

RETURN TO FOOTBALL PROTOCOL

COVID-19 RETURN TO PLAY

NRMFA Executive

**Niagara Regional Minor Football
Return to Football Protocol**

Ontario Football Alliance have approved the following for the NRMFA to begin its Return to Football process. A lot of time and effort went into creating this document and will be strictly enforced.

Arrival and Departure of each event.

The field we use is located in St. Catharines, Kiwanis Field, is gated and has two available access points. Arrival and departure times will be spaced out in 20 min increments. For example, group A starts at 1800-1900 hours, Group B start time would be 1920-2020 Group C 2040-2140.

Each group will have a designated end of the field and will remain in that same group for the remainder of the three dates.

Participants will enter one gate and exit another to reduce the risk of exposure.

Hand washing and equipment.

There will be hand sanitizing stations at the entrance/exit and at each bench. Kiwanis is equipped with washrooms with soap and water. Washroom will be monitored to allow only one participant at a time. The City of St. Catharines has a staff member onsite at all times. All equipment used (footballs, cones, ladders) will be sanitized by the coach before and after each event date and time slot. Each group will be given their own bag of equipment that must not be used by a different group.

All Coaches and volunteers will be required to wear a mask or face covering.

TRAINER

The NRMFA will supply a First Responder (trainer) at each Flag Football game. They will be present for injuries that require their attention. The trainer will be equipped with face mask, shield, and gloves. The trainer will not supply any water unless it comes from that players water bottle. The trainer will be required to sanitize between each player visit.

Water bottles

ABSOLUTELY NO SHARING OF WATER BOTTLES. EACH PARTICIPANT'S WATER BOTTLE MUST BEAR THEIR FIRST AND LAST NAME OTHERWISE IT WILL BE DISCARDED. NO SHARING OF SNACKS.

Covid Declaration and daily screening sheets.

We will provide an electronic copy of these to each participant/parent that must be completed prior to entering the field of play. The completed forms then populate a spreadsheet and will be kept secure from unauthorized access. Attendance will also be taken at each event for the purpose of contact tracing. These policies are mandatory. All participants/parents, Coaches and volunteers will be advised to download the Covid-19 alert app.

https://docs.google.com/forms/d/e/1FAIpQLSd0JaTVq9PLTcm6ADKFNG0P1E_yXoJQWebg2xt_SN8sOjPs-w/viewform?usp=sf_link



The above link will bring you to the form players will be required to complete before every practice and game. This form will collect email addresses, provide a time stamp, will send the parent/guardian an email with their responses, and we can turn the responses into a searchable spreadsheet which will make it easy to verify that players completed the form before they walk on the field.

Spectators

Spectators will only be allowed during the U8 and U10 groupings. There will be a maximum of 50 spectators allowed in the stands (2 immediate family members per child), at no time will any spectator access the playing field for any reason (save and except major injury and they will be escorted) Spectators will be required to wear a face covering or mask. All spectators will be required to register a Covid-19 screening sheet and provide contact info for contact tracing purposes. Spectators will leave the bleachers and meet their participants at a designated area that the NRMFA will assign. Spectators **MUST** maintain a 2m distance from other families. Only One parent/Guardian may attend the pick-up zone to meet your child. Hand sanitizing as you enter and as you exit Kiwanis Field.

Flag Football Game days and Rules

Game days will consist of no more than two games at one time.

5 participants per team 7 maximum, 1-2 coaches.

U8-U10 1 referee (the coach of team on offense will help with the bean bags)

Flags once pulled must be dropped to the ground.

Game clock will be 2X15 min halves with 1 time out per team and a mid-half official time out for ball change and hand sanitizing.

Mouth guards are mandatory. We will provide mouth guards, if one is lost or becomes soiled, we will provide a new one.

There will not be any huddles, and each participant will receive flags that they will take home.

No high fives amongst teammates or post game handshakes.

U12 to U19 will play normal 2X20 min halves with all the same rule changes as above.

Players/Coaches/Volunteers

All players, Coaches and Volunteers **MUST** register with the Ontario Football Alliance. For Players the fee is \$35 and for Coaches it is \$25. Volunteers are free.

OFA access codes must be supplied to the registrar prior to you gaining field access please forward your receipt to info@footballniagara.com

This fee covers both skills and drills and flag football and is good for one year.

There will be signage posted throughout the field with directions and the mandatory social distancing wherever possible.

Pathway 3 for Skills and Drills and **Pathway 2** for Flag Football.



PATHWAY 3: TEAM PRACTICE: STAY AND TRAIN –TOUCH AND TACKLE

Tuesday August 4, 11 and 18th Thursday August 6, 13 and 20th



No drills will be run in this section this is for volunteers and transit to and from washrooms.

-  Girls washroom
 -  Boys washroom
 -  Entrance to Kiwanis field
 -  Exit
-  Route participants will take to exit Kiwanis,
-  Group A
-  Group B
-  Hand Sanitizing stations

Group A will enter the facility, turn left up the ramp around to the front of the bleachers down the stairs to the field.

Group B will enter turn right towards the washrooms and left toward the field.



Once complete Group B will exit the field going around the changerooms and exit through the gate, Group A will exit once Group B has finished sanitizing.

Washrooms are maintained by the City employee onsite for the duration of our stay. Volunteer will only allow one player in the washroom at a time (1 male or female).
the hand sanitizing stations.

Pathway #3 identifies a layout of how everyone will enter and exit Kiwanis Field. It also identifies the hand sanitizing stations.

PATHWAY 2: NON-CONTACT ACTIVITIES AND GAMES: FLAG FOOTBALL

Games set to commence

Tuesday's August 25, September 1,8,15,22,29 and October 6 and 13

Thursdays August 27 September 3,10,17,24 October 1, 8, 15

Picture on next page below.





Field A participants will enter using the bleacher Ramp and stairs, Field B will enter using sidewalk toward washrooms.

Trainer will position themselves in the middle as marked under a tent.

Team benches will be opposite sides of the game field and teams will exit one team at a time.

 This location is where the Tyke Atom (one parent or Guardian only) will meet to pick up their child.

-  Entrance
-  Exit
-  Hand Sanitizer station
-  Field A team route.
-  Field B team route

