

**LONG VALLEY RAIDERS FOOTBALL
ASSOCIATION**

HEALTH & SAFETY GUIDELINES

PROGRAM PREPARATION PLAN



Responsible Safety Guidelines

GENERAL

All of the below guidelines for preparation to play have been taken directly from the below link to the NJ State return to play health and safety guidelines.

https://nj.gov/health/cd/documents/topics/NCOV/COVID_GuidanceForSportsActivities.pdf

- Prior to each practice or game, temperatures will be taken upon arrival to field. This will be taken at defined entry spot outside of field of play before any activity begins. This “entry spot” will be defined as outside the playing field / parking lot.
- We will have consistent groups of the same staff, volunteers, and athletes, and avoid mixing between groups.
- Everyone must adhere to 6 feet social distancing guidelines when interacting with players, coaches, and spectators. Face coverings must be used during times and places when social distancing is not possible including when arriving and departing the fields.
- Coaching staff will wear cloth face coverings. Athletes also will 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 will not be worn by staff or athletes when engaging in high intensity aerobic or anaerobic workouts or where doing so would inhibit the individual’s health.
- Anyone experiencing symptoms or was in close proximity or contact with someone they know who has flu-like symptoms in the last 14 days must stay home.
- Anyone returning from a State that is on the New Jersey travel advisory shall not participate until the necessary quarantine period has been completed
- We will ensure staggered practice schedules to limit contact between groups and/or players
- We will ensure staggered game start times. This will prevent multiple teams and spectators from arriving at the park at the same time, further limiting amount of people in the park.
- Additional space around the football field will be roped off to provide additional team space for social distancing. Players and Coaches will maintain social distancing while on the sidelines.
- All coaches, players and team families attending practices & games must perform a daily self-symptom check prior to arriving to the field to verify that they do not currently have any flu-like symptoms and was not in close proximity or contact of someone they know who has flu-like symptoms in the last 14 days.
- Each team will use their own footballs. Separate game balls will be used by each team and sanitized after each possession. Practice balls will be sanitized between each practice session.
- Each team will have hand sanitizer available for team coaches & players. Coaches & players will be use hand sanitizer in between practice drills/stations, and at the end of the practice sessions or games.
- All bathrooms will have soap and hand sanitizer available (maintained by town).

PLAYERS

- All players will be required to wear face coverings when not in the field of play and if they are within 6ft of another person, including when interacting with other players, coaches, spectators both on and off the field.
- We will educate athletes and coaching staff about when they should stay home and when they can return to activity.

- o 1. Actively encourage sick staff, families, and players to stay home. Develop policies that encourage sick players, coaches and volunteers to stay at home without fear of reprisal, and ensure players, coaches and volunteers are aware of these policies.
 - o 2. Individuals, including coaches, players, and families, should stay home if they have tested positive for or are showing COVID-19 symptoms.
 - o 3. 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.
 - o 4. 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 as well, and follow CDC guidance for community-related exposure.
 - o 5. Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility.
- Daily temperature scan before entering the field at entry spot located outside field of play.
 - All players will maintain 6-foot distancing when not in the field of play.
 - No touch rule: Players and coaches must refrain from celebratory physical contact with each other or opponents on and off the field of play. A wave or similar non-contact gesture will replace post game handshakes/high fives.
 - Players must keep all equipment, food, and drinks in their bags when not in use.
 - Players are not permitted to share equipment, food, or drink. Chewing gum is not allowed.
 - Spitting is not permitted.

COACHES

- Each team's Head Coach will ensure that their players, assistant coaches, and teams spectators are aware that they must follow the COVID-19 prevention measures including, but not limited to all mentioned herein. Anyone unable to follow these guidelines must stay home.
- All coaches will be educated on COVID-19 health and safety protocols prior to the resumption of athletic activities, including:
 1. Revised practice rules and regulations in place during COVID-19;
 2. The importance of staying home when experiencing symptoms of COVID-19 or residing with someone experiencing symptoms of COVID-19;
 3. Social distancing and face coverings;
 4. Proper hand hygiene;
 5. How to address a situation in which an athlete presents with symptoms of COVID-19; and
 6. How do address situations in which social distancing or other necessary requirements are challenged by athletes or parents/guardians/visitors.
- All coaches will be required to wear face coverings whenever they will be within 6ft of another person, including when interacting with players, other coaches, referees, or spectators both on and off the field.
- Daily temperature scan before entering the field, outside field of play.

REFEREES

- Must wear face covering at all times.
- Must adhere to 6ft distancing guidelines, including when interacting with players, coaches, other referees, or spectators both on and off the field.
- Daily temperature scan before entering playing field at entry spot outside of field of play.

SPECTATORS

- We will communicate applicable details of the plan to parents/guardians and/or participants before commencing practices.
- Must adhere to 6-foot social distancing for anyone not in the same family
- Must not enter player areas on the field.
- Must bring own seating in lieu of bleachers
- Recommended to wear coverings
- All family members and spectators will have a designated area on the sideline to watch the games while maintaining proper social distancing. Designated area will be outside of player only designated area.

Field Preparation Each facility that will be used for practices will ensure:

- Signage posted in highly visible locations with reminders regarding social distancing protocols, face covering requirements, and good hygiene practices (e.g., hand hygiene, covering coughs);
- Reduced crowding and proper social distancing around entrances, exits, and other high-traffic areas of the field. These areas will be roped off as “Players Only Areas”
- Routine and frequent sanitization and disinfecting, particularly of high-touch surfaces in accordance with CDC recommendations;
- Have hand sanitizer or other sanitizing materials readily available at entrances, exits, sidelines, and any other area prone to gathering or high traffic.

Conducting Practices and Game Play

Coaches, staff, visitors and athletes will be required to abide by the gatherings limitations outlined in Executive Order No. 152 (2020), or the Order in effect at the time of competition.

- We will ensure screening of athletes, coaches, staff and others participating in practice sessions and games, via temperature check and health questionnaire, at the beginning of each session. This will take place at entry spot which is defined as outside field of play.
- 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.

- Limit practice activities to those that do not involve person-to-person contact between athletes and/or coaching staff. We will accomplish this primarily through station drills
- Adhere to precautions outlined in the program preparation plan.
- Ensure that athletes and coaches adhere to social distancing while not actively involved in practice activities (on the field or sideline.). Consider assigning coaching staff to monitor sideline social distancing.
- 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, or any equipment.
- Limit any nonessential visitors, spectators, staff, volunteers, and activities involving external groups or organizations as much as possible. Visitors and spectators should wear face coverings at all times, unless doing so would inhibit the individual's health or the individual is under the age of two.
- 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.
- Restrict spitting, handshakes, high-fives, team huddles, and any other close-contacting activities. We will ensure all above protocols listed are adhered to as we work to ensure the health and safety of all of our athletes, coaches and spectators.