



# COVID-19 Plan for Rochester Youth Football

For the 2021 Spring Flag Football season, Rochester Youth Football has developed this COVID-19 Plan to help mitigate the potential for transmission of COVID-19 within our league and within our community. It is important for our board members, coaches, players, and families to abide by and follow this plan so that we have a safe and healthy environment for everyone.

## Communication for Coaches, Players, and Families

This COVID-19 Plan will be posted on the RYFA website. An email will be sent to all players and coaches advising them of this plan and requesting that they review it before the season starts. At the coaches meeting on the first day, a RYFA board member will advise the coaches of this plan and encourage the coaches to abide by this plan and to communicate the content to their players and families.

## Covid Screening Questions

Prior to arriving and participating in RYFA Spring Flag Football, all board members, coaches, players, and family members should self-screen for COVID-19 by asking themselves and their children the following questions:

1. Do you have one or more of the following symptoms:
  - a. Fever of 100.4 or higher
  - b. Difficulty breathing
  - c. A new cough or a cough that has gotten worse
  - d. A new loss of taste and smell
2. Do you have at least two of these symptoms:
  - a. Sore throat, nausea, vomiting, diarrhea, chills, muscle pain, excessive fatigue, headache, congestion or runny nose
3. Has anyone in your household recently tested positive for COVID-19?
4. Is anyone in your household currently awaiting the results of a COVID-19 test?
5. Has anyone in your household been advised to quarantine in the past 14 days due to an exposure to someone with COVID-19?

If someone answers yes to any of the above questions they are encouraged to stay home and not participate in the current session of RYFA Spring Flag Football. Their return to future sessions should be governed by CDC guidelines and the Minnesota Department of Health guidelines.

## Mask Requirement and Social Distancing

Face coverings are required to be worn when sports participants are not actively practicing or playing and cannot maintain physical distancing. Board members, coaches, and players that are not actively participating in practice or a game are required to wear masks.

Family members and non-participating spectators are asked to wear masks and to practice social distancing. Though this is an outside activity and spread out over several acres of fields, there is risk of exposure. People are asked to provide their own masks; additional disposable masks will be provided by RYFA. People are asked to not congregate in large numbers and to use common sense when interacting with each other. There will not be food or drink concessions during this season.

Sportsmanship is still encouraged, but players should avoid unnecessary physical contact such as high fives, fist bumps, and handshakes. The traditional handshake line is prohibited after games.

## Equipment

At the first Sunday session, coaches will hand out jerseys and flags to their players. Players are expected to keep their jerseys and flags and bring them to future sessions to avoid sharing with others. Coaches will use their own provided footballs and keep them in the provided ball bag. Coaches are encouraged to clean and disinfect their team footballs.

## Exposure/Outbreaks

In the event of a COVID-19 exposure from a participant in a flag football session, the parent is asked to email RYFA ([ryfa1958@gmail.com](mailto:ryfa1958@gmail.com)) and advise of the details of the exposure to Bruce Sherden-RYFA COVID Coordinator. Based on the exposure details, the participant's coach and team will be notified of the exposure by email, abiding by state and local privacy laws. The RYFA COVID Coordinator will work with the family to ensure that they are following CDC and MDH guidelines.