

LWYFL 2020 CV-19 GUIDELINES

FINAL UPDATES: 08.30.2020

I.OVERALL

The LWYFL Board, as always, is committed to the safety and well-being of our players, coaches, staff and families. Based on current state direction and mandates, the following guidelines will be in place for the 2020 Football + Cheer Season. The purpose of this document is to allow us to operate in a safe way within these mandates. All teams, coaches, players, parents/guardians, spectators and staff are expected to comply with the following guidelines.

The LWYFL's compliance officer will be Ryan Carpenter. His responsibility is to ensure that the requirements are followed. He will also be the contact person for the local health department, sheriff's department and any other local law enforcement agency that has jurisdiction over events, games and matches.

THROUGHOUT THE SEASON

Please be sure to monitor your child and family for CV-19 symptoms. Anyone experiencing or exhibiting symptoms must stay home/will be asked to exit the event and should not return until he/she is symptom-free for 24 hours.

- Fever or chills
- Shortness of breath or difficulty breathing
- Cough
- Fatigue
- Muscle or body aches
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- CDC's latest symptom list: [HERE](#)

Ongoing Activities

- For all meetings, film sessions, and weight room sessions, all CDC guidelines are to be followed.
- Before, during and after practices and games, all players, coaches, game officials, team personnel and game administration officials should wash and sanitize their hands as often as possible.
- Players, coaches, staff and officials must conduct daily symptom assessments before each practice and game.
- Maintain social distancing of 6 feet at all times while on the sidelines and on the field of play when possible. If not possible, masks must be worn.



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- No touch rule – players should refrain from high fives and other physical contact with teammates, opposing players, coaches, officials, and fans.
- Everyone should have his own beverage container that is not shared.
- Cloth face coverings are mandatory for all participants: spectators, volunteers, coaches, players, staff and all game administration officials when not on the field of play. There are exceptions (please see link for more information: [CLICK HERE](#))
- Gloves are permissible for all coaches and team staff and for all game administration officials.
- Limit the number of non-essential personnel who are on the field level throughout the contest.
- Venues (including all high-touch areas such as port-a-lets) will be sanitized frequently, at minimum every 2 hours.
- Public address announcements will be made periodically before, during, and after the contest to follow the guidelines set forth by the CDC.
- There must be no congregating before or after practices and games by players, coaches, officials, spectators and staff.

Equipment

Equipment and personal items must have proper separation and should avoid being shared.

If equipment is shared, it must be properly sanitized between users.

- Uniforms must be washed after every wear.
- Practice items must be washed after every wear.
- Cheer: Poms to be sealed in individual bags (jumbo size Ziploc bags) with names clearly marked on bags. The coaches will keep all poms (as usual).
- There will be no sharing of equipment.
- Individual water bottles are required.
- Food cannot be shared.

II. PRACTICES

- Health checks must be performed upon arrival for all coaches, players and anyone else on the field. It is recommended that an adult be present during check-in.
- Daily temperature checks (must be less than 100.4)
- Symptom checklist (CV-questionnaire)
- Administer hand sanitizer
- All responses will be recorded on the daily form and turned into the compliance officer by 6:30pm to Field 3 (Ryan Carpenter).
- Anyone with symptoms should not return until he/she is symptom-free for 24 hours.
- Attendees (Bantam only)
- Only one family member/guardian per player to attend practice for Bantam only (both football and cheer)



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- 3rd grade - 6th grade: no attendees at practice, may stay in car/in parking lot
- Bantam attendees should sit/stand at least 6 feet apart on the sidelines and must wear masks when unable to maintain social distance.
- No practice will exceed 2 hours
- Players, coaches and staff are not to physically contact each other before or after practices (i.e., greetings, team huddles, high-fives, etc).
- All players must bring an individual water bottle for use. There will be no sharing of water and/or water out of a shared container.
- Water bottles and other practice equipment will be placed 6 feet apart from each player in the area designated by coaching staff
- All drills and exercises must take 6 feet of separation into account
- Examples: sled drills every other pad; running ropes 6 feet after each player
- Full contact drills will not exceed 9-minute increments to limit exposure.
- Coaches will place teams in smaller groupings as often as possible and rotate activities/exercises with the same groups of kids.
- Post-practice
- Hand sanitizer administered to each player
- Equipment must be sanitized
- No congregating after practices by players, coaches, officials, spectators and staff

III. GAMES

- Game schedules/slots will be at least 1 hour and 45 minutes (instead of 1.5 hours) to allow for additional sanitizing between games.
- All surfaces that are touched will be cleaned, including but not limited to: game balls, down and distance markers, press box, concessions, bleachers, restrooms, etc.
- Hand sanitizer will be available at convenient locations throughout the facility.
- The maximum number of individuals gathered in the LWYFL stadium is 306
- There will be 4 spectators allowed per family member.
- Pathways will be marked for social distancing (i.e., one-way entry and exits, seating in stands, concession lines, restroom lines, etc).
- LWYFL to follow all recommendations for the venue provided by the Ohio Director's Order (most recent: Aug 19, 2020).
- All participants and spectators must not exhibit signs or symptoms of COVID-19 within the past 72 hours prior to competition.
- Family and household members should sit together socially-distanced from other individuals/family/household groups.
- Six feet social distancing must be maintained on sidelines even when not sitting in stands/bleachers.



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- Spectators must wear face coverings at all times (exceptions HERE).
- Spectators will undergo temperature checks and verbal Covid-19 questionnaire checks upon entrance to the game-day venue.
- Athletes, coaches and staff are required to have a game day temperature checks administered by staff and complete a game day COVID-19 symptom questionnaire.
- There will be a check in table for football players upon arrival for health checks.
- The CV-19 questionnaire will be added to the game day sheets for football. Per usual, this must be turned into a board member by the end of the game.
- Cheer will use the same CV-19 questionnaire form as they do for practices. This should be turned into a board member at the end of the game.
- Game Day documents will be kept on file in the safe in the concession stand for the entire season.
- Anyone with symptoms should not return until he/she is symptom-free for 24 hours.
- Players, coaches, officials and staff are not to physically contact each other before or after practices (i.e., greetings, team huddles, high-fives, etc).
- Fliers and signs will be placed in various locations at the field to promote good hand hygiene and respiratory etiquette will be posted throughout the game site.
- Players (home team) will report to the fieldhouse for warm-ups one hour prior to the start of the game. They should not come through the front gate of the field.
- Health check performed upon arrival at designated check in table
- Daily temperature checks
- If a player tests over 100.4, they will be moved aside (preferably in a shaded area) to cool off for 5-10 minutes. If they are over 100.4 a second time, they will not be allowed to play.
- Complete CV-19 questionnaire
- Administer hand sanitizer
- Visiting teams will follow the same procedure, but at the designated location for visitors.
- If a player does not check in, he/she cannot not play.
- Cheer will perform health checks in their own squads (no check in table) but will follow the above rules.
- Parents/Families/Guardians will not enter the field until 10 minutes prior to the start of the game to help control the number of attendees.
- There must be no congregating before the games by players, coaches, officials, spectators and staff.
- Each player must have his/her own water bottle.
- Pregame, during, and after the game, all team personnel shall refrain from sharing towels, water, apparel or equipment.
- Home site will provide 2 game balls per game. Others may bring their own, if desired.
- Introductions



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- Audio introductions will be played when fans are entering for the game and players are still warming up.
- Players and cheerleaders will not line the field like in previous years.
- Coin toss:
- Limit attendees to the referee, umpire and one designated representative from each team.
- Coin toss should take place in the center of the field with designated individuals maintaining social distancing of 6 feet.
- No handshakes prior to and following the coin toss.
- Maintain social distancing of 6 feet while performing all pregame responsibilities with all officiating crew members, game administration staff, line-to-gain crew, clock operators, individuals handling the balls during the game and team personnel.
- For the overtime procedure, please use the same procedure as used at the start of the contest for the coin toss.

During Game

- Benches or chairs may be used on the sidelines that maintain the social distance guidelines.
- Only Team members can be in the team box. Everyone that is a team member and not in a uniform must have a team box pass. (Injured player with jersey only will count as uniform)
- Team personnel will be responsible for sanitizing footballs per sideline.
- Footballs will be rotated and sanitized as often as possible during the game.
- Cheer
- Hello cheer is eliminated
- No exchange of welcome gifts (i.e., sucker exchange) to minimize contact
- Timeouts
- One timeout per half is extended to two minutes.
- Players will social distance during timeouts.
- Players will sanitize their hands during timeouts.
- Halftime
- Halftime will be a period of 8 minutes.
- Cheer should be ready to take the field as soon as halftime begins.
- Officials will contact teams at the 5 minute mark.
- Visiting Team
- The above protocols will apply to visiting teams with the following additions.

Post Game

- No Handshakes after the game.
- Post game meeting on field with social distance protocols for instructions.
- Players are to exit the field immediately after post game meeting, and prepare to ride home.
- There must be no congregating after games by players, coaches, officials, spectators and staff



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Volunteers

- All volunteers will follow CDC guidelines and social distancing rules.
- Clock volunteer will stand outside of the box. Spotter + Announcer will practice social distancing inside the box.
- Volunteers working concessions will be required to wear masks and gloves.

Concession Stands

- The LWYFL will follow Responsible Restart Ohio Guidance for Bars and Restaurants.
- All food must be prepared and served using restaurant guidelines.
- Only prepackaged food will be available.
- Anyone in the concession stand will wear a mask and gloves
- Signage for 6-feet separation will be placed in front of the concession stand
- Extra hand sanitizers available at both checkouts and on the shelves

Non-Bleacher Setting

- Any areas not designated as bleachers, spectators must maintain social distancing guidelines.
- These areas will be clearly marked with tape/paint to assist with social distancing guidelines.



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COVID-19 RESPONSE

- Immediately isolate and seek medical care for any individual who develops symptoms.
- Head Coach to contact the board immediately.
- Designated Board Member (Ryan Carpenter) to contact the local health district about suspected cases or exposure.
- All involved will work with the local health department to identify potentially infected or exposed individuals to help facilitate effective exposure notification.
- Testing should be completed within 24 hours of the individual becoming symptomatic – preferably within the same day when the individual develops symptoms.
- Following testing, contact the local health department to initiate appropriate care and exposure notification.
- Individual testing positive, whether symptomatic or asymptomatic, may not return to activities until a documented medical exam is performed clearing the individual. The exam must include an assessment of the cardiac heart risk of high-intensity exercise.
- Head Coach must notify all athletes and parents/guardians that are members of the affected team of the positive test. Athletes and families should be reminded of proper daily screening protocols.
- If the affected individual participated in competitive play, the team must notify all opponents played between the date of a positive test and two days prior to the onset of symptoms.
- Players, coaches, officials or other individuals who had close contact (within six feet on an individual for at least 15 minutes) or who had direct physical contact with the person must be quarantined for 14 days following exposure. In some cases, this might mean the entire team.
- Those who are not required to quarantine should (1) conduct daily symptom assessments, (2) stay home if sick and (3) continue all temperature and symptom checks required for practices and games.
- Designated Board Member must notify all athletes and parents/guardians of the positive test. Athletes and families should be reminded of proper daily screening protocols.
- If the affected individual participated in competition, the team and board is responsible for notifying any opponents played within the 3 days prior to the onset of symptoms.
- If the teams/schools/organizations reside in different counties, the health departments in both counties should be notified to help facilitate effective contact tracing/notifications.
- It is Mandatory that teams conduct daily in-person temperature checks for a team with a positive test prior to athletes/coaches participation in practices and games for at least 14 days following a positive test.
- Coaches and board members will work with the local health department to identify those individuals who were potentially exposed to help facilitate effective contact tracing/ notifications. This includes, but is not limited to, athletes, coaches, officials, volunteers, parents and other support personnel.

