

Sherwood Youth Football Association

Spring 2021 Flag Football COVID-19 Protocols

The following guidelines will be followed by Sherwood Youth Football Association (SYFA) and all participants in the Spring 2021 Flag Football season. These protocols have leveraged Oregon Health Authority's Youth Program & Outdoor Recreation and Fitness Guidance. **Given the changing pandemic environment, these guidelines may change at any time and guidelines continue to evolve.**

Definitions:

1. COVID-19 Symptoms mean any or all of the following: fever and new cough (cough without a known, pre-existing non-COVID 19 cause such as allergies or asthma); shortness of breath or difficulty breathing, fever; chills; muscle pain; sore throat; new loss of taste or smell; nausea, headache or diarrhea.
2. Close Contact means those persons with exposure within 6 feet or less for a cumulative of 15 mins over 24 hours with a confirmed case of COVID-19.
3. Youth Programs means day camps, youth development activities and enrichment programs, or any enrolled gathering of children from primarily ages 13 to 18 for a defined period of daytime hours with teen or adult supervision. Youth programs can include children as young as age 11 provided they are part of a mixed-age cohort. Youth programs may not include any children under the age of 11.
4. Enrichment programs mean programs that provide care for school-age children primarily for a single enrichment activity, for eight hours or less a week.
5. Stable Group means the same 10 or fewer youth in the group each day.
6. Minimal and Medium contact sports include but are not limited to softball, baseball, soccer, volleyball, women's lacrosse and flag football.
7. Full contact sports means sports that involve a requirement or substantial likelihood of routine, sustained close proximity or physical contact between participants, and includes but is not limited to football, rugby, wrestling, cheerleading, basketball, hockey, dance, water polo, men's lacrosse, unless the sport is played by rules that eliminate the requirement of substantial likelihood of routine, sustained close proximity or physical contact between participants.

Operational Guidance:

SYFA programs are required to:

1. Have a written communicable disease management plan. The plan must include the following:
 - a. Protocols to notify the Local Public Health Authority (LPHA) of any confirmed COVID-19 cases among youth or staff
 - b. Process for keeping daily logs and record-keeping to assist LPHA with contact tracing if necessary.
 - c. Protocol for screening players and staff for symptoms

Dated April 6, 2021

- d. Protocol that requires any ill or exposed person to stay out of the program and possibly cessation of program activities.
2. Screening for Symptoms
 - a. Check for new COVID-19 symptoms for anyone entering fields/premise, includes Youth and Staff. Individuals with a temperature greater than or equal to 100.4 F should not be allowed to enter. Any player exhibiting COVID-19 symptoms should leave premise immediately and/or separate from other participants until they can be taken home.
3. Keep accurate daily logs of each stable group. Logs must be maintained for a minimum of 4 weeks after the end of the program and must include the following information to support contact tracing, if necessary:
 - a. Player/Staff/Coach Name
 - b. Screening of all Participants (Players, Staff, Coaches) prior to the start of Outdoor Recreation.
 - i. Have you had a new or worsening cough?
 - ii. Have you had a fever?
 - iii. Have you had shortness of breath?
 - iv. Have you been in close contact with anyone with these symptoms or anyone who has been diagnosed with COVID-19 in the past 14 days?
4. Maintain registration paperwork or other regular means by which programs collection information from youth that contains contact information for all players and staff. Staff to include Officials, SYFA Board Members and Team Coaches.
5. Restrict from the program any player or staff known to be a confirmed close contact of an individual with COVID-19 or who has been exposed (as example through household member, friend or relative) to COVID-19 within the preceding 2 days.
 - a. Any known player or staff with a confirmed COVID-19 exposure within this timeframe should be quarantined and restricted from participation for a full 10 days from their last exposure.
 - b. Any player or staff should not attend practices/games if they or anyone in their household have recently had an illness with COVID-19 symptoms for 10 days after illness starts and until 24 hours after fever is gone, without use of fever reducing medicine and COVID-19 symptoms are improving. For those with a cough that is not a new onset cough (example is asthma, allergies, etc) so not need to be excluded from the participating.
6. Stable Groups
 - a. Stable groups consist of players and staff; the number of staff needed for a group (Officials, Board Members, Coaches) does not count toward the total of 10. Staff should remain with a single group as much as possible. Staff who do interact with multiple stable groups must wash/sanitize their hands between interactions with different stable groups.

Outdoor recreation establishments are required to:

1. Ensure that there is only minimal or medium contact among participants needed to play the game.
2. Prohibit handshakes, high fives, fist/elbow bumps, chest bumps and group celebrations.

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General Guidance:

1. SYFA to provide an approved hand sanitizer (must be 60-95% alcohol based) that is easily accessible to youth, staff and spectators. Hand sanitizer should be used by everyone upon entry to premise/field at check-in.
2. To minimize contact during arrival, games and between games, the following will be followed:
 - a. Player, Staff (Referees) and Coaches will limit movement to the assigned field and will social distance with those assigned to a different field while on premise.
 - b. All participants and Coaches should practice social distancing while on the sidelines.
 - c. Allow only Players, Coaches and Staff to attend practices and games to ensure physical distancing and prevent people from gathering.
 - d. Commonly touched equipment/objects will be sanitized between uses. This includes flags for each Player and Footballs. SYFA will clean all equipment that directly contacts the head, face and hands with extra attention and detail. Additionally, each team will be given a football to use while they are on Offense to limit contact with opposing team.
 - e. Start times will stagger by 15 mins to allow time for all participants to vacate premises/fields before the next group arrives. Minimize gathering at entrances and exits. Player, Coaches, Staff to remain outside of premises until schedule practice and/or playtime. Allow people to leave the premise before entering and minimize gathering.
 - f. If possibly at each premise/field, Player, Staff and Participants will enter and exit through separately marked sides of the field. No one at any time should cross paths.
3. Players and Staff should bring their own water bottle or any other needed equipment. No one should share drinks/food while on premise. This includes restriction of any treats/snacks for the team at this time. Face Masks can be removed temporarily while actively drinking.
4. Face Masks and Face Coverings
 - a. All participants (Player, Staff, Spectators) are required to wear a mask, face shield or face covering in accordance with the Statewide Mask, Face Covering, Face Shield Guidance.
 - b. Players are required to wear a face mask during any practice/games and cannot use a face shield for safety.
 - c. Masks must be work properly per Oregon guidance, covering nose and mouth.
5. District Requirements for Sherwood High School Axillary Field
 - a. SYFA is required to manage attendees for each time slot to ensure they don't exceed modified capacity.
 - b. Players/Coaches/Officials/SYFA Board Members are only attendees to be within fenced field due to limited spacing.
 - c. In order to adhere to district requirements, two (2) Parents/Spectators will be allowed to watch from outside the field fence during their players assigned time.
 - i. Spectators will be required to check-in at arrival with SYFA Board Member
 - ii. Spectators will be required to adhere to all guidelines which include social distancing of atleast 6 feet between groups and wearing masks as required.

Responsibility of Parents

1. Ensure child is healthy before attending a practice and/or game
2. Limited or no carpooling
3. Adhere to social distance requirements, based on state and local health requirements, including the requirement to wear a mask while on premise.
4. Notify SYFA (AdminCommissioner@sherwoodyouthfootball.com and PlayerSafety@sherwoodyouthfootball.com) immediately if your child becomes ill for any reason.
5. Be sure Player has a mask with them at every practice and/or game.

Responsibility of Players

1. Sanitize hands thoroughly when entering premise
2. Wear face mask at all times while on premise for practice and/or games.
3. Do not touch or share anyone else's equipment, water, snack or bag.
4. No group celebrations, no high 5's, hugs, handshakes, chest bumps, etc
5. No spitting