

VAA Football FAQ in Response to Covid-19

Dear VAA Families,

The following are a list of questions and answers that we anticipate will be asked by a number of participants. If the question you have is not addressed, or you would like more clarity, please do not hesitate to reach out to us at football@vaasports.org.

Who determines the adjustments to practices/games to adhere to health guidelines?

We will be following the guidelines set forth by the following groups: Stay Safe MN: *COVID-19 Sports Guidance for Youth and Adults*; Mn Dept. of Health (MDH); Mn State High School League (MSHSL); Valley Athletic Association (VAA) COVID-19 PREPAREDNESS PLAN. Any adjustments to the plan for play will be approved by the AV Football Board (AVFB) and/or the VAA Board of Directors. Coaches will be made aware of any and all requirements, and will be expected to follow those procedures.

Will players' temps be taking prior to practice/games?

This decision will be made based on guidance from the organizations listed above. At the time of publication of this document, VAA will not be taking temperatures.

When should my player NOT practice or play?

Our families, participants, coaches and volunteers will be asked to self-monitor for signs and symptoms of COVID-19, which include fever, coughing, shortness of breath, chills, muscle pain, sore throat and new loss of taste or smell. Additionally, any participant who has been exposed to someone with a confirmed case of Covid they should consider not participating to limit exposure

If a VAA board member, commissioner or coach observes a participant or volunteer exhibiting signs and symptoms of COVID-19, they will be asked to leave the activity. Board members, commissioners and coaches will be required to report their observations to the sport's commissioner and the commissioner will report to the VAA President.

How will equipment handouts be conducted to ensure limited person to person contact and sanitation?

Details are still being finalized, but it is likely that adjustments will be made to accommodate health guidelines.

What additional measures can I do to maximize my child's health

Full facemask shields are available for purchase (at the players cost). We are aware of a few different manufactures, but this list is changing frequently.

Additionally, basic infection prevention measures are being implemented at our fields at all times.

- Participants, their families and volunteers will be instructed to wash their hands at home for at least 20 seconds with soap and water prior to taking part in VAA activities.
- Families are strongly encouraged to provide hand sanitizer for their children at practices, games and meetings. Hand sanitizer dispensers must use sanitizer of greater than 60% alcohol.
- Participants and volunteers will be encouraged to use hand sanitizer as warranted during activities