



Town of Erie

2020 Guidelines for Returning to Flag Football during COVID 19

Guidelines based off of the current Colorado State guidelines for Personal Recreation and Team Sports. Please note, state guidelines may be changed during the course of the season.

<https://covid19.colorado.gov/safer-at-home/recreation>

There is an inherent risk when participating in youth sports activities. Town of Erie has created these specific guidelines in order to best mitigate risk in controllable situations.

Overview:

1. If any coach, staff member, player or family members of a player are experiencing any signs of illness, they cannot participate, come to the field and/or must leave the field if they become ill.
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
2. If at any time Erie P&R feels conditions become unsafe for their players, coaches, umpires, sports staff, and/or families, we will end the fall season and look to issue prorated refunds.
3. Please read and adhere to all signage placed at all of our facilities.

Sanitizing/Masks:

1. All coaches, participants and spectators are expected to wear masks at all times. Any person(s) not wearing a mask must be socially distanced by at least 6' from anyone outside of their household.
 - a. exception – players actively participating
2. Players do not need to wear masks while actively participating, but may wear one if they prefer to do so.
3. All participants should avoid touching their faces and should use hand sanitizer after touching faces or shared surfaces.
4. During practices, intrasquad scrimmages and games, coaches are encouraged to use hand sanitizer for all coaches/players before and after sessions, and throughout each session as needed.
5. The Town of Erie will provide coaches with hand sanitizer and sanitizing wipes to use at practices, along with hand sanitizer stations on site for intrasquad scrimmages and games.
6. Coaches are asked to sanitize equipment before, during and after each team activity.
7. Only coaches should be moving team equipment
8. Staff will sanitizing bathrooms and frequently touched areas regularly.
9. Any equipment provided by the Town of Erie will be regularly sanitized before and after use.

Social Distancing:

1. Coaches, staff and spectators must keep a minimum of 6 feet distance from each other. This includes entering field complexes, warming-up, watching practices, during games, during intrasquad scrimmages and leaving field complexes.
2. Carpooling players from a different household is highly discouraged.
3. Participants and families are asked to arrive no earlier than **5 minutes** before practices, intrasquad scrimmages or games. Please allow everyone from previous session to leave the area before setting up.
4. Coaches are asked to creatively work with players while maintaining social distancing.
5. Spectators will be asked to sit on their team sideline during games while social distancing.
6. Spectators should be limited to parents and siblings only.
7. Only two at a time in the restroom and practice social distancing when in the line. Bathrooms are to be used at one's own risk.

Practice and Game Safety:

1. All activities will follow the maximum limit of players per field based on current state guidance (currently 25 players), not including coaches, sports staff, spectators, and other adults.
2. Coaches will distribute individual flags to players to keep for the entire season. Flags should not be shared and should be sanitized before, during and after football activities.
3. Coaches should plan practice activities that minimize contact. Focus on stations and small groups.
4. Players are encouraged to bring their own ball to practice and sanitize it before and after activities.
5. If sharing is necessary (i.e. flags, footballs) equipment must be sanitized before sharing.
6. Players should not touch each other outside of game play; No high fives, fist bumps or handshakes, etc.
7. Families are encouraged to help coaches with sanitizing hands of participants and cleaning equipment.
8. No congregating in team huddles at any time, address the team while everyone is social distancing. Teams should acknowledge one another and officials after the game with a wave and thank you!
9. Coaches are encouraged to call out plays with no huddling. If huddling, players and coaches need to be wearing masks.
10. All players must attempt to keep their mouth guard in during all sessions. If mouth guard is removed, players must sanitize hands immediately.
11. Parents should thoroughly clean and disinfect their child's mouth guard after each football activity.
12. There will be no snaps under center. Quarterback will take snap on his own with ball starting on the ground.
13. Defense must line up 2 yards off of the line scrimmage.
14. Teams must sanitize ball after each change of possession (i.e. interception, loss of downs, etc.). Teams are encouraged to place all sanitized balls by their team sideline for quarterback to take onto the field.
15. Each player should have their own bottle for water/sports drinks/etc.
16. No sharing of food or drinks between individuals except for emergency situations, and any snacks provided to the team should be prepackaged. No spitting of sunflower seeds, gum, or other similar products.
17. Games will be played every other week, while off weeks may consist of intrasquad scrimmaging or possibly skills clinics.

Equipment provided by Town of Erie: Off-site Practice equipment – Cones, Footballs, First Aid Kit