

Massapequa Mustangs

Youth Football & Cheer

Non-Contact Skills & Conditioning Training Guidelines & Waiver

Return to Play Guidelines:

- Fields will be broken up into sectors
 - 15 players max per Sector
 - Players cannot leave Sector until coaches issue a rotation
 - Players will not contact each other in the sector and will be instructed to stay 6 feet apart in all drills -drills will be skill- and/or conditioning based
 - Spectators will not be encouraged - if spectators are present, they must maintain social distancing protocols which include wearing face masks, personal hand sanitizer, but are encouraged to stay in their personal vehicle instead
 - Players should arrive 15min before practice and not earlier, they must leave directly after
 - Mixing of groups will be avoided
 - Take shower and wash all clothing after each practice
 - Sanitize any surfaces – bleachers, chairs, etc. – after each practice
 - Bring Water Bottle Clearly Marked with Name.
 - Bring Towel Clearly Marked with Name.
 - Participants' gear to be kept in separate areas from other participants
 - Wash Hands before Attending; Avoid touching eyes nose mouth
 - Players SHOULD DO NOT ATTEND if they not feeling well or exhibiting any of the following symptoms: Fever or chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore throat, Congestion or runny nose, Nausea or vomiting, Diarrhea
 - Players will be asked to come dressed and spread out their water bottles/hand sanitizer 6 feet apart
 - Coaches will follow social distancing guidelines, which include but are not limited to: staying 6 feet apart from players and others, wearing masks when necessary and using verbal cues
 - No Huddles
 - Clean balls, tackling dummies and all other equipment after each practice
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Waiver:

I have read the 'Massapequa Mustangs Youth Football & Cheer Non-Contact Skills & Conditioning Guidelines' and will adhere to the policies outlined above. I hereby give permission for my child to return to Football and/or Cheer participation. I indemnify and hold harmless, the Massapequa Football Foundation (aka – the Massapequa Mustangs), any individual working as an officer, coach, athletic trainer or official or in any capacity for this organization, for any and all injuries, damages, causes of actions or claims for personal injuries or property damage, arising from my child's participation in this program, or any leagues, teams or tournaments associated with the Massapequa Mustangs. I understand my child's participation includes possible exposure to COVID-19.

Child's Name: _____

Sport: Football _____ Cheer _____ (Please check)

League Age: _____ (Age of Player as of 11/30/20)

Parent's Name: _____

Parent's Signature: _____

Date: _____