



NATIONAL YOUTH SPORTS-SAN ANTONIO

Play Safe, Stay Safe- Sports Activity Hygiene Plan

Safety protocols should apply to practices and games. NYS will modify the protocols as needed.

FLAG FOOTBALL

SAFETY NOTICES:

- Parents should monitor the health of their children and not send them to participate in sporting activities if they exhibit any symptoms of COVID-19. They should seek COVID-19 testing promptly and **report results to the program** given the implications for other children, families, and staff.
- Parents should protect any vulnerable persons who are members of the same household or come into frequent, close contact with individuals who participate in youth sports.
- Parents/guardians and participants must be aware of the enhanced risks of participants being in direct contact with anyone age 65 or older or with underlying health conditions for 14 days after participating in a sport event or practice.
- Players, coaches, parents, and spectators with any symptoms should not attend any practices or games and self-quarantine.
- Any person returning from a country with ongoing COVID-19 infections should monitor their health and follow instructions from public health officials.
- *The virus that causes COVID-19 can be spread to others by infected persons who have few or no symptoms. Even if an infected person is only mildly ill, the people they spread it to may become seriously ill or even die, especially if that person is 65 or older with pre-existing health conditions that place them at higher risk. Because of the hidden nature of this threat, everyone should rigorously follow the practices specified in these protocols, all of which facilitate a safe and measured reopening of Texas. The virus that causes COVID-19 is still circulating in our communities. We should continue to observe practices that protect everyone, including those who are most vulnerable.*
- Players, coaches, spectators, and staff should practice proper hygiene, wash hands frequently with soap and water, use sanitizer, abstain from touching their face, and cover coughs or sneezes with a tissue. Tissues should be thrown into the trash. Clothes should be laundered after all workouts.
- Please refer to the [Checklist for Youth Sports Families](#) for more information on how to safely return to playing youth sports.

GENERAL SAFETY PROTOCOLS:

- A parent/guardian must sign the Covid-19 Waiver (included in registration) for their child to participate in the NYS sports program. Names will be checked against the roster prior to the first game.
- All players, coaches, staff, and spectators should practice social distancing of 6ft. wherever possible, especially in common areas. This won't always apply to players engaging in the sports activity.
- Wearing masks is required in common areas or when social distancing is difficult to practice. Masks must be worn over the mouth and nose. This won't always apply to players or coaches engaging in the sports activity.
- Hand sanitizer will be available for players, coaches, staff, and referees. We do encourage each person to bring a personal hand sanitizer to be used to limit sharing the hand sanitizer bottle as much as possible.
- Spray disinfectant will be provided to sanitize equipment at the game. (Adult use only.)
- After each game concludes, the team benches will be wiped down and disinfected before the next team arrives.
- Additional time between games will be provided to allow for one group to vacate the field area before the next group arrives.
- Teams can find an area away from the game field to allow for social distancing for a team talk after the game.
- Team snacks/drinks are discouraged from being handed out to mitigate items coming from multiple households.
- If a player on the team tests positive for Covid, report to National Youth Sports immediately. That team must quarantine (no games or practices) for the required 10 days to ensure no one else on the team has been infected. ([See CDC guidelines here.](#)) Games missed due to quarantine can be rescheduled to another date during the season. If the infected individual played against another team, that team will be notified to quarantine from games and practices as well. If a player has known exposure to COVID-19, report to NYS immediately and the player must quarantine from the team. For other scenarios, please contact NYS to discuss quarantine or safety measures.

STAFF GUIDELINES:

- NYS will train all staff on appropriate cleaning and disinfection, hand hygiene, and [respiratory etiquette](#).
- NYS will screen all staff on game days for the COVID-19 symptoms.
- NYS will limit staff with underlying conditions from attending or staffing sporting events.
- Staff will wear cloth face coverings with the exception of referees when officiating.
- Staff will sanitize their hands regularly as needed per individual.

- Staff will mitigate environmental exposures by additional cleaning and disinfecting of common areas and will follow and supervise the Program Activity Hygiene Plan.

HEAD COACHES & ASSISTANT COACHES & VOLUNTEERS:

- All coaches/volunteers should take their own temperature before going to practices or games and should stay home with any reading of 100.4 Fahrenheit or higher according to CDC definitions of reportable illnesses of contagious disease.
- NYS will screen all volunteer coaches on game days for the COVID-19 symptoms and will be asked the COVID-19 screening questions. Any temperature reading of 100.4 or higher will result in having to leave the game area.
- NYS requires that all volunteer coaches and volunteers wear masks. Coaches and volunteers must wear masks when less than 6ft. from players, but the mask can be removed if coaches are along the sideline at least 6ft. away from players. Masks must cover the mouth and nose.
- Spray disinfectant will be provided at the game areas to be used as needed. (Adult use only.)
- Coaches will help in disinfecting the game balls when necessary during their game when the ball is not in play (timeouts, end of quarters, etc).
- Coaches will assist with reminding the players on their team about [good hygiene practices](#).
- At the end of the game, coaches will remind players to pick up trash and belongings from the bench area.
- Hand sanitizer will be available at the games for use, but each coach and parent should carry their own personal hand sanitizer to practices and games. We encourage the use of hand sanitizer as needed per each individual.
- For safety protocols for practices, please see this [Safe at Practices](#) document.

SPECTATOR GUIDELINES:

- All spectators should take their own temperature before going to practices or games and should stay home with any reading of 100.4 Fahrenheit or higher according to CDC definitions of reportable illnesses of contagious disease.
- It is recommended that the minimum number of spectators for each household comes to watch the games (ie. no friends, aunts, uncles, cousins, grandparents, etc.).
- Spectators are asked not to enter into the seating area until the previous game's spectators and players have left the field. Consider staying in vehicles until your child's game.
- Spectators are required to wear masks in common areas and when social distancing can not be practiced. Masks must be worn over the mouth and nose.
 - Note per CDC: Cloth face coverings should not be placed on:
 - Babies and children younger than 2 years old;
 - Anyone who has trouble breathing or is unconscious;
 - Anyone who is incapacitated or otherwise unable to remove the cloth face covering without assistance.

- Spectators are encouraged to bring their own hand sanitizers for their family circle to prevent sharing a bottle among many families.
- Spectators are asked to sit 6 feet away (social distancing) from those not in your family circle.
- Social distance at 6ft. when in common areas.
- At the conclusion of the game, we ask that all trash and belongings are picked up from your area.

PLAYER SAFETY PROTOCOLS:

- Parents/guardians should take their player's temperature before going to practices or games and should stay home with any reading of 100.4 Fahrenheit or higher according to CDC definitions of reportable illnesses of contagious disease.
- Players are not required to wear a mask or gloves during play. This can be a parent/player decision. Players are required to wear masks in common areas or when social distancing can not take place due to lack of space.
- Two (or more) game balls will be decided upon by the coaches before each game. They will be sanitized before the start of the game and switched and sanitized intermittently during the game. The balls will be sanitized at game breaks: timeouts, end of quarters, and any other available time as necessary.
- Each child is responsible for their own drink and is encouraged to be reminded to not share drinks or towels with other players. No team snacks or drinks should be handed out.
- Hand sanitizer will be provided. The sanitizer bottles will be disinfected at the end of the game for the next teams playing. We do encourage players to have a personal use hand sanitizer to bring to their bench for only their use.
- Players are encouraged to sanitize their hands before the game begins, in between quarters, halftime, end of game, and as needed by the individual player.
- Players are asked to do air-fives instead of high-fives to congratulate their teammates. Social-distancing needs to be kept when congratulating players.
- At the end of the game, teams will not do the normal high-five line with the other team. They are encouraged to do air-fives and say "Good game!" from their side of the field.

Flag Football Safety Measures

Before Practices or Games:

- Ask parents/guardians to stay home if they or their child is not feeling well.
- Encourage one parent/guardian to bring their child to practices.
- Recommend the minimum number of spectators from each household attend the games (ie. no friends, aunts, uncles, cousins, grandparents, etc.).
- Encourage spectators to wear face masks at practices and games especially near non-family.
- Ask parents/guardians to sanitize the player's mouthpiece. *(NYS will not have mouthpieces for purchase at the game. **If a player forgets their mouth piece they will not be able to play.**)*

- All coaches and parents should carry and use their own hand sanitizers at all times.
- Suspend team snacks or drinks. Encourage everyone to bring their own water bottle or snacks.
- Coaches to sanitize balls and flag belts before and after practices and games.

At The Game:

- All volunteers, coaches, and assistant coaches will have their temperature checked by staff.
- Disinfectant spray bottles will be available to use at the games. (Used by adults only.)
- Player benches will be disinfected before and after each game by staff members.
- Team benches placed on the 15 yd. line on the same side of the field. (Recommend teams bring a pop up tent for shade.)
- Spectators must sit behind their team benches and spread out between the goal line and mid field practicing physical distancing. Same family members can sit together as a group but 6ft apart from non-family groups.
- Coin toss is suspended. Visiting team takes offensive possession of the ball on their 15 yd. line. Defensive coach will choose which side of the field to defend. (*Referee to coordinate.*)
- Each team will use their own ball during their set of offensive possessions during the game.
- When the ball is not being used, the team will disinfect their ball before they go back on offense.
- Encourage coaches and players to sanitize hands often during the game.

End of Game:

- Players line up near the 30 yd. line and thank the other team from a distance for a good game. Players can wave or give thumbs up. No hand shakes, fist bumps or high fives with opponents or referees. (*Referee to coordinate.*)
- No team celebrations, parent tunnels or bridges for the kids to run through.
- Teams must leave the field immediately to allow time to disinfect the area before the next game.
- Pick up and dispose of any drinking bottles or other team litter in your area.
- Coaches should limit the amount of time talking to the team after the game and respect social distancing space.