOMS TEMPERATURE CERTIFICATION

- I certify that I took my temperature before arriving at the field today and it was less than 100° F
- I certify that I am not using/have not used a fever reducer in the last 24 hours

## DUTY TO INFORM

- I will inform you if I knowingly come in contact with someone who tested positive.
- I will inform you and not attend Willow Grove Bears activities for 14 days if I develop any of the above symptoms
- If I test positive for COVID-19, I will not return to Willow Grove Bears activity without medical clearance.

COVID-19 has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread from person-to-person contact. Federal, state, and local governments and health agencies recommend social distancing and have, in many areas, prohibited group activities. The Willow Grove Bears Organization is taking steps to reduce the spread of COVID-19; however, Willow Grove Bears cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending Willow Grove Bears activity could increase the risk of contracting COVID-19. By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending Willow Grove Bears activity and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 may result from the act, omission, or negligence of myself and others, including, but not limited to, Willow Grove Bears volunteers, and other participants and their families. I voluntarily agree to assume the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may incur by reason of Willow Grove Bears activity (“Claims”). On my behalf, and on behalf of my children, I hereby release and covenant not to sue Willow Grove Bears, its affiliated organizations, employees, volunteers, agents, and representatives, of and from the Claims.

PARTICIPANT SIGNATURE:

PARENT SIGNATURE:

WITNESS:

WITNESS: