

Massapequa Mustangs

Youth Football & Cheer

Organized Low-Contact Group Training & Play Day Guidelines & Waiver

Preparing a Sports Program for Group Training & Play Days

1. Individuals shall remain 6 feet apart from one another whenever possible. This applies to athletes, coaching staff, parents/guardians, and other spectators.
2. Coaching staff and parents/guardians should wear cloth face coverings, when not able to socially distance outdoors or indoors. Athletes should wear cloth or disposable face coverings when not engaging in vigorous activity, such as when sitting on the bench, when interacting with an athletic trainer, etc... Face coverings are not required when persons are engaged in high intensity aerobic or anaerobic activities.
3. Athletes and coaching staff about when they should stay home and when they can return to activity.
8. Actively encourage sick coaches, volunteers, and players to stay home. Develop policies that encourage sick coaches, players and families, to stay at home without fear of reprisal, and ensure all participants, coaches and members are aware of these policies.
9. Individuals, including coaches, players, and families, should stay home if they have tested positive for or are showing COVID-19 symptoms.
10. Individuals, including coaches, players, and families, who have recently had a close contact with a person with COVID-19 should also stay home and monitor their health.
11. Immediately separate coaches, staff, officials, and athletes with COVID- 19 symptoms at any sports activity. Individuals who have had close contact with a person who has symptoms should be separated and sent home and follow CDC guidelines as they pertain to community-related exposure.
12. Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility.
13. All athletes, coaches, and staff should bring their own water and drinks to practice. Team water coolers for sharing through disposable cups and other types of shared water sources should not be permitted.
14. Encourage athletes to use their own equipment to the extent possible.
15. Discourage sharing of equipment as much as possible. If equipment is shared, coaching staff should be aware of the sanitation procedures for team equipment (balls, kicking tees, blocking shields, tackling dummies, etc.) and sufficient disinfecting wipes or similar products should be made available. Implement CDC guidelines for cleaning and disinfecting equipment post practice, and game play.
16. Locker rooms will not be used.
17. Communicate applicable details of the plan to parents/guardians and/or participants before commencing practices.

Preparing a Facility for Sports Practices

1. Signage posted in highly visible locations with reminders regarding social distancing protocols, face covering requirements, and good hygiene practices (i.e., hand hygiene, covering coughs, etc...);
2. Reduce crowding and enforce proper social distancing around entrances, exits, and other high-traffic areas of the facility.
3. Routine and frequent cleaning and disinfecting, particularly on high-touch surfaces in accordance with CDC recommendations;
4. Limit occupancy in restrooms that remain open to avoid over-crowding, maintain social distancing through signage and, where practicable, utilize attendants to monitor capacity; and
5. Have hand sanitizer, disinfecting wipes, soap and water, or other sanitizing materials readily available at entrances, exits, benches, dugouts, and any other area prone to gathering or high traffic.

6. On any given field or space, there must be sufficient space between designated groups to prevent any interaction between the groups.

Conducting Group Training/Practices

1. Coaches, staff, visitors and athletes will be required to abide by the gathering's limitations.
2. Screen athletes, coaches, staff and others participating in practice sessions, via temperature check and health questionnaire, at the beginning of each session. Players, coaches, staff, and volunteers showing symptoms of COVID-19 shall not be permitted to participate. If any individual develops symptoms of COVID-19 during the activity, they should promptly inform organizers and must be removed from the activity and instructed to return home.
3. Encourage practice activities that do not involve sustained person-to-person contact between athletes and/or coaching staff and limit such activities in indoor settings. For example, focus on individual skill-building activities.
4. Adhere to precautions outlined in the program preparation plan.
5. Ensure that athletes and coaches adhere to social distancing while not actively involved in practice activities (on the bench, in the dugout, etc.). Consider assigning coaching staff to monitor sideline social distancing.
6. If any equipment is provided by the operator, operators must minimize equipment sharing and clean and disinfect shared equipment at the end of a practice session using a product from the list of disinfectants meeting EPA criteria for use against the novel coronavirus. Do not permit athletes to share food, beverages, water bottles, towels, pinnies, gloves, helmets or any other equipment or materials that is involved in direct bodily contact.
7. Larger teams will be divided into smaller groups whenever possible
8. Limit any nonessential visitors, spectators, staff, volunteers, vendors, members of the media, and activities involving external groups or organizations as much as possible. Visitors and spectators should wear face coverings when not able to socially distance outdoors, or when indoors, unless doing so would inhibit the individual's health or the individual is under the age of two.
9. Operators are encouraged to mark off spectator/chaperone viewing sites to allow for social distancing. Visitors showing symptoms of COVID-19 shall not be permitted to attend.

Preparing for Group Training Play Days or Games

1. Follow protocols listed above under "conducting sports practices."
2. Coaches, staff, visitors and athletes will be required to abide by the gathering's limitations in effect at the time of activities.
3. Concession stands should meet the requirements for outdoor dining.
4. Consider social distancing requirements when scheduling contests and events.
5. Players will NOT travel on buses/vans. Parents will provide transportation individually.
6. Games should be scheduled at intervals that allow for proper sanitation of facilities and equipment following each game.
7. Additional Use Personal Protective Equipment (PPE) for Players
 1. In addition to the guidelines above, as it pertains to Youth Football, organizations will encourage the use of "splash shields" and other personal protective equipment that will minimize the transfer of bodily fluids in close contact situations.

Waiver:

I have read the 'Massapequa Mustangs Youth Football & Cheer Organized Group Low-Contact Group Training 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: _____