

2020
Greater Metropolitan
Youth Sports
COVID
PLAN OF ACTION



PHASE ONE RETURNING TO SAFE PLAY

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THANK YOU COMMITTEE MEMBERS AND OUR SPECIAL GUESTS

8/10/20 LE

GMYS Phase I

RETURN TO PLAY

Season Structure

- July 6th for all conditioning and practices to begin
- Cancellation of All Benefit Games
- Shorten Season Games
- Vital Training for All Volunteers prior to Kickoff
- COVID Testing for All Volunteers prior to Opening Day *Required*
- Each Organization will have at least 5 FDA CONTACTLESS THERMOMETERS!
- Waiver's For All Adults and Participants.



Glimpse of Opening Week



- Staggered Start (i.e. Not all 5 teams first day, cheer twice in a week)

Opening Week: A, D, B Monday & Wed

Opening Week: Flag & C Tues & Thurs

Friday Test Day : ALL

All teams must have PARENT MEETING EXPLAINING , CONDUCT SAFETY

- Your signed Forms INCLUDING WAIVER MUST BE COMPLETED before Athlete begins Any physical activity , (don't take the chance with I'll get tomorrow or bring it back)
- Clearly Marked practice area by designated groups (MORE SPACING) , no interference
- Social Distance marked spots for registration / check-in Tables
- SMALL GROUPS 10:1 (Athletes: Coach) ENSURE YOU HAVE VOLUNTEERS
- Encourage Social Distancing at all times. SPEAK UP ! PARENTS ANYONE

Guidelines

- Children and Volunteers Temperature Checks should happen daily with (required FDA approved Contactless thermometer, as specified previously) Temperatures are recorded on Daily Temp and Attendance Chart to be kept in separate binder. Athlete May not Enter Practice Area without Check-in.
-If Athlete/Staff Temperature is 100.3 Degrees will be dismissed.
- NO Parents under any circumstances should access fields with children
- Parents are REQUIRED TO STAY until Self-Check In!
- While on Field Premises ALL Volunteers, Parents , Staff must wear a MASK!
- When the kids are not “in-Active Play” they should be mask .
- No More High Fives
- No Shared Snacks *** NO TEAM SNACKS
- No Huddles
- No More Whistles * Electronic Whistles are Recommended
- Clear Signage 6ft Practice Social Distancing. Please Wear a Mask ! Don't Touch Others, SAFE PLAY, KEEP YOUR DISTANCE

*Grouping of 250 (starting 6/15/20) ****Reduced back to effective 7/15/20**



Daily Tasks

- Temperature Takers Ask each Participant/Volunteer these questions:
Daily and Check/Attendance on Sheet : (League will provide Sheet)

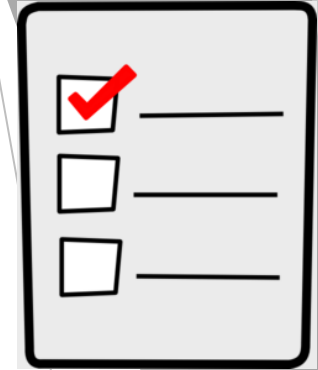
1. Do you have any of these symptoms: cough, shortness
Breath, Vomiting, Diaherra or Fever.

2. Have you bee in contact with anyone in the last 14 days who is experiencing these
Symptoms?

3. Have you been in contact with anyone who tested Positive for Covid?

4. Have you traveled internationally in the last 2 months.

- Children and Volunteers Temperature Checks should happen daily with
(required FDA approved Contactless thermometer, as specified previously discussed)
- Ensure you have small bottles of water for Players in the event a child forgets their water bottles.
One designated Person/Volunteer to provide bottle water.
- Mark Standing Spots for Registration table (6ft apart)
- Only equipment to be used are Cones, Ladders and Stepoover ARE YOU USED IN PHASE ONE.
- **Shared equipment Dummies/ Blocking Tools / Footballs/ Tires Must be SANTIIZED BEFORE
PRACTICE & AND AT THE END OF PRATICE. In PHASE III**
- **Cleaning and/or Lysol/Disinfecting of Porter Johns units must happen Before, in Middle &
And at end of Practice , must keep log inside Porter John to sign off on each cleaning**
- * **Portable HandWashing Stations must be available at every field with Porter John effective 8/12/20**
- Multiple Visible Stations of Hand Sanitizer administered by Volunteer.



Covid-19 Monitoring Form



COVID-19 Athlete/Coach Monitoring Form

Date: _____

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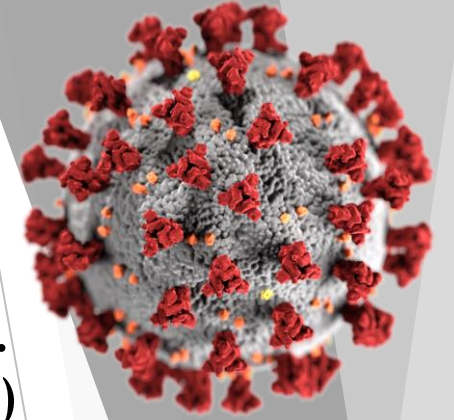
Name	Time	Circle Yes/No below										Temp at check in & check out
		Fever		Cough		Sore Throat		Shortness of Breath		Close contact, or cared for someone with COVID-19		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	

Daily Forms are To be KEPT in one BINDER ! Will be Reviewed!

Group Assignment # _____

Group Adult Monitor Name: _____

What if Temp...



- If Athlete/Staff Temperature is 100.3 Degrees the individual will be dismissed. A second temp check Will administered . (Within in a five-minute time frame.)
- Red letter : Pre-Form NOTE (ALL LEAGUE FORM) it will say your child tested 100.3 degrees. with next step instructions.

Will be permitted to return with a medical clearance.

Dear Parent or Guardian of: _____

Your athlete has registered a temperature of 100.3 or higher after two attempts. He/She is being dismissed today from practice and can return with a written doctor's clearance signed and dated. If there has been exposed to COVID 19, then your athlete is required to stay home and should be monitored for 14 days after his/her/their last day of exposure to a suspected/confirmed COVID-19.

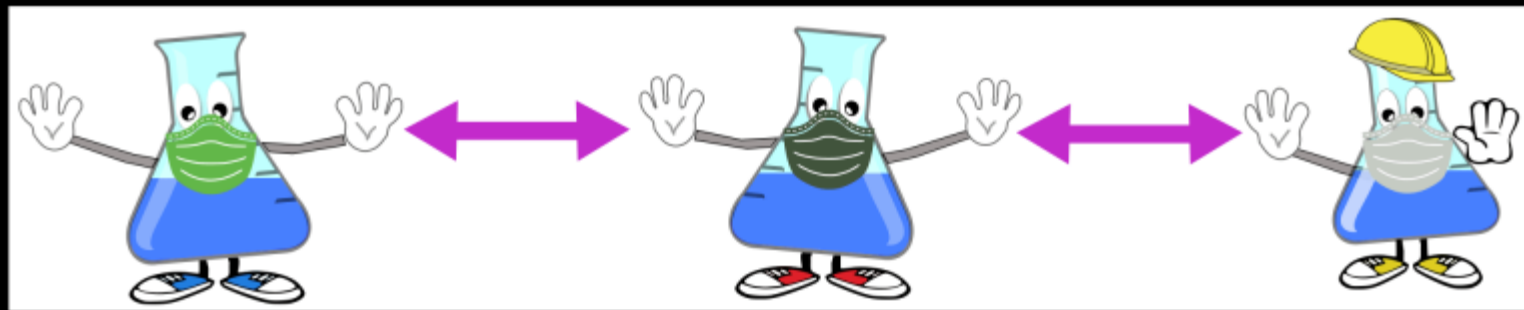
This person has not been diagnosed with COVID-19 by us. However, these measures are being implemented league wise out of an abundance of caution given the expanding outbreak of COVID-19. Your athlete will receive excused absences for any days missed and will not be penalized.

What if Test Positive...

- Must have a clearance letter to return.
- Stress parents to inform organization that child test results.
- The entire Group of kids that Positive Tester came in contact will quarantine for 14 days.

DUE EVERYTHING IN YOUR POWER/ ORGANIZATION TO ENSURE TEAM AS SAFE AS POSSIBLE.

GMYS Phase II CONTACT



Practicing with Contact

Allowed to use : Footballs • Helmets • Agility equipment- bags, ropes, balls, boxes, chutes and gauntlet machines. • Hand shields/ hand-held dummies. • Blocking and tackling sleds. • Skill work that can include 7-on-7, handoffs, QB-C exchanges, etc. •

Any team, group or positional meetings should be held outdoors with physical

ALL EQUIPMENT SHOULD BE SANITIZED AS FREQUENTLY AS POSSIBLE DURING ALL PRACTICE SESSIONS! Before and After Practice

Equipment can be distributed at this point , EACH ATHLETE MUST RECEIVE THE EQUIPMENT NOTE :

Greetings!

As our season is progressing we have a few updates regarding player equipment. Each organization has thoroughly cleaned the equipment before distribution to players. **Due to COVID-19, equipment must be cleaned daily.** This is the responsibility of the athlete and parent(s). It is suggested that athletes wear a compression shirt or t-shirt under their shoulder pads. Shoulder pads and helmets can be disinfected/cleaned by using soap and water or Lysol disinfecting spray. Daily cleaning and disinfecting equipment will help slow the spread of contracting the COVID-19 virus.

Sincerely,

GMYS Board of Directors

PRACTICE PLAN

No Scrimmages

Multiple Signs of Social Distance on Game and Practice Fields

No Contact on City Parks and Field !!, Hit Days will be moved to another location
Each Team will be allowed to hit one Day! Strictly enforced, Hits Days will be scheduled

BALL CLEANING GUIDELINES

**CLEAN THE
BALLS**



Guidelines for Cleaning of Sports Balls

The CDC recommends cleaning of sports equipment, including the balls used in sports. The following link provides common definitions for sterilization, disinfection and cleaning in healthcare facilities, but may be useful for someone attempting to clean a football, volleyball, soccer ball, basketball, baseball and softball – all balls that are composed of materials made of leather, composite or PU leather.

<https://www.cdc.gov/infectioncontrol/guidelines/disinfection/introduction.html>

Depending on the ball-covering material, circumstances, timing and availability, schools should determine which of the following methods is best to ensure applicable health and safety protocols.

- **Soap and Water Method**
 - Dirt and debris can be removed using a damp cloth with soap and water, using moderate pressure.
 - Be careful not to oversaturate the ball.
 - Allow to air dry.
- **Disinfecting Method**
 - Limited disinfecting may be achieved by using a disinfecting wipe or spray with cloth and moderate pressure to wipe the entire surface of the ball.
 - Be careful not to oversaturate the ball.
 - Allow to air dry.

Bleach- and alcohol-based cleaning products or excessively frequent cleanings should be avoided as they may degrade the ball-covering material and ball markings, and may impact the overall ball performance.



GMYS Phase III



GAME DAY
PROCEDURES

CROWD CONTROL

Lag time will be placed in between games for CROWD SWEEP exit and entrance

2020 Game Day Schedule Agenda

9am Flag (Can play two games at once, utilizing both sides of field more kids get to Play)

1005am D Team

1145am C team

150pm B team

330pm A Team

TICKET SALES/ GATE 2020

Each Organization will split 150 Ticket so 75 Tickets provided PER LEVEL Tickets will distributed from the League and will be color coded by level. The Maximum Game Day Capacity is 250 to includes teams, coaches and administrative staff. CHANGING COLORS FREQUENTLY to avoid scamming duplicates . There will be no ticket sales at the GATE for regular games in 2020.

COACHES allowed in with badge should be honored by each level for the ONLY the organizations that are playing at that GAME SITE. And for that level of play so . Flag- green, D-Blue, C-Orange, B-Yellow, A-Red

No ACCOMPAINED MINORS , No adult No admission. Signage: Enter at Your Own Risk NO RE ENTRY IN 2020 SIX FEET APART, SOCIAL DISTANCING

Ticket sales Are to happen at practice field, if parent has multiple children on different level they will be given another ticket for the other child for that game.

Each site will have 2 VOLUNTEERS at the GATE FOR each level, one per organization. Gate staff shields required

Each Site with Site Monitor to monitor both in game activity and Scale activity. There will be another Site Staffed person to monitor the Parking Lots , Help sweep crowds. All must exit stadium and re-enter for next game.

Health Screening Questions and Temp will be asked of All Guests at Gate

We will track on forms, tickets and/ or electronic google form

CROWD CONTROL

SEVERAL ANNOUNCEMENTS ARE TO BE MADE during game of play , Please wear your Masks, Please wash your hands. Individuals not wearing mask will be asked to wear it. Constant announcements !

Yard Signs will be given to each team.

No on-site cooking food for concessions. It will be SNACK STANDS ONLY, Pre-wrapped items Only and Drinks may be sold by the home team Only!

Teams are strongly encouraged to SELL MASKS TO CROWD. \$1

Security Staff will assist with crowd management leaving and clearing parking lot areas.

SCALE

- ▶ SCALE WILL BE MOVED OUTSIDE OF GATE FOR ALL 2020 GAMES
- ▶ Team Weigh in will begin 3rd quarter of previous game.
- ▶ TEAMS WILL PRE-GAME WARMUP will happen all before entering the STADIUM
- ▶ TEAM WARM UP AREAS NEED TO MARKED, coned and separated
- ▶ Arrival times of each level is staggered
- ▶ Upon Arrival each Teams / Team Mom/Manager does Health questionnaire and temp on coaches and kids and records.
- ▶ At Scale REGISTERS SWAP ROSTERS and re-temp kids
- ▶ Referee's must allow time for staggered starts
- ▶ Coaches will NOT be allowed to scale area.
- ▶ Entire team, Staff, Cheerleaders and Players for each level will enter game field at the same time READY TO TAKE THE FIELD.
- ▶ After Game Team Huddle in Parking Lot !! Keep moving, No TAILGATING
- ▶ Scale Calibrations are NOT REQUIRED IN 2020
- ▶ No Scale for A TEAM LEVEL IN 2020 !

SIDELINES / GAME IN ACTION

- ▶ CAPTAINS GREET , COIN TOSS, SOCIALLY DISTANT
- ▶ CAP ON TEAM ROSTER 40 KIDS A-D AND 20 FLAG
- ▶ *INDIVIDUAL BOTTLED WATER ,given by Team Mom/Manager Kids Can't Touch Coolers **Trash Bins on each Side line*
- ▶ Balls- Each team is required to have 2 Balls, while is one is play the other is being is CLEANED. The Balls will be switched every 1st down.
- ▶ Referee's must allow time for staggered starts
- ▶ Kids are spaced out on sidelines in multiple rows , will remove sideline bleacher, extended standing range from 30 Yard to 30 Yard line. Each Kid should bring one of their Yellow cones and that is placemaker
- ▶ Chain Crew must wear Masks ?
- ▶ NO Halftime SNACKS permitted by Team Mom just water and Gatorade
- ▶ No line up the 50 Handshake, LINE UP STRAIGHT ACROSS THE FIELDS SIDELINE , Remove Helmet, Raise and Say Good Game