

CYA Football & Cheer 2020 Return to Play Plan

Approved 6/19/2020

Overview

The Return to Play Plan is developed to outline procedures that Catoctin Youth Association Football & Cheer (CYA) will follow as our community resumes activities following the COVID-19 shut down. The Return to Play Plan will ensure that safety guidelines will meet or exceed those required by state and local government.

Guidance

The contents of the Return to Play Plan align with the guidance from multiple resources including Mountain Valley Youth Football League, CDC, and state and local government officials.

Approval Process

The CYA Return to Play Plan will be developed and approved by majority vote of the CYA board members prior to the start of any on field league activities.

The plan is subject to change if needed as determined by the CYA board members.

Training and Communication

All members of the CYA Board will be responsible for following the CYA Return to Play Plan. Specific members of the board will be responsible for training groups of volunteers on the contents of the plan. Volunteers must provide a signature to acknowledge their understanding of the CYA Return to Play Plan prior to participating in any on field activities.

1. Football Coordinator and Cheer Coordinator will be responsible for training all head & assistant coaches.
2. Concessions Coordinator will be responsible for training all concession stand volunteers.
3. Team Mom Coordinator will be responsible for training all Team Moms.

In addition to training volunteers, the Return to Play Plan will be communicated to all groups with an interest in CYA, prior to the start of on field activities. The plan will be shared with parents through league wide email, on the CYA website, and the CYA facebook page.

Enforcement

All players, coaches, volunteers, spectators and visitors are required to follow the guidelines outlined in this plan. The CYA Board members are responsible for ensuring compliance by all participants. Head coaches are responsible for compliance of assistant coaches, players, and spectators associated with his/her team. Any individual who fails to follow the safety expectations is putting him/herself as well as other participants in greater risk for spread of disease. That individual would be subject to the following disciplinary measures. Disciplinary measures 2,3, and 4 below are subject to approval by a majority vote by the CYA board members.

1. First offense - warning with the expectation of immediately correcting the problem.
2. Second offense - removal from the next team activity (practice, game, event)
3. Third offense - removal from the next three (3) team activities
4. Fourth offense - removal from participation for the rest of the 2020 season

Players with Symptoms or Diagnosis

Centers for Disease Control (CDC) lists the following common symptoms of COVID-19: Fever, chills, shortness of breath, difficulty breathing, coughing, fatigue, muscle or body aches, headache, loss of taste or smell, congestion or runny nose, nausea or vomiting, and diarrhea.

1. Any individual who is experiencing symptoms of COVID-19 is not permitted to be in attendance at any CYA activities. Parents must agree to honor this expectation prior to their child participating in any on-field activities. If anyone in the home is exhibiting symptoms parents are to keep their player home.
2. Any player, coach, or other league volunteer who has tested positive for COVID-19 is not permitted to be in attendance at any CYA activity for the next 14 days (or until written clearance provided by a physician). If this individual has participated in any type of league activity within the past 14 days, he/she must notify the Football or Cheer Coordinator of the positive test. The Football or Cheer Coordinator will determine whether any other players or volunteers may have been in close contact with that individual during league activities and will notify those individuals. The Football or Cheer Coordinator will keep the President informed when a report has been made.
 - a. Confidentiality will be maintained. Under no circumstances will the Football or Cheer Coordinator or another volunteer with knowledge of a positive case, disclose the name or position of any individual who has reported a positive test to other individuals, unless required by law.
 - b. No player, coach, or other volunteer will be punished (i.e. benched, reprimanded, lose position) for exercising the precautions listed above.
3. If a player or parent comes down with COVID-19 symptoms, that team will have all activities suspended for 3 days to ensure no other players begin to exhibit symptoms as well.

Equipment Guidelines

1. CYA will not provide water to players. There will be no team water bottles or team water coolers. Parents will provide water for their player.
2. CYA will sanitize all equipment before practice, after practice, and during practice between use between players.
3. Cheerleaders will have one (1) assigned set of poms for the season.

Practice Guidelines

1. During practice parents are to stay in their vehicle or wear a mask when on the practice field.
2. Players are encouraged to bring their own hand sanitizer with their equipment, however hand sanitizer will be included with all coach's equipment.
3. Coaches will wear a mask while coaching in close proximity to players.
4. Players will be required to space water bottles out so that social distancing can be practiced during water breaks.
5. Practice will operate in small groups and huddles are to be kept to a minimum.
6. There will be limited player to player contact during practice, majority of player contact will happen on actual game days.
7. Scrimmages will be extremely limited or not at all.
8. Discussions after practice will be kept to a minimum as to keep players from a prolonged period of time in the huddle.

Game Day Guidelines

1. There will be a sign posted at each entrance to Eyler Field stating that anyone experiencing COVID-19 symptoms are not to enter Eyler Field.
2. Spectators will be limited to immediate family only and families will be required to practice social distancing while attending games.
3. There will be no handshakes or high fives between teams after games.
4. Cheer routines will be limited to one (1) stunt per routine to keep player to player contact to a minimum between cheerleaders
5. Concessions will be limited to pizza, hot dogs, and hot pretzels as well as prepackaged candy & drinks to ensure the ability to run on a minimal concession staff for social distancing in the buildings.
6. Volunteers will wear masks and gloves at all times in the concession stands.
7. All counters and surfaces in the concession stands will be sanitized before and after each shift as well as throughout each shift as needed.
8. Plexiglass will be in place between the volunteers and patrons at the concession stands.
9. All players, coaches, volunteers, and parents are expected to follow all guidelines put in place by other leagues when attending away games.