

Memphis Shelby PAL

COVID-19 Phase 1 Reopening Guidelines

- Teams can resume in person practice based on City of Memphis and Shelby County Government Phase 2 Reopening Guidelines beginning Monday, June 1, 2020.
- No tackle or contact allowed.
- Athletes are not allowed to share footballs or any equipment including water bottles.
- There are not to be no more than a group of 50 gathered on the practice field including coaches and volunteers. Within in that group of 50, Memphis Shelby PAL is requiring that the group is broken in 5 groups of 10 while practicing 6 feet of social distancing. (The group of 10 includes the coach/volunteer.)
- It is recommended that you rotate days of age groups to maintain the 10 in each group.

ex:	Monday /Wednesday	Tuesday/Thursday
1 st Group	6u - 1 coach/9 Athletes	10u - 1 coach/9 Athletes
2 nd Group	6u - 1 coach/9 Athletes	10u - 1 coach/9 Athletes
3 rd Group	8u - 1 coach/9 Athletes	12u - 1 coach/9 Athletes
4 th Group	8u - 1 coach/9 Athletes	12u - 1 coach/9 Athletes
5 th Group	6u/8u Cheer - 1 coach/9 Athletes	10u/12u - 1 coach/9 Athletes

Remember this only a suggestion on how to structure your practices.

- Face masks or coverings are required for coaches, volunteers, athletes, parents/guardians to enter the practice/registration area.
- Temperature checks are required before coaches, volunteers, and athletes can be released to the practice field. Temperatures must be recorded daily for coaches, volunteers, and athletes Parents/Guardians or non-PAL staff are not allowed on the practice field, they must wait in their vehicle after signing in athlete.
- There must be hand washing/sanitizing station available on each practice field.
- Water stations must have an attendee monitoring and administering the water while wearing gloves. Six Feet of social distancing must be maintained while water breaks are giving.
- Each coach, volunteer, and athlete must have a signed waiver on file before returning to in person practices.

We are here to keep all safe during this time. Memphis Shelby PAL is asking that all follow the guidelines to keep you safe, your child safe and our staff safe.