

Metro Youth Football Association (MYFA)

Return to Play COVID-19 Protocol

These guidelines are subject to change with updated practices as they become available from the CDC, Linn County Health Services and IAHSAA

General Info

- **Restrooms:** Restrooms should limit occupancy to one person at a time.
- **Hand Sanitizers:** Hand sanitizer stations will be available near the rest rooms and throughout the facility.
- **Self-quarantine:** Players, coaches, parents, or spectators with any symptoms (fever greater than 100.4°F/38°C, shortness of breath, dry cough, diarrhea) should not attend any practices or competitions.
- **Team Snacks:** There will be no team snacks handed out at the end of games or practices.
- **No Handshakes/Celebrations:** Players and coaches should refrain from high fives, fist/elbow bumps, chest bumps, group celebrations, etc.
- **Officials:** Officials working the games will attempt to maintain social distancing (6 feet) between themselves and players/coaches. Officials are encouraged to wear masks, but it is not required.
- **Wearing of Masks:** Players can wear masks during a practice or game, but it is NOT required. Mouthguards MUST be worn underneath the masks.
- **Social Distancing:** Spectators should practice social distancing of 6 ft. wherever possible, especially in common areas. This will NOT apply to players while engaging in football activity. Players and coaches on the sidelines will be required to practice social distancing of 6 feet.
- **Healthy Practices:** All players and coaches should practice healthy habits including adequate hydration to keep mucous membranes moist, consume a varied, vitamin-rich diet with sufficient vegetables and fruits, and get adequate sleep.
- **Cleaning/Disinfecting:** Restrooms and Port-a-Johns will be cleaned on a regular basis. Hand Sanitizer stations will be located near the restrooms and around the Complex
- **Hygiene/Hand Washing/Touching Face/Laundry:** Players and coaches should practice proper hygiene, wash hands frequently with soap and water for at least 20 seconds, use alcohol-based hand sanitizer (with at least 60% alcohol), abstain from touching their face (mouth, eyes, or nose), and cover their cough or sneeze with a tissue and throw tissue in the trash. Carry small bottles of alcohol-based disinfectant when hand washing facilities are not available. Clothes should be laundered after all workouts.
- **Skin Coverage-** Players are encouraged to cover as much bare skin as possible for games and practices.

Practice Protocols

- **Health Screen and Temperature Checks:** Prior to each practice, every player and coach will need to complete a health questionnaire. Any participant that answers “Yes” to a question, will be required to leave the practice/game field. Coaches will take the temperature of each player. If a player has a temperature greater than 100.4°F, the temperature will be rechecked. If the temperature is above 100.4°F, the player will not be allowed to participate in the practice. MYFA will provide no-contact thermometers for each team.
- **Sanitize hands prior to practice-**Each player will need to sanitize hands prior to practice and during each water break provided by the coaching staff. MYFA will provide hand sanitizer and spray bottles.
- **KillZone Disinfectant off all equipment post practice-** After each practice coaches/players/parents will need to sanitize all equipment prior to leaving the practice site. This includes inside of helmet, outside (guardian cap), facemask, and shoulder pads. Coaches will sanitize any balls, tackling dummies and other coaching equipment used in the process of practice. MYFA will provide Spray bottles and KillZone Disinfectant for each team.
- **Daily Laundering-** Parents are asked to wash practice jerseys and pants EVERY night
- **Social Distancing-**Coaches are asked to social distance as much as possible during warmups and when players are waiting to do drills etc.
- **Masks-**Players may wear masks at practice. Coaches are asked to wear masks during practice but are not required.
- **Spectators-**Parents and spectators are asked to socially distance during practice and avoid contact with players
- **Water Bottles-**Athletes and coaches should bring their own water bottles clearly marked with names. No communal water bottles or sharing of water will be allowed.
- **Mouth Guards-** Players should use care when handling their mouth guards. Mouth guards should be cleaned after each practice. Players should not touch someone else’s mouth guard.

Game Day Protocols

- **Temperature Checks**-Each team will need to have temperature checks done prior to team warmups on game day. These temperature checks will be done by an athletic trainer or other site official. If a player is late coaches need to direct players to designated temperature check areas before they begin warming up with the team. No players will be allowed to warm up or participate in the game without a temperature check.
- **Additional Timeouts**-Games will be stopped at the midway point of each quarter. This will be a two-minute time-out for hydration and hand sanitation. End of each quarter will have a two-minute time out for hydration and hand sanitation as well.
- **Offensive Team provides Football**-Teams will shuttle in a MYFA approved football for their offense at the beginning of each offensive possession. Coaches will be responsible for sanitizing MYFA balls.
- Teams will line up on the numbers and wave to teams as a means of sportsmanship replacing the post-game handshake.
- **Post-game Equipment Disinfectant**-Post game teams will need to follow the same gear sanitation as during practice...All helmet insides, outsides, facemasks, and shoulder pads need to be sanitized before leaving the complex. Parents are asked to wash pants and game day jerseys that night.
- **MYFA Complex--Game Warm-Ups and Path to Fields:** All teams will warm up on the triangle green area located on the east end of the MYFA Complex. When the team is ready to walk to their field, they will walk around the NORTH side of the complex to their field. In coming teams will not go to their team bench until the team from the previous game has vacated the area.
- **MYFA Complex-Leaving games**—when teams have completed their games, they will exit to the south end of the complex.
- **TUMA Complex-- Game Warmups and Path to Fields:** All teams will warm up on the field east of the East Football field. When the team is ready to walk to their field, they will walk around the NORTH side of the complex to their field. In coming teams will not go to their team bench until the team from the previous game has vacated the area.
- **TUMA Complex-Leaving games**—when teams have completed their games, they will exit to the south end of the complex.
- **Pre-Game Meeting:** Pre-game meetings with officials will require only one coach to be present from both teams. No player captains will attend these meetings. Social Distancing will be practiced during meeting
- **Water Bottles**-Athletes and coaches should bring their own water bottles clearly marked with names. No communal water bottles or sharing of water will be allowed.
- **Mouth Guards**- Players should use care when handling their mouth guards. Mouth guards should be cleaned after each practice. Players should not touch someone else's mouth guard.
- **Game Times**- Game times will be staggered to help facilitate the flow of teams to the fields, post-game disinfection of equipment, and the flow of families to their cars etc. Time between games will be longer as well to allow teams adequate time to arrive at and depart fields.

Restriction/Return to Play

- **Self-quarantine:** Players, coaches, parents, or spectators with any symptoms (fever greater than 100.4°F/38°C, shortness of breath, dry cough, diarrhea) should not attend any practices or competitions.
- **Positive Exposure-** In the case of a known COVID-19 exposure/illness or positive test, immediately notify your coach and the league via email at MYFAboard@gmail.com.
- **Individuals with contact to a positive test-** players, coaches who have been in contact with a person who has had a positive COVID-19 test result will need to self-isolate and terminate all team activities for 14 days from last contact with a positive individual.
- **Positive tests-** Individuals who have tested positive for COVID-19 should self-isolate and avoid sports participation for a duration of 10 days before returning to full participation.
- **Teams exposed to positive test-** Teams exposed to a positive test will need to practice self-isolation and terminate all team activities for a period of 10 days. Lost games will be tentatively scheduled to be made up at the end of the season.