



Covid Guidelines For Practices, Skills Sessions and Games

The guidelines below are based on information our staff and our Athletic Trainers have received from our conversations / meetings with medical personnel, professional sports organizations, youth council conference calls, professional Athletic Trainers, youth sports organizations and the conference calls of federal, state and local leaders. We continue to talk with these people on a weekly basis to update our guidelines, learn about new research and find out about hot spots or issues to be focused on that week.

Things we did not do:

- Players were not required to come to practice fully dressed.
- Players were not required to drive to practice alone.
- Players were not required to wear a mask while on the field or while leaving the field.
 - Players could if they wanted but were not required to.
- Coaches / Officials were not required to wear a mask while on the field or while leaving the field.
 - Coaches / Officials could if they wanted but were not required to.

Things we did do:

- We purchased Winsor electronic whistles for all of our coaches ([click here](#)).
 - This was done to keep our coaches from touching their face or “T” zone (eyes, nose, mouth). This was very important to keeping our coaches safe.
- Purchased hundreds of small cones to visionally help with spacing ([click here](#)).
- Purchased a ton of hand sanitizer and pump bottles so that people did not have to hold the bottle.
- Limited all discussion / lectures / conversation between players and coaches (Huddle up, take a knee, etc) to less than 4 minutes.
 - Wherever possible these conversations happened at the ‘**player grid**’ where the players were socially distanced.
- Required all players, coaches, parents, officials who were coming to the event to complete **Google Medical Form** to certify that they were symptom and fever free.
 - This was a huge help as it forced parents to monitor their kids and keep them home if they weren’t 100%. As we told the parents, better to miss 1 day then shutdown the program for 2 weeks.
- Used a 48 hour “before” window to determine if players could attend events or not. This required us to review the timeframe when players had contact with possible cases. If the contact was more than 48 hours before symptoms or a positive test, then the player was allowed to attend. For example, on Monday John spend time with Bill. That Friday Bill develops symptoms. John and Bill have not had any contact since Monday. John can attend the event because his contact with Bill was more than 48 before Bill developed symptoms.
- Allowed spectators to attend the games / tournaments.
 - We did ask that people limit the number of people attending.
 - We did ask that anyone with issues, concerns or anyone at a high risk not attend the events.
 - We did asked that spectators socially distance themselves but did not require masks as we are not the mask police and had other issues to deal with. (Our games were before the Ohio mandate)
 - Each tournament was different. Indiana did not require or enforce masks (no matter what they claim), PA requested them but did not enforce them, DE and MD depended on the tournament (some did some did not)
 - We saw no infection impact from the different policies as we had no cases. We did notice that at events where parents were required to wear masks, they stopped social distancing and congregated more. The masks seem to make them feel safer so they did less of the other measures.
 - Under no conditions should officials be dealing with spectators about mask issues.
- We did allow for faceoffs in practice, games and skills session with no issues.



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Overall, planning and rules:

- Required that any player with flu-like symptoms, a temperature, who was coughing or sneezing, or **who wasn't 100% stay home. THIS IS KEY. NO EXCEPTIONS AND YOU HAVE TO BE A JERK ABOUT IT.**
- We set up drop off and pick up locations so that they were isolated with no overlap (different doors when indoors, different parts of the field when outside) so as to cut down on overlap traffic with other teams using the facilities.
- We set up a cone grid where players were spaced 6-10 feet apart in a repeated square pattern. We used 6' indoors and 10'. The outdoor difference was only done for optics. Outside we had people watching us from across the street. By expanding to 10' the players looked spread out to those people. At 6' they did not. Sometimes you have to be aware of your public. The pattern was a more spaced out version of the image below.



This 'players grid' was used as:

- An equipment / get ready location where players could drop their gear and get ready for the practice.
 - An instruction area where coaches could talk with players, review drills or have team conversations.
 - All players had to "go to their cone" for these conversations.
 - A get ready to go home location where players could get out of their gear and get ready to leave.
- We set up a station at each practice field that had hand sanitizer available for players, coaches, officials to use throughout the practice, skills or a game.
 - We required that all players, coaches and Athletic Trainers use hand sanitizer:
 - Upon arrive to the practice field (at check in)
 - Any time they left and returned to the practice field (bathroom, etc)
 - We encouraged but did not require them to do this before the left at the event of the event.
 - We had all players, coaches, trainers, officials and parents wear a mask when entering the facility. For indoor facilities we had this requirement when leaving the facility.
 - We told players that they were not allowed to remain on the field after the practices. All players had to move to the assigned exit area immediately after practice. They must practice social distancing while waiting for their families / rides.
 - We limited the fields to just the coaches, players, officials and any Athletic Trainers working with that team(s). No parents or outside parties were allowed to be on the fields.
 - We did not provide water coolers to refill bottles at the fields. All players must have their own water bottle and players are not allowed to share water bottles.
 - We did not allow parents or non-participants to stay at the indoor practice facilities. Yes, parents were not happy about this but unless it was their 1st day or a medical issue, we enforced this rule.



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Prior To Attending A Practice

- We required that all players, coaches, trainers, officials and parents complete a Google Medical Form on the day of the practice, skills session or game.
 - The form had to be completed prior to attending the event.
 - We told the players “No sheet, No practice or play. No exceptions.”
 - We sent the link out via email on the morning of the practice / skills session / game. No prefilling it out.
 - The form asks for the following information
 - Temperature - *fever greater than or equal to 100.4 degrees*
 - Symptoms - *As per the CDC symptoms include cough, shortness of breath or difficult breathing, and two of the following: fever, chills, repeated shaking with chills, muscle pain, headaches, sore throat and new loss of taste or smell.*
 - Covid Contact - *Have you had any contact with someone that has tested positive for COVID-19 **
 - We then contacted anyone whose answers were problematic.
 - For officials and in certain cases we had a thermometer on hand so that our personnel could conduct initial screenings or additional screening for anyone our staff was concerned about to ensure that they could remain at the event without concern to themselves or others.
 - Any players, coaches, trainers, officials or parents with a temperature, symptoms of Covid 19 or who was not cleared had to leave the area immediately.
- The form went out in an email stating “**YOU MUST COMPLETE THIS MEDICAL FORM BY 4 pm TODAY**”
 - **You can find the form at - [Medical Form](#)**



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When Checking Players, We Did The Following:

- We required that all players, upon entering the facility, had to immediately go to the check in area.
- The check in area was coned to force social distancing of 6' between players. The cones were set up like a **'players grid'** but for 3 or 4 lines of checking in.
- All players, coaches, officials and Athletic Trainers had to wear a mask in the check in area.
 - Everyone was responsible for getting their own mask.
 - They need to be cloth and able to cover both the mouth and nose comfortably.
 - They do not need to be N95 respiratory masks.
- When checking in, players were asked a series of questions / screening to ensure that they were still symptom free and could attend the practice without concern to others.
 - Our Staff had final say about whether a player was allowed to practice or not.
- Once an individual was cleared, they had to use hand sanitizer to clean both of their hands.
 - No one could not leave the check in area until they did this.
- Once a player was screened and cleaned their hands, they were released to proceed to the **'players grid'** which was a coned area where they could remove their masks and get dressed for practice, skills or the game.

When Dismissing Players, We Did The Following:

- Players were not allowed to remain on the field after the practices, games, etc.
- All players were required to go to the **'players grid'** get out of their gear and get ready to leave.
- All players had to move to the assigned exit area immediately after practice.
 - They had to practice social distancing while waiting for their families / rides.
- We had players, coaches, officials, etc exit out of different doors when indoors and different parts of the field when outside so as to cut down on overlap traffic with other teams using the facilities.