

PRE-SEASON MESSAGE

FOR THE BOW YOUTH FOOTBALL FAMILY

The Bow Youth Football Board of Directors are pleased to announce that we will have a youth football season despite the COVID-19 situation and all of the challenges that the pandemic has presented in the planning process over the summer months and will continue to impact the way we conduct practices and games.

It is the goal of the organization to provide a safe and healthy environment for our athletes to ensure that we can have a full season of football. This will require the cooperation of coaches, athletes, family, and spectators. We will make every attempt to adhere to the Amateur Sports Guidance as outlined and adopted by the State. We have worked very closely with the BHS athletics' department and developed guidance protocols very similar to those to be utilized within their sports programs.

Copies of our **Practice and Games Protocols** and **Practice Procedures** are attached to this email as well as the **Screening Expectations** of parents and/or guardians before sending you child to practice or games. BYF will take temperatures and verifications of screening before participation, require hand sanitization before and after practice, social distancing and physical contact as much as possible, and the sanitation of equipment on a daily basis.

Players should provide their own water for practice and games and we recommend the sanitization of their personal equipment such as mouthpieces, helmets, and gear on a daily basis. Game days will look a little different and fans will be allowed as long as social distancing is maintained. Mask will be required if social distancing cannot be maintained by spectators, bathrooms will be available, but there will be NO concession due to restrictive guidelines for operation.

The Bow Youth Football Board of Directors feel that it is important for us to provide some sense of normalcy for our athletes, during these trying times, and solicit your cooperation in compliance and adherence to our established guidelines and protocols to ensure that we can have a successful, healthy, and full season of youth football. We are all in this together and working together is the only way we can make it happen.

Please familiarize yourself with and share with your child the attached provide guidance and protocols to ensure we are all working from the same playbook. If you have any questions, at any time, please reach out to the coaches and/or members of the board.

Go Bulldogs!

BOW YOUTH FOOTBALL
COVID-19 PRACTICE PROTOCOLS

1. Parents/coaches shall review screening questions regarding exposure with player before coming to practice.
2. Temperatures shall be taken (recorded) and exposure questions shall be reviewed upon arrival at practice. Temp recording will serve as the sign-in.
3. Hand sanitizer will be available and use by all before entering the field.
4. Social distancing shall be maintained (6 feet) and all personal items separated in designated locations.
5. Physical contact will be avoided, unless during drills, competitive play, or drills. Players will be kept with their teams and social distancing maintained as much as feasible.
6. Mask are an option but should be utilized when socially interacting with coaches and players.
7. Face shields (attached to face masks) are allowable, if parents chose to provide them for their player.
8. Equipment shall be disinfected following each practice and hand sanitizer utilized when leaving the practice area.
9. Hand sanitizer shall be available throughout the practice and frequently utilized.
10. Each player needs to bring their own water bottle to practice AND games. There will be no sharing of water and there will be NO team water bottles provided, even during games.
11. Equipment sanitation following practice will be conducted utilizing applicators/wipes provided and applied utilizing mask and gloves before storage.
12. Upon arriving home, players shall sanitize gear on a daily basis including mouthpieces, helmets, gloves, and water bottles.

BYF Conditioning/Practice/Game

COVID-19 Screening by Parents

BEFORE EVERY PRACTICE or GAME, Parents should screen players before coming to the field by asking the following questions:

- 1.** Have they been in close contact with a confirmed case of COVID-19?
- 2.** Have they traveled in the past 14 days either: Internationally (outside the U.S.), ii. By cruise ship, or domestically (within the U.S.) outside of NH, VT, or ME on public transportation (e.g., bus, train, plane, etc.).
- 3.** Have they had a fever or felt feverish in the last 72 hours?
- 4.** Have they experienced any respiratory symptoms including a runny nose, sore throat, cough, or shortness of breath?
- 5.** Are they experiencing any new muscle aches or chills?
- 6.** Have they experienced any new change in their sense of taste or smell?
- 7.** Do they have a temperature greater than 100.4 degrees Fahrenheit?

If your child experiences any one of the above and/or is sick, HAVE THEM STAY HOME. If the symptoms persist have them tested for COVID-19.

BYF Conditioning/Practice/Game

Procedures

Upon arrival at practice and games players will be asked if screening question were ask before leaving for practice. If not they will be asked:

1. Have you had a fever or felt feverish in the last 72 hours?
2. Are you experiencing any shortness of breath, runny nose, or sore throat?
3. Are you experiencing any muscle aches or chills?
4. Have you experienced any change in you sense of taste or smell?
5. **Screener will take temperature (Must not be over 100.4 F).**

Temperatures will be taken of all players upon arrival

(If yes or yes to any question or temperature over 100.4F) Follow the Protocol

1. **Player must be sent home.**
2. **Recommend calling your primary care provider.**
3. **If you don't have a primary care provider, call the COVID-19 hotline at: (603) 789-9123**

Following screening, players will:

1. Sanitize their hands with provide sanitizer.
2. Go directly to their assigned team field location.
3. Maintain social distancing within the limits of the activity being conducted.
4. Locate water bottles and other gear remotely from that of their teammates.
5. Utilize their own water bottles during breaks.
6. Sanitize their hands before leaving the field and during practice as they feel the need.

After practices;

1. Coaches will sanitize all shields, sled pads, blocking dummies, tackling dummies, footballs, and other equipment utilized during the practice and games.
2. Upon arriving home, players shall sanitize gear on a daily basis including mouthpieces, helmets, gloves, and water bottles.