

Falcon Family,

With the increased numbers of COVID-19 cases our top priority is the safety and health of our children, parents, and coaches so we want to provide everyone with guidelines and suggestions to follow during this football/cheer season. We will continue to monitor local and CDC requirements and guidelines to make any necessary changes as needed.

Guidelines: *(These guidelines are set by Central Wilkes Blue Ridge Youth Football/Cheer League)*

- If a player or cheerleader is sick or showing symptoms of any kind including but not limited to fever, cold-like symptoms, stomach-bug, strep, ear infection please do not send them to practices or games until they have received a **negative COVID-19** test and been free of symptoms for **48 hours**. We understand that this is the time for seasonal allergies, please make every effort to ensure there is nothing else going on before attending practices. *Contact local Health Department for guidelines for returning to school.*
- If a member of the player/cheerleader's household has active COVID symptoms and/or tested positive for COVID-19, Blue Ridge Youth League ask that they not return to practice/games for 14 days. *Contact local Health Department for guidelines for returning to school.*
- If a player or cheerleader has been in close contact (per CDC: within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period), they are to quarantine from any Blue Ridge Youth events for **14 days** before returning to practices or games. *Contact local Health Department for guidelines for returning to school.*
- If any player or cheerleader has tested positive for COVID they may not return to practice or games for **14 days from positive test date with NO symptoms** and you must notify the child's coach, the child's information will remain confidential. *Contact local Health Department for guidelines for returning to school.*
- **If any team is quarantined due to team exposure the entire team and coaches must quarantine and may not attend ANY Blue Ridge Football League events.** *Contact local Health Department for guidelines for returning to school/work.*
 - Siblings of the exposed team should be separated from the player/cheerleader when at home and may continue practice/games **UNLESS** symptoms begin from anyone in the household, at which point everyone in the home will be required quarantine from Blue Ridge Youth Football events for 14 days and not return until all members are free of all symptoms and have negative test. *Contact local Health Department for guidelines for returning to school.*

Suggestions:

- Wash Hands often!
- During practices and home games we suggest that families sit together and social distance the 6 ft distance recommendation.
- Wear mask when in close groupings or congregating such as paying at the gate, visiting the concessions or restrooms.

Unfortunately, we are recognizing that this season is going to be full of challenges and changes, we commit to provide everyone of these updates as quickly as possible. Please note that while we do everything possible to get these updates out with as much notice as possible, sometimes it is out of our control as we make every effort to ensure the update is confirmed to prevent confusion and conflict.