

KMYFL

Youth Football Practice Guidance

(additional guidance forthcoming in relation to game day procedures)

Subject to change

All efforts should be made to comply with Tennessee Pledge Sports Guidelines found here:

<https://www.tn.gov/governor/covid-19/economic-recovery/sports.html>

Pre-Practice Protocol

- Keep a daily attendance list of all players, coaches, and other team personnel. This may be needed by league or Health Department officials in the case of a positive COVID-19 case.
- Screen coaches, athletes (football & cheer), and others involved in team activities for illness upon arrival to every practice and competition with the following questions:
 - Have you been in close contact with a confirmed case of COVID-19 in the past 14 days?
 - Are you experiencing a cough, shortness of breath, or sore throat?
 - Have you had a fever in the last 48 hours?
 - Have you had new loss of taste or smell?
 - Have you had vomiting or diarrhea in the last 24 hours?
- All persons should stay home if feeling ill. Any symptoms of illness should be reported to a coach or supervisor, and teams/supervisors should require notice of any COVID-19 positive case in a person's household. Persons who are particularly vulnerable to COVID-19 according to the CDC (e.g., due to age or severe underlying medical conditions) should consider whether to refrain from participating.
- Organization should assure adequate space, staffing, and timing of entrances so, as to not promote crowding for any period during ingress/egress and screening.
- Plan for potential COVID-19 Cases
 - A person who tests positive or is a close contact of a positive case is not allowed to participate in any way for a minimum of 10 days for positive cases and no participation for any close contacts during a 14-day quarantine period. Additional guidance may be provided by Knox Co Health Department.
 - Teams/organizations should keep a daily attendance list of all players, coaches, and others in attendance.
 - Teams/organizations must inform Knox County Parks & Rec or Knoxville Parks & Rec staff of any positive cases or close contacts as soon as possible.

Practice Protocol

- Practice schedules should be written and shared with coaches before arriving to the athletic facility/field. Schedule should outline warm-up procedure, individual

work, group work, water breaks, and teamwork with social distance parameters in place.

- Spectators should maintain at least 6 feet of separation from others not from the same household, including in seating areas. There should be a maximum of 50 or less total people per field (including team and spectators).
- Facemasks/Gaiters **must be worn at all times** by coaches during practice/games to prevent the spread of mouth fluids during instruction and close proximity.
- All efforts to maintain social distancing should be made. When not possible, masks or gaiters should be worn over mouth and nose.
- Use larger areas for practice, warm-ups, or other staging to allow for greater physical separation of athletes.
- Limit or spread out team huddles and large group participation
 - Break team into small groups of 4-6 during instruction periods.
 - Avoid mixing between groups
 - Gaiters should be worn during instruction periods, but not individual.
- Water / Drinks
 - We encourage all individuals to bring their own water bottles, or if water is provided, disposable cups and bottled water should be used.
 - Cups / water bottles can not be shared
 - Team may have a water volunteer who wears gloves to open and pour water into disposable cups at practice.
 - Sharing of water bottles or drinking water from a team cooler should not occur
- Balls & Equipment
 - Equipment and personal items should not be shared. If equipment must be shared, disinfect between each use or as regularly as possible, according to CDC/EPA guidelines for sanitization.
 - Balls and other equipment should be rotated on a regular basis to limit contact by multiple users, unless sanitized.