

Eagan Football Guidelines

COVID-19 (Updated: September 10)

Eagan Football, in accordance with MDH guidelines for youth sports, has put together the following guidelines as we return to the field for the 2020 season. These have been updated with the latest information available from the MDH and CDC.

As with everything these guidelines are subject to change as information and policies are updated. When there are updates they will be reviewed and the information will be sent out to teams.

All players and parents will be required to understand these guidelines and follow them and any other guidelines published by EAA or the Southwest Metro Football League (SWML).

- Players, Coaches and Fans must complete a self-evaluation symptom assessment before coming to any practice or game and anyone showing signs of symptoms (listed below) is required to stay home and notify your head coach immediately
 - o **Symptoms consistent with COVID-19 include:**
 - New onset or worsening cough
 - New loss of taste or smell
 - Shortness of breath
 - Fever (100.4F or higher)
 - Chills, Muscle pain, Headache, or Sore throat
 - Please refer to the “Is it COVID-19?” resource page from the State found here and their self-screening tool for more info: <https://mn.gov/covid19/for-minnesotans/if-sick/is-it-covid/index.jsp>
 - o Anyone who has symptoms can return in one of the following ways:
 - **Getting Tested:** Having 2 negative tests in a row at least 24 hours apart
 - **Not Tested:** You must be symptom free without aid of medicine for at least 24 hours **AND** at least 10 days have passed since your symptoms first appeared
 - **Alternative Diagnosis:** If you are diagnosed with something that explains the symptoms (Ex. Strep Throat, Norovirus, etc.), then you should stay home until symptoms improve (Siblings and household are free to resume immediately)
 - o Siblings and household members of anyone with symptoms should also stay home for 14 days from the onset of symptoms or until the person showing symptoms is cleared using the steps explained above
- Anyone who has had “close contact” with someone who has tested positive for COVID-19 is required to stay home for 14 days from last contact with them and should limit contact with others
 - o Close contact is considered being within 6 feet for 15 minutes or more with anyone from 2 days before either the onset of symptoms or date the test specimen was collected until they meet the criteria to discontinue home isolation
 - o The 14 day quarantine period only applies to individual(s) that were in directly exposed with the close contact and not their household
 - o If you are informed by someone you have been in close contact with they are waiting for the results of a test we would ask you to also stay home until the results are known and then proceed based on the results
- Anyone testing positive for COVID-19 should immediately inform your head coach and is required to follow the imposed isolation period provided by the MDH. Please provide the end date given you by the MDH for your self-isolation to your head coach and EAA Football President. Once you are past that date and if any symptoms you had are cleared up you have a green light to return. If you also receive a letter from the MDH saying you are clear, please provide a copy of that letter to your coach and EAA Football President.
- Following the MDH and CDC recommendations masks are strongly encouraged for players, coaches, and fans when coming and going to practices and games especially in congested areas.

- Coaches are not required to wear masks at practices and games as long as social distancing can be maintained; while in close quarters with players coaches should wear masks which can be pulled down when returned to social distancing
 - Players are not required to wear masks at practices and games but it is suggested during non-gameplay that social distancing be maintained to the extent feasible
- Players and coaches should continue to practice social distancing and ensure a safe distance of 6' or greater when entering and exiting the field and whenever possible on the field
 - Any shared equipment like tackling dummies and blocking pads should be cleaned between uses and footballs should be washed with soap and water after each practice or game. During games/scrimmages football will be provided by the team on offense
 - Players should use hand sanitizer before and after each game/practice and this should be available during those events when needed. Encourage players and coaches to sanitize their hands anytime they cough, sneeze, or touch with their face
 - The player and coach space will be expanded to add social distancing space from the 20 yard line to the 20 yard line
 - Players and coaches, and the yardage marker crews (e.g. – “Chain Gang”), will be at least 6 feet from the sideline and maintain social distancing (between the 20 yard lines)
 - Spectators will be required to stay away from the area behind teams extending from and to each 20 yard line. At fields such as DHMS where families can sit on the hill behind teams they would be allowed between the 20 yard lines. Families should social distance down from the 20 yard line to the goal line. At no time should spectators be near or behind the endzone. Spectators are encouraged to keep 6' or greater from between each group. Please help remind any guests you have with you of this policy as well as we don't want to make our coaches police this
 - During practices we continue to ask that spectators are kept to a minimum to allow for social distancing. Parents are asked to drop-off and pick-up players for practice at the designated time to help limit any congregating in this area to allow a smooth transition between teams. If a parent does need to be at practice it is required that he/she stays socially distanced from all players and coaches
 - No spitting or gum will be allowed on the field
 - No use of team water bottles or cooler; each player is required to bring their own water to practices
 - When having either a game or practices back to back with another team it is required that teams clear out and leave fields immediately following their event to allow for separation between themselves and the next groups. We also request that teams playing in the 2nd game/practice DO NOT show up early and allow for the teams ahead of you to clear out. Post game handshakes will be replaced with a salute/wave between teams. Post game player/coach chats should be kept short.