

## Ankeny Junior Football – 2020 COVID-19 Guidelines

These guidelines are meant to provide guidance for safely operating the 2020 AJF Youth Flag Football season. As the situation with COVID-19 is ever evolving, this is a living document that may change throughout the course of the season. The guidelines below are meant to help inform coaches, families, and staff on how to manage risk of spreading and contracting COVID-19 while participating in flag football. Each family will complete a waiver that outlines responsibilities for participation in the flag football season. If your child has been exposed to COVID-19 please contact your coach immediately and they will work with the league administrators.

### Guidance for fans attending games:

- Wear a cloth face covering that covers your nose and mouth upon entering games,
- Stay at least 6 feet away from non-household member
- Limit the attendance to games as family can only show up for their respective game.
- Hand sanitation stations will be set up each week for players and families
- Stay home if you are sick

### Before Arriving to the Field for Practices or Games:

- Players, Coaches, Staff, Parents, & Fans should take their temperature prior to arriving to practice or games each day.
- Players, Coaches, Staff, & Parents should not attend practice or games if they feel sick, have a fever, or have been coughing.
- Players, Coaches, Staff, & Parents should not attend practice or games if they have been in contact with someone who has had COVID-19 in the last 14 days.
- Players, Coaches, Staff, and Parents will wait to enter the field until the previous practice or game has left the field.
- It is recommended that Players and coaches wear masks upon entering the field prior to practice and games
- Players and coaches will sanitize hands before entering the field. Each child should have their own hand sanitizer.
- If Players bring a bag/backpack with personal items, please store these items 6-10 ft. apart from other bags. This includes water bottles.

### Football Activity Recommendations for Practices and Games

- When possible, coaches and players will keep 6-10 ft. apart for drills and other activities.
- When coaches and players are not able to maintain safe social distance, Coaches and players are required to wear masks (huddle, team meeting, etc.). Every player and coach will be provided an AJF mask/gator to wear around their neck and use. It is not recommended that athletes wear masks during football activities
- Coach is responsible for the sanitation of their footballs prior to and during practice/games. They are responsible for providing sanitation to any shared equipment and players, if a player does not have their own.
- Players will maintain a 6-10 ft. distance while on the sideline and not playing. No team meetings will be held in the vicinity of the field to allow the next team to enter the play area.