



OSAA Flag Football COVID-19 Protocol for Fall 2020

We will follow CDC guidelines for positive tests and close contact. Players and coaches should stay home if they have been exposed to COVID-19 in the last 14 days or showing COVID-19 [symptoms](#). Anyone who has had [close contact](#) with a person who has COVID-19 should also stay home and monitor their health.

It is recommended that players, coaches, and spectators have their temperatures checked at home prior to participating in or attending practices and games. Any individual with a temperature of 100.4 or above should not participate in or attend practices or games. If players or coaches are feeling ill, please stay home as a precaution.

During practice, coaches should make accommodations for physical distancing whenever possible. Provide adequate spacing when participating in stretching, instructional time and drills. Conduct workouts in small groups whenever possible.

During games, the sideline/bench/team areas should be restricted to players, coaches and officials only.

Coaches, officials, and players should be cognizant of physical distancing guidelines when interacting during the game and should maintain physical distancing on the sideline whenever possible.

Pregame and postgame interactions between opposing coaches and players should adhere to physical distancing guidelines.

Regularly scheduled games cancelled due to COVID-19 related issues will be counted as a “No-Contest” – forfeits will not be issued and games will not be rescheduled.

Players should not share towels, water bottles or other equipment.

Players should refrain from removing mouth guards while on the field of play.

The ball should be cleaned/sanitized periodically throughout the contest. We will have a spray bottle with sanitizing solution and a towel on each field. A referee will be designated to handle this.

We will also have a pump bottle available on each field with hand sanitizer.

Coin toss will be limited to one referee and one designated player from each team in an area to maintain physical distance.

No pre-game or post-game handshakes.

Coaches should wear masks when speaking to their players in the huddle. Coaches can remove masks when standing 6 feet away from their team, but need to slide the mask on when in the huddle.

Referees are the only ones allowed to touch the scoreboard.

Spectators should sit in family-unit groups and sit six-feet apart from other groups.