

Green Mountain Junior Football Association

Mandatory and Recommendation List for Playing Football – Updated 8/9/2020

Infection Control and Prevention – Mandatory Precautions and Recommendations Arriving at the Football Facility

- All participants, spectators and those working on the field or monitoring a field must adhere to six-foot physical distancing while at the football facility. Face covers are required within the six-foot distance. No more than 50 players excluding coaches, referees will be allowed at the Football Facility at any given time. **All involved parties should be prepared to adhere to state and local guidelines/mandates. In these fluid times all must be aware that guidelines/mandates are ever changing.**
- **Daily forehead temperature check will be taken. Temperatures must read below 100.4 degrees Fahrenheit.**
- **If any players/coaches do not pass the temperature check they must be isolated to the side until all players/coaches are checked in. They should then be reevaluated, if they fail twice they cannot participate and will need to go to the Doctor to be tested.**
- There is a mandatory self-evaluation assessment of the daily symptoms. If you are experiencing any of the symptoms you must stay home.
 - If you have any symptoms related to Covid-19 do not play and go to the Doctor and get tested.
 - Fever
 - Cough
 - Shortness of breath or difficulty breathing
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - New loss of taste or smell
 - If you have anyone in your immediate family who has tested positive for Covid-19 please do not play two complete weeks.
 - Cover your coughs and sneezes
- Each team should have a sanitizing station for players to use before, during and after the games/practices.
- Each player must bring their own labeled drinks and must not share with other players. There must not be any communal drinking containers.
- These requirements must be shared prior to the event with all players, coaches, spectators, officials, and employees prior to their arrival at the venue.
- A list of the players, coaches, field monitors, referees and employees must be retained for each game and practice they attend. All GMJFA Coaches will be responsible for maintaining these lists on all home fields and turning them in to the GMJFA Sports Office.

Infection Control and Prevention – Mandatory Precautions and Recommendations While Practicing, Warming Up, and Playing the Game for Coaches and Players

- No more than 50 players excluding coaches, referees will be allowed at the Football Facility at any given time. Coaches and players must adhere to the physical six-foot distancing except while in play.
- Athletes and coaches should wear face coverings at all times while not actively participating. **Products such as the Schutt Splash Shield would serve as an acceptable face covering if worn by players.**
- Coaches should ensure the players are adhering to social distancing and wearing face coverings while not actively participating.
- Each team should have a sanitizing station for players to use before, during and after practices and games.
- Athletes must not share equipment of any kind with another player. Keep your equipment separate from all other players' equipment. This includes helmets, shoulder pads, leg/arm pads, gloves, cleats, etc.

- **Equipment such as footballs, dummies, bags, etc. must be sanitized regularly by the coach running the drill. Game balls should be sanitized each time they come off the field, at the very least between offensive drives.**
- Athletes during the game and after the game must not high five each other, and do not fist bump each other.
- Each player must bring their own labeled drinks and must not share with other players. There must not be any communal drinking containers.
- Coaches, Managers and Players should not talk to the officials unless it is necessary. If it is necessary, then it is expected that you have a mask on and that you maintain the proper six-foot social distancing practice.
- No spitting or eating seeds, gum, or other similar products.
- After the game athletes must not shake hands or high five with the other team.
- All trash and drinking bottles should be immediately placed into a trash receptacle when you are finished with it, and do not leave any trash or bottles on the ground of the sideline.
- After the game is over the game field must be 100% cleaned out of all trash, paper, bottles, footballs, field equipment, bag, etc. so that the next team coming in for the next game has a clean field.
- When the game is over do not congregate as a team in the parking lot and go home.
- When you go home you should immediately wash your hands or take a shower, and you should sterilize all of your equipment, including washing your uniform and pants. We also recommend that you clean your shoes after each game.

Infection Control and Prevention – Mandatory Precautions and Recommendations For Spectators

- Must adhere to the six-foot social distancing practices. This includes in and around any bleachers for anyone not in the same family.
- Must conduct daily symptom assessments.
- **Fans cannot set up behind the team box (between the 25's on a 100 yard field and between the 20's on a 60 yard field). Currently working with JYFA to allow fans to set up behind endzones to allow for extra fan space.**
- Must not enter player areas on the field of play or bench area.
- Must keep nine-feet or more distance from the field of play.
- Have a bottle of sanitizer with you during the game and to utilize it.
- Put all trash and drinking bottles immediately into a trash receptacle when you are finished with it, and do not leave any trash or bottles on the ground or in any bleachers.
- When the game is over do not congregate in the parking lot and go home.
- When you go home immediately wash your hands and sterilize all of your articles/possessions taken to the field with you. We also recommend that you clean your shoes after the game.

Infection Control and Prevention – Mandatory Precautions and Recommendations Leaving the Football Facility

- No more than 50 players excluding coaches, umpires will be allowed on the Football Field at any given time and no more than 125 total people at the Football Facility.
- Have a bottle of sanitizer with you during and immediately utilize it.
- After the game athletes must not shake hands or high five with the other team.
- All trash and drinking bottles must be immediately placed into a trash receptacle when you are finished with it, and do not leave any trash or bottles on the ground at the facility.
- After the game is over the facility must be 100% cleaned out of all trash, paper, bottles, footballs, etc. so the next team coming in for the next game has a clean field.
- When the game is over do not congregate as a team in the parking lot and go home.
- When you go home you should immediately wash your hands or take a shower, and you should sterilize all of your equipment, including washing your uniform and pants. We also recommend that you clean your shoes and gloves after each game.

Infection Control and Prevention – Mandatory Precautions and Recommendations for any Confirmed Cases

- Immediately isolate and seek medical care for any symptoms.
- Individual who develops symptoms should contact the local health district about suspected cases or exposure.
- Organizer must maintain a complete list of coaches, players, and employees present at each event to include date, beginning and ending time of the event, plus name, address and phone contact to be made available upon request from local health district.
- Organizer will work with local health department to identify potentially infected or exposed individuals to help facilitate effective contact tracing/notifications.
- **Infected team members should prepare to isolate for a 14 day period and the team of that person should prepared to shut down practices and games for 14 days from the last time the team was with the infected team member.**

The GMJFA Waiver and Indemnification Agreement is very clear regarding your responsibility for playing in the GMJFA.