



## Memorial 7 COVID-19 Safety Guidelines for 2020 Football Practices and Games

# FOOTBALL SEASON IS HERE

As Memorial 7 ("M7") is about to welcome our community back to the fields, we have established how we will return in the safest manner possible, not only adhering to the local, State and Federal guidelines, but even implementing additional policies specific to our M7 community to do everything possible to mitigate the possible spread of the coronavirus. These rules, policies and guidance can only help reduce the spread of COVID-19 and are in no way capable of eliminating all of the risk. This guidance was last updated on August 26, 2020 and will remain in effect until the league determines changes need to be made, or guided by our local, State or Federal entities.

## HEALTH MONITORING / SCREENING PROCEDURES

BEFORE entering the practice field or game field facilities, all players, coaches, referees, spectators, or any other visitors MUST NOT exhibit any of the below symptoms in the 48 hours prior to their scheduled practice or game. If they do, they should NOT attend the scheduled practice or game and the M7 Commissioner should be notified. **It is the responsibility of the player's families to be the first line of defense by monitoring the below symptoms prior to attending a practice or game.**

- Fever > 99.5°F
- Headache
- Cough
- Shortness of Breath
- Sore Throat
- Nausea/Vomiting and/or diarrhea
- New loss of sense of taste/smell
- Exposure to any COVID-19 positive person OR person with COVID-19 symptoms
- Fatigue
- Chills/Body or Muscle Aches

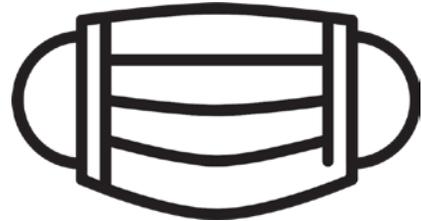


## RETURNING TO PLAY

**Returning from suspected COVID-19 infection** - The person must have no symptoms at all, including no fever for at least 72 hours (three full days) without the use of fever reducing medications and ten (10) days have passed since the onset of symptoms, OR a negative FDA approved COVID-19 test result.

**Returning from a lab confirmed positive COVID-19 test** - At least 14 days must have passed since the positive test, the member must be symptom free and have a FDA approved negative COVID-19 virus test to return to team activities.

## FACE COVERING / MASK REQUIREMENT



**Spectators** - We require all spectators 10 years of age and older to wear a mask or face covering while within 6 feet of anyone outside their own household, on M7 fields, except while eating or drinking.

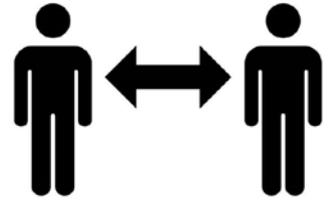
**Coaches** - All coaches are required to wear a mask or face covering, at all times, while in the field of play, and any time they are within 6 feet of another person.

**Players** - Players are not required to wear a mask or face covering while participating on the field of play, but are encouraged to wear a mask or face covering outside the field of play and in close proximity to anyone outside their own household.

**Referees** - Referees are required to wear masks while in the field of play



## SOCIAL DISTANCING



We strongly urge all spectators to position themselves 6 feet away from the nearest person not a part of their household group.

**Spectators** - To reduce the total number of people attending the games and keep the crowds more controllable, we ask each player ONLY be accompanied by immediate family members. Immediate family members are described as persons residing in the same household as the athletic participant(s).

We understand the importance for players to have as much support from their friends and family, and that it can be a challenge for the whole family not to attend, but these are special circumstances that every family is managing and we appreciate each family doing their part to keep these children doing what they love, play football.

We encourage spectators to bring chairs and may position themselves along the outside the field of play, opposite side of the players and coaches. If you must be within 6 feet of others, we require a mask or face covering to be worn for ages 10 and over.

## RESTROOMS

We will NOT have access to the indoor restrooms at The Village School this season. However, porta potties are available adjacent to the turf field near the gravel parking lot. Every person must sanitize their hands after visiting the porta potties.

## CONCESSION / MERCHANDISE TENT

Along with M7 Merchandise, bottled drinks will be available during the scheduled game times. No snacks will be sold at the Concession Tent this season. Everyone is required to maintain proper social distancing while in line and use face coverings when interacting with the staff.



## PRACTICES AND GAMES

In addition to the above requirements, every team must adhere to the following during practices and games:

**Players** are required to maintain as much distance from other players as possible and are not allowed to share equipment, including masks, helmets, wrist bands, drinking bottles, towels, or gloves, at any point. No spitting during practices or games and no licking fingers to improve grip on the football.

**Coaches** must designate one assistant coach to police the sideline and assist the players in keeping a safe distance from one another while on the sideline.

**Hand Sanitizer** - Coaches and players must sanitize their hands prior to and after each practice or game. Everyone is encouraged to bring their own hand sanitizer to practices and games, but hand sanitizer will be provided at each field on game days.

## BEFORE, DURING AND AFTER THE GAME

**The National Anthem** will be played prior to the first games of the day. Unlike previous seasons, teams will NOT gather in one area for the anthem and opening remarks. Teams will stay on their respective fields for the anthem and maintain a safe distance from others while the anthem is played.

**Team Huddles:** There will be no "tight" team huddles, and players should be spaced as far apart as possible during any team meeting. Coaches may have a "loose" huddle where players are a safe distance apart and the Coach moves back and forth to provide instruction or display a playbook.

**Offensive Formations:** Offenses will not be permitted to run "bunch" formations this season. Offensive players must be at least 6 feet apart from one another prior to the snap of the ball (exception being the QB/Center exchange).



## **BEFORE, DURING AND AFTER THE GAME, CONT...**

**Celebrations:** There should be no personal contact celebrations such as high-fives, fist bumps, pats on the back, hugs and similar. "Air" high fives and fist bumps, where no contact is made, is encouraged instead. Coaches will need to reinforce this multiple times during warmups and the game.

**"Good game...":** There will not be any "good game" handshakes and "fives" after the games this season.

**Snacks:** Players must not share or trade their snacks. All snacks must be individually wrapped or packaged, and players should use hand sanitizer prior to enjoying any snacks.

**ALL Families** - Please exit the field area as soon as possible following any event to help with crowds.

## **LET'S PLAY SOME FOOTBALL!**

We look forward to an amazing season! Thank you for your understanding and full cooperation during this unique time. We are all doing our best to navigate through the difficulties of maintaining a safe environment for our community while hosting a fun and exciting season of play!

**These guidelines may be changed, modified or amended at any time by M7.**

## **RESOURCES**

- ✓ [The CDC Resource Center for COVID-19 \(click on link\)](#)
- ✓ [The State of Texas Resource Center for COVID-19 \(click on link\)](#)
- ✓ [The State of Texas Checklist for Youth Sports Families](#)

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