

# Park Ridge Football & Cheer – Additional COVID-19 Guidelines

## Fall and Spring 2020 Program FAQ

While it is provided to help answer questions that may arise during conversations, this FAQ is not PRSI's sole COVID policy, procedures, examples or details associated with this ever-changing health and safety situation.

**Q: What are the 3 sport risk levels per Gov Pritzker, and which phase is football and cheer currently in?**

A: Lower, Medium, and Higher. Flag football, sideline cheer, and 7x7 football are medium, and tackle football and competitive cheer considered high.

**Q: If there are four level of plays outlined by Gov Pritzker, what is now allowed?**

A: All 4 PRSI programs in Fall 2020 will be engaging playing under Level 1 and Level 2 restrictions, which allow "only no-contact practices and training are allowed" and "intra-team scrimmages are allowed with parental consent for minors but there can be no competitive play".

**Q: When are the Fall and Spring season for Flag, Tackle Football, Spirit Cheer, Competitive Cheer?**

A: For Fall 2020, tackle football begins with conditioning August 4, 2020 at Prospect Park with scrimmaging starting the weekend of September 11, 2020 and ends the weekend of Halloween. For Fall 2020, Spirit Cheer and Flag football begins with conditioning August 24, 2020 and end the weekend of Halloween. For Spring 2021, Competitive Cheer will continue with their Spring program as usual and expected at this time. For Spring 2021 tackle football if Illinois policy allows it as expected, Falcon football will begin conditioning and practicing on Feb 15, 2021 and will compete in a shortened season (6 to 8 games) from March 6, 2021 to April 24, 2021. Note: there is no planned Spring 2021 flag football.

**Q: What are PRSI minimum guidelines for practices and games?**

A: All coaches should wear masks when less than 6 feet of the athletes, but are not required. All athletes should try to keep at least 6 feet of distance between each other except when they are conditioning, practicing, or scrimmaging. All athletes and their parents/legal guardians must have signed and returned to PRSI our COVID Athlete Waiver form before they can participate in any program. All athletes must be symptom-free of COVID-19, not been exposed to someone who has tested positive for COVID-19 in the past 14 days, and/or must inform their coaches or league administrators before any PRSI event if their temperature today is 100 degrees or greater.

**Q: What if an athlete or coach doesn't feel good but isn't sure if they have COVID-19?**

A: All athletes, coaches, and parents are highly recommended to stay at home if they don't feel good for any reason or exhibit COVID-19 symptoms, then should avoid all contact with PRSI activities and events until medically evaluated or symptom-free for 14 days.

**Q: Will coaches or league administrators ask youth athletes health questions relative to symptoms?**

A: All youth athletes should be asked 14 questions before every practice or game by their PRSI coach. If a youth athlete answers yes to any of these questions, the youth athlete will be separated from the activities and monitored until the parent is able to remove the youth athlete from the PRSI event. Examples of questions asked will be, "Do you have a headache" and "Have you been in contact with anyone with COVID in the past 2 weeks?"

**Q: What if Thor-guard goes off and the parent isn't able to quickly come to the field where their child is?**

A: The coach will wear a mask and do his/her best to put the child in a safe place from the weather until the parent is able to arrive and remove the athlete from the PRSI event.

**Q: What if an individual has had close contact (15 mins or more) with any other person engaged with PRSI activities that has been diagnosed with COVID-19?**

A: All exposed individuals should contact their health care provider. Once known to PRSI, PRSI will ask the individuals to quarantine for 14 days after the last/most recent contact with the infectious individual(s).

**Q: How many people can be at each of the PRSI events and activities?**

A: Gatherings of up to 50 individuals, indoors or outdoors, are allowed. Multiple groups of 50 are allowed if 30 feet of space is maintained between the groups. We ask for fans to be 10 feet or more from all PRSI activities.

**Q: Does PRSI have cleaning, sanitizing, and/or disinfecting procedures in place?**

A: Yes. Indoor mats and equipment should be wiped down daily. Outdoor equipment such as pads and sleds should be cleaned before each practice and as frequently as possible during practices. Athletes should wear gloves on both hands during all PRSI football-related activities. Athletes may not share water bottles or helmets.

**Q: What best practice should be encouraged for every athlete after each PRSI event?**

A: Parent should wear gloves in touching and handling their child's equipment and clothes, and the athlete should be encouraged to shower and the workout clothing should be washed or changed immediately after.

**Q: In football, what fields will be used this Fall season for scrimmaging?**

A: We are working closely with the Park Ridge Park District, and expect to have at least the same number of fields that we have used in past years. In addition, and for social distancing, scrimmages will be played at more fields in Fall 2020 than in the past, and times will be staggered to allow 30 minutes between scrimmage so that teams and spectators can enter and leave the fields with proper distancing. Flag football with spirit cheer will play most of their scrimmages on Friday and Saturdays. Tackle football will play most of their scrimmages on Friday and Sundays in helmets and possibly shoulder pads only (but with no-contact). Competitive cheer will host showcases that will be announced later.

**Q: I heard that there won't be any handshake lines after the scrimmages, or even referees, or scores?**

A: Yes, that is correct. We will not condone competitive games during this period of time. PRSI will help coaches and players adjust to conditioning, practicing, and scrimmaging in non-competitive ways, such as coaches will help referee a scrimmage, no whistles will be used, no high fives if skin-to-skin, and no rivalry or scores yep. PRSI will encourage large team or team pods for athletic diversification and fun, while fun and educating youth athletic activities in a noncompetitive approach to a group effort will be our key to success. Just intra-team fun!

**Q: What if we only want to do 1 season versus Spring and Fall?**

A: Yes, a parent and player may not be able to participate in both seasons, but after August 25, 2020, there will be no refunds, so the choice not to play or even new potential health restrictions may impact our programs. All Fall 2020 tackle football registrations will pay one price for both seasons regardless. Cheer and Flag will be handled differently due to nature of the risks involved and cost of equipment that will be issued. As an affiliate of the Park District and non-for-profit, we will do our best to be fair, communicative, and safe in 2020-21.

**Q: What about team requests, returning players, car-pooling circumstances, and late registrations?**

A: As always, PRSI will do our best to honor and respect the requests and circumstances known to us thru our registration process. Due to COVID-19, we do have to limit team sizes and ensure we have the proper ratio of players: coaches due to potential exposures and quarantines. We appreciate your patience and understanding, but we can make no promises or commitments in these areas in 2020 as a result of COVID-19 safety guidelines.